

มหาวิทยาลัยเชียงใหม่
Chiang Mai University

APPENDICES

Appendix A

Instruments

Part I Demographic Data Form

Number: _____

Questionnaire date _____

Age _____ years

Gender ☐ Male ☐ Female

Education background

- ☐ No education
- ☐ Primary school (1-6 grades)
- ☐ Junior school (7-9 grades)
- ☐ Senior school (10-12 grades)
- ☐ Diploma (3 years)
- ☐ Associate (3 years)
- ☐ University (4 years)

Living state ☐ with parents
☐ with spouse
☐ with children
☐ with spouse and children
☐ Alone

Marital status ☐ single ☐ Married
☐ widow ☐ Divorced
☐ Separate

Number of people under his/her responsibility

☐ one people ☐ Two people

☐ Three people ☐ Four people

☐ Five people ☐ Six People

Occupation (at present time)

☐ worker ☐ Farmer

☐ Business ☐ Teacher

☐ Government officer ☐ Soldier

☐ Unemployed ☐ Housekeeper

☐ Other

Family income (yuan/per person/per month) _____ yuan

Way of payment

☐ Fully reimbursed or insurance

☐ Partial reimbursed

☐ Self paid

Date of burn _____

Date of admission _____

Diagnosis _____

Location of burn

☐ Entire body (at least five sites of the followings:

face, neck, trunk, arm, hand, or leg)

☐ Face and hand

☐ Hand

☐ Low leg

☐ Others (buttock, thigh, and back)

Extent of burn _____ TBSA, depth of burn _____

Times of operation __, duration of hospitalization __ days

Part II Stress Appraisal Scale (SAS)

Direction: Difficulties that can range from minor annoyances to fairly severe pressures, or problems. The frequency and intensity of difficulties can vary from time to time. Difficulties can occur frequently or even not at all. When these difficulties do occur, you may be only somewhat or moderately bothered, or the difficulties may be extremely bothersome.

Listed in the following pages are the number of ways in which a person can feel difficulties. Read each item. If the item did not occur since you have been hospitalization following burn injury, circle zero(0). If the item did occur, indicate by circling a 1, 2, 3, or 4 to indicate how much the item bothered you.

0=Did not occur

1=Did not bothersome

2=Somewhat bothersome

3=Moderately bothersome

4=Extremely bothersome

Person

- | | | | | | | |
|----|-------------------------------------|---|---|---|---|---|
| 1. | Thought about death | 0 | 1 | 2 | 3 | 4 |
| 2. | Insufficient money for treatment | | | | | |
| | Or hospitalization..... | 0 | 1 | 2 | 3 | 4 |
| 3. | Changing daily life activities..... | 0 | 1 | 2 | 3 | 4 |

4.	Inability to take care of everyday responsibility.....	0	1	2	3	4
5.	Uncertainty of my future.....	0	1	2	3	4
6.	Being lonely.....	0	1	2	3	4
7.	Financial insecurity.....	0	1	2	3	4
8.	Inability to express myself.....	0	1	2	3	4
9.	My physical illness.....	0	1	2	3	4
10.	Uncertainty regarding outcome of The treatment.....	0	1	2	3	4
11.	Pain.....	0	1	2	3	4
12.	My disfigured appearance.....	0	1	2	3	4
13.	Itching.....	0	1	2	3	4
14.	Declining physical abilities.....	0	1	2	3	4
15.	Not getting enough rest/sleep.....	0	1	2	3	4
16.	Not able to do the things you want to do.....	0	1	2	3	4
17.	Fatigue/not enough energy.....	0	1	2	3	4
18.	Regrets over past accident.....	0	1	2	3	4
19.	Nightmares.....	0	1	2	3	4

Environment

1.	Troublesome patients nearby.....	0	1	2	3	4
2.	Sharing the room with other patients.	0	1	2	3	4
3.	Problem getting along with other care provider.....	0	1	2	3	4

4.	Job insecurity.....	0	1	2	3	4
5.	My current suffering situation.....	0	1	2	3	4
6.	Too many interruption.....	0	1	2	3	4
7.	Having to wait.....	0	1	2	3	4
8.	Problem of keeping intimate relationship with my lover/spouse.....	0	1	2	3	4
9.	Legal problem.....	0	1	2	3	4
10.	Not enough time with my family.....	0	1	2	3	4
11.	Prejudice and discrimination from others.....	0	1	2	3	4
12.	Too much noise in the room.....	0	1	2	3	4
13.	Too much light in the room.....	0	1	2	3	4
14.	Too low or too high temperature inside the room.....	0	1	2	3	4

Note:

1. SAS includes two dimensions: person (19 items) and environment (14 items).
2. The possible raw score ranges from 0 to 132.
3. The possible frequency (number of stressors) ranges from 0 to 33.
4. The possible stress appraisal score ranges from 1 to 4.

Part III Modified Jalowiec Coping Scale (MJCS)

Direction: People react in many ways to crisis and tension. Some people use one way to handle the situation; others use many coping methods. I am interested in finding out what things people do when faced with burned situations. Please estimate how often you use the following way to cope with the situation by picking one number for each item.

	1=Never	2=Occasionally	3=Often	4=Always
1. Worry.....	1	2	3	
2. Cry.....	1	2	3	
3. Hope that things will get better.....	1	2	3	
4. Laugh it off, figuring that things could not be worse.....	1	2	3	
5. Think through different ways to solve the problem or handle the situation.....	1	2	3	
6. Try to put the problem out of your mind and think of something else.....	1	2	3	
7. Let someone else solve the problem or handle the situation.....	1	2	3	
8. Day-dream; fantasize being in a Pleasant place.....	1	2	3	

9. Do anything just to do something
even if your not sure it will work..... 1 2 3
10. Talk the problem over with someone
who has been in the same type of
situation..... 1 2 3
11. Get prepared to expect the worst..... 1 2 3
12. Get mad, curse, swear..... 1 2 3
13. Accept the situation as it is..... 1 2 3
14. Try to look at the problem
objectively and see things all sides..... 1 2 3
15. Try to maintain some control
over the situation..... 1 2 3
16. Try to find purpose or meaning in the
situation..... 1 2 3
17. Pray; put your trust in God/super
power/amulet/charm..... 1 2 3
18. Get nervous..... 1 2 3
19. Withdraw from the situation..... 1 2 3
20. Blame someone else for your problems
as the situation you are in..... 1 2 3
21. Actively try to change the situation..... 1 2 3
22. Take out your tension on someone
else or something else..... 1 2 3
23. Take off by yourself; want to
Be alone..... 1 2 3

24. Resign yourself to the situation
because thing look hopeless..... 1 2 3
25. Do nothing in the hope that the
Situation will improve or that
the problem will take care of itself..... 1 2 3
26. Seek comfort or help from family
Or friends..... 1 2 3
27. Try to find out more about the
situation so you can handle it better.... 1 2 3
28. Try out different way of solving
the problem to see which work the best... 1 2 3
29. Resign yourself to the situation
because its' your fate, so there is no
sense trying to do anything about it..... 1 2 3
30. Try to draw on past successful
experience to help you handle
the situation..... 1 2 3
31. Try to break the problem down
into smaller pieces so you
can handle it better..... 1 2 3
32. Go to sleep, figuring things will
look better in the morning..... 1 2 3
33. Set specific goals to help
you solve the problem..... 1 2 3

34. Don't worry about it, everything
will probably work out fine..... 1 2 3
35. Set up the next best thing to
what you really wanted..... 1 2 3

Note:

1. This Scale includes 35-item which represent 35 ways of coping involving two functions of coping: 20-items of problem-focused coping, 15-items of emotion-focused coping. Problem-focused coping (15-items): 6. 7. 9. 10. 13. 14. 15. 16. 21. 27. 28. 30. 31. 33. 35. Emotion-focused coping (20-items): 1. 2. 3. 4. 5. 8. 11. 12. 17. 18. 19. 20. 22. 23. 24. 25. 26. 29. 32. 34.
2. The possible raw score for problem-focused coping and emotion-focused coping range from 15 to 60 and 20 to 80 respectively.
3. The possible mean score for both problem-focused coping and emotion-focused coping range from 1 to 4.

APPENDEX B

Verbal Explanation

My name is He Lianxiang and I am a nurse of the First Teaching Hospital of Hunan Medical University. I am conducting a nursing research project that I would like to explain to you in order to see if you are willing to participate in the project.

The purpose of the study is to identify the stress and coping of burned adult hospitalized patients who are scheduled to be discharged. If you agree to participate in this study, you will be asked to complete a form and a questionnaire that measures stress and coping during the course of hospitalization. It will take you about one hour to complete the questionnaires. You can either complete the questionnaire by yourself, or if you are unable to read or write, I will read each of the items to you and mark your choices on the questionnaire for you. You may choose not to answer to some or all of the questions, if you do not want to. You may ask questions or stop at any time. All of your responses and the information from your hospital record will remain confidential and your identity will not be reveal

There is no known risk or cost in participation except for the time it takes to answer the questions. Before or after completing the questionnaire, you may receive consultation regarding your problems related to rehabilitation and constructive surgery as you like. There are no other known benefits for you except the chance to share your ideas in this research which may help other patients in the future.

Are you willing to participate?

For further information please contact me at the following address:

Ms. He Lianxiang

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LIST OF VALIDATORS

Name	Title	Area of experience
Dr.Ouyporn Tonmukayakul	Instructor	Nursing Administration
Dr. Sirirat Panuthai	Lecturer	Medical nursing
Ubol Niwatchai	Assoc.Prof.	Psychological nursing
Supap Baikaers	Instructor	Surgical nursing
Dr.Khanokporn Sucamvang	Assist.Prof	Surgical nursing

CURRICULUM VITAE

Surname, name Ms.He Lianxiang

Date of birth Oct. 15, 1964

Education Diploma in nursing
The Nursing school of Hunan Medical
University in 1986
Associate degree of nursing
Hunan Medical University (HMU) in
1991

Experience

Jul. 1986-June 1987 Nurse in Department of Medical
Nursing of the First Teaching
Hospital of HMU.

Jul. 1987-June 1988 Nurse in General Surgical
Department of the First Teaching
Hospital of HMU.

Jul. 1989-June 1991 Studying in the Senior Nursing
Department of Continuing Education
of HMU.

Jul.1991-Aug.1994 Nurse in Burns and Plastic Surgical
Department of the First Teaching
Hospital of HMU.

Sept.1994-Jan.1995 Attending the training course of
English at the English Training
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Sept.1995-Aug.1997 Clinical instructor in Burn and
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