

มหาวิทยาลัยเชียงใหม่  
Chiang Mai University

**APPENDICES**

## APPENDIX A

### Verbal Explanation

My name is Lu Huijuan. I am a nursing student in a master degree program. I am conducting a nursing research 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 stressful events and describe stress appraisal among patients undergone hepatectomy during 48 to 72 hours. The result obtained from this study will help nurses to manage stressful events and provide better quality of nursing care for hepatectomy patients.

The procedure for this study are as following:

1. I would like to ask you some question about your demographic characteristics.
2. I would like you to cooperate with me and choose the feeling for each item of the questionnaire, which is to describe the thing or event.

Those two procedures will take you about 30 to 40 minutes. I will read each of the items to you and mark your choice 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 or refuse to participate without affecting your treatment and nursing care. All of your responses and the information from your

hospital record will remain confidential and your identity will not be revealed.

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 your rehabilitation, 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. I will be greatly appreciated your participation in this study.

Are you willing to participate?

## APPENDIX B

### Demographic Data Recording Form

The following items are to obtain some information about your self and your family. Please give the answers which are closest to your situation.

1. Number \_\_\_\_\_
2. Date \_\_\_\_\_
3. Age: \_\_\_\_\_ years old
4. Gender:  
 Male  Female
5. Education:  
 No education  Primary school  
 Middle school  High school  
 Diploma  Associate degree  
 Undergraduate  Graduate
6. Family members living with you:  
 With parent  With spouse  
 With children  With spouse and children  
 Alone  
 Others
7. Marital state:  
 Single  Married  
 Widow  Divorced  
 Separated

8. Number of people under his/her responsibility:

- One people                       Two people  
 Three people                     Four people  
 Five people                        Six people  
 More than seven people

9. Occupation (at present time):

- Worker                               Farmer  
 Government officer               Soldier  
 Unemployed                         Housekeeper  
 Other

10. Family income (yuan/person/month): \_\_\_\_\_ yuan

11. Way of payment:

- Fully reimbursed or insurance  
 Partial reimbursed  
 Self paid

12. Date of diagnosis \_\_\_\_\_

13. Stage of the cancer \_\_\_\_\_

14. Date of admission \_\_\_\_\_

15. Date of operation \_\_\_\_\_

16. Location of incision \_\_\_\_\_

17. Duration of operation \_\_\_\_\_

18. Number of drainage tubes \_\_\_\_\_

19. Number of hours after the operation \_\_\_\_\_

20. Your commitment to accomplish all tasks necessary for first recovery period in the hospital.

0 = no

1 = a little

2 = moderately

3 = a lot

21. Your belief that you can successfully control over the situation during the first recovery phase in the hospital

0 = not at all

1 = a little

2 = moderately

3 = a lot

## APPENDIX C

### Stress Appraisal Scale-Hepatectomy (SAS-H)

The events listed below are possible events that may occur to you during postoperative period. Some events may not occur, whereas some may occur but raise different degree of stress appraisal, start from not stressful (1) to extremely stressful (4). Please read each item carefully. If the event in each item did not occur at this time, mark in the column of the event did not occur (0). If the event occurred, please mark in the column of 1 (not stressful), 2 (mild stressful), 3 (moderate stressful), 4 (extreme stressful) to indicate whether it is appraised as stressful and to what extent regarding your appraisal to such event. There is no right or wrong answer. Please mark on every of the items carefully.

0=The event did not occur

1=The event did occur but not stressful

2=mild stressful

3=moderate stressful

4=extreme stressful

Events	0	Event occurred			
		1	2	3	4
<b>Illness-related events</b>					
1. Being in pain					
2. Concern of incision on the abdomen					
3. Tube drain insertion to your body					
4. Sleep or rest disturbance					
5. Abdominal distension					
6. Nausea, vomiting					
7. Fatigue/weakness					
8. Decrease of Activity of daily living					
9. Change in food/water intake					
10. Body weight loss/gain					
11. Fever					
12. Inability to breath freely					
13. Inability to cough freely					
14. Itching					
15. Uncertainty regarding the outcome					
16. Having to depend on others					
17. Changing responsibility toward family					
18. Thinking about death or dying					
19. Payment of medical bill					
20. Thinking of decrease ability to work					
21. Uncertainty regarding job security					
22. Not enough health related information reception					



Events	0	Event occurred			
		1	2	3	4
23. Being too much concerned by family					
24. Missing your husband or wife					
<b>Hospital-related events</b>					
25. Having light on constantly					
26. Noise continuous interrupted					
27. Room temperature too low/high					
28. Uncomfortable hospital bed or pillow					
29. Wear hospital gown					
30. Sharing a room with others					
31. Restricted visiting hours					
32. Restricted hospital schedule					
33. Being disturbed by nursing activities					
34. Problems with nurse					
35. Problems with doctors					
36. Problems with other patients					
37. Being discussed by health care providers					
38. Having several health care providers care for					
39. Being away from home					
40. Inability to fulfill social roles					

Besides the items we have finished above, do you have any event you feel stressful? If yes, please specify and tell how much stressful do you feel about that event.

## APPENDIX D

### Tables

**Table 1**

**Frequency and percentage of illness-related events appraised as stressful among the HCC subjects undergone hepatectomy (n=60)**

Rank	Statement	f (%)	Mean (SD)
1	Decrease activity of daily Living	60 (100.0)	1.37 (0.61)
2	Change in food/water intake	60 (100.0)	1.58 (0.87)
3	Being in pain	58 (96.7)	1.76 (1.05)
4	Insertion of drainage tubes In your body	58 (96.7)	1.59 (0.90)
5	Fatigue/weakness	57 (95.0)	1.46 (0.78)
6	Fever	54 (90.0)	1.33 (0.70)
7	Payment of medical bills	54 (90.0)	2.15 (1.22)
8	Uncertainty regarding the Outcome	53 (88.3)	2.42 (1.23)
9	Being too much concerned By family	53 (88.3)	2.45 (1.20)
10	Thinking about death or Dying	50 (83.3)	2.30 (1.20)
11	Inability to cough freely	49 (81.7)	2.06 (1.09)
12	Having to depend on others	45 (75.0)	2.62 (1.07)
13	Sleep or rest disturbance	41 (68.3)	1.98 (1.11)

**Table 1**

**Frequency and percentage of illness-related events appraised as stressful by HCC patients undergone hepatectomy (n=60) (cont'd)**

Rank	Statement	f (%)	Mean (SD)
14	Thinking of decrease Ability to work	38 (63.3)	2.42 (1.00)
15	Body weigh loss/gain	37 (61.7)	1.32 (0.67)
15	Changing responsibility Toward family	37 (61.7)	2.65 (1.11)
17	Missing your husband or Wife	36 (60.0)	2.28 (1.03)
18	Abdominal distension	29 (48.3)	1.69 (1.07)
18	Inability to breath Freely	29 (48.3)	1.97 (0.98)
20	Not enough health related Information reception	28 (46.7)	1.46 (0.58)
21	Concern of the incision On the abdomen	26 (43.3)	2.04 (0.92)
22	Uncertainty regarding Job security	14 (23.3)	2.00 (1.18)
23	Itching	13 (21.7)	1.00 (0.00)
24	Nausea, vomiting	6 (10.0)	2.00 (1.18)
*25	Having hiccups	1 (1.7)	4.00 (0.00)
*25	Worrying about liver Function	1 (1.7)	2.00 (0.00)

\* stressful events added by the subjects

Table 2

Frequency and percentage of hospital-related events appraised as stressful among HCC subjects undergone hepatectomy (n=60)

Rank	Statement	f (%)	Mean (SD)
1	Being away from home	60 (100.0)	1.55 (0.91)
1	Having several health Care providers care for	60 (100.0)	1.47 (0.70)
1	Sharing a room with others	60 (100.0)	1.23 (0.62)
1	Wearing a hospital gown	60 (100.0)	1.02 (0.13)
5	Being discussed by health Care providers	46 (76.7)	1.13 (0.40)
6	Restricted visiting hours	40 (66.7)	1.25 (0.49)
7	Inability to fulfil social Roles	38 (63.3)	1.85 (0.90)
8	Noise continous interrupted	28 (46.7)	1.46 (0.79)
9	Restricted hospital schedule	22 (36.7)	1.18 (0.50)
10	Uncomfortable hospital bed or pillow	15 (25.0)	1.53 (0.83)
11	Room temperature too low/high	14 (23.3)	1.29 (0.47)
12	Having light on constantly	13 (21.7)	1.85 (0.90)
13	Being disturbed by nuring activities	9 (15.0)	1.33 (0.50)
14	Problems with nurses	7 (11.7)	1.57 (0.53)
15	Problems with doctors	2 (3.3)	1.50 (0.71)
15	Problems with other Patients	2 (3.3)	1.00 (0.00)

Table 3

Illness-related events appraised as stressful organized in sequence from highest to lowest intensity of stress appraisal by HCC patients undergone hepatectomy (n=60)

Rank	Statement	Mean (SD)	f (%)
1	Having hiccups	4.00 (0.00)	1 (1.7)
2	Changing responsibility Toward family	2.65 (1.11)	37 (61.7)
3	Having to depend on others	2.62 (1.07)	45 (75.0)
4	Being too much concerned By family	2.45 (1.20)	53 (88.3)
5	Thinking of decreased Ability to work	2.42 (1.00)	38 (63.3)
6	Uncertainty regarding the Outcome	2.41 (1.23)	53 (88.3)
7	Thinking about death or Dying	2.30 (1.20)	50 (83.3)
8	Missing your husband or Wife	2.28 (1.03)	36 (60.0)
9	Payment of medical bills	2.15 (1.22)	54 (90.0)
10	Inability to cough freely	2.06 (1.09)	49 (81.7)
11	Concern of the incision on The abdomen	2.04 (0.92)	26 (43.3)
12	Worrying about liver Function	2.00 (0.00)	1 (1.7)
12	Uncertainty regarding job Security	2.00 (1.18)	14 (23.3)
12	Nausea, vomiting	2.00 (0.89)	6 (10.0)
15	Sleep or rest disturbance	1.98 (1.11)	41 (68.3)

Table 3

Illness-related events appraised as stressful organized in sequence from highest to lowest intensity of stress appraisal by HCC patients undergone hepatectomy (n=60)  
(cont'd)

Rank	Statement	Mean (SD)	F (%)
16	Inability to breath Freely	1.97 (0.98)	29 (48.3)
17	Being in pain	1.76 (1.05)	58 (96.7)
18	Abdominal distention	1.69 (1.07)	29 (48.3)
19	Insertion of drainage Tubes in your body	1.59 (0.90)	58 (96.7)
20	Change in food/water Intake	1.58 (0.87)	60 (100)
21	Not enough health related Information reception	1.16 (0.58)	28 (46.7)
22	Fatigue/weakness	1.46 (0.78)	57 (95.0)
23	Decrease of activity of Daily living	1.37 (0.61)	60 (100)
24	Fever	1.33 (0.70)	54 (90.0)
25	Body weigh loss/gain	1.32 (0.67)	37 (61.7)
26	Itching	1.00 (0.00)	13 (21.7)

Table 4

Hospital-related events appraised as stressful organized in sequence from highest to lowest intensity of stress appraisal by HCC patients undergone hepatectomy (n=60)

Rank	Statement	Mean (SD)	f (%)
1	Having light on constantly	1.85 (0.90)	13 (21.7)
2	Inability to fulfill Social roles	1.84 (1.03)	38 (63.3)
3	Problems with nurses	1.57 (0.53)	7 (11.7)
4	Being away from home	1.55 (0.91)	60 (100)
5	Uncomfortable hospital bed Or pillow	1.53 (0.83)	15 (25.0)
6	Problems with doctors	1.50 (0.71)	2 (3.3)
7	Having several health care Providers care for	1.47 (0.70)	60 (100)
8	Noise continuous Interrupted	1.46 (0.79)	9 (15.0)
9	Being disturbed by nursing Activities	1.33 (0.50)	9 (15.0)
10	Room temperature too Low/high	1.29 (0.47)	14 (23.3)
11	Restricted visiting hours	1.25 (0.49)	40 (66.7)
12	Sharing a room with others	1.23 (0.62)	60 (100)
13	Restricted hospital Schedule	1.18 (0.50)	22 (36.7)
14	Being discussed by health Care providers	1.13 (0.40)	46 (76.7)
15	Wearing a hospital gown	1.02 (0.13)	60 (100)
16	Problem with other patients	1.00 (0.00)	2 (3.3)

## Appendix E

### List of Experts for Testing Content Validity of Instrument

Assist. Prof. Dr. Darawan Thapinta	Psychiatric nursing
Lecturer Dr. Pikul Nantachaipan	Surgical nursing
Assoc. Prof. Marayart Na Nakorn	Surgical nursing
Assist. Prof. Srinuan Wiwatkunupakan	Psychiatric nursing
Lecturer Supap Baikaew	Surgical nursing



## CURRICULUM VITAE

**Surname, name** Mrs. Lu Huijuan

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**1991** Bachelor Degree of Nursing Science,  
Shanghai Medical University,  
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**Experience**

**1991-present** Instructor of Surgical Nursing Department  
School of Nursing,  
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