

國家科學及技術委員會補助專題研究計畫報告

發展並探討混和面對面團體治療和網路行動應用程式之支持性 照護於追蹤期之乳癌和肺癌病人的成效

報告類別：精簡報告
計畫類別：個別型計畫
計畫編號：MOST 110-2629-B-002-002-
執行期間：110年08月01日至111年07月31日
執行單位：國立臺灣大學醫學院護理學系暨研究所

計畫主持人：蕭妃秀
共同主持人：余忠仁、黃俊升、陳玉婷、賴佑銘、花凱龍

計畫參與人員：博士班研究生-兼任助理：范雅琪
博士後研究-博士後研究：謝佳真

本研究具有政策應用參考價值：否 是，建議提供機關
(勾選「是」者，請列舉建議可提供施政參考之業務主管機關)
本研究具影響公共利益之重大發現：否 是

中華民國 111 年 12 月 13 日

中文摘要：目的.發展手機線上行動應用程式於乳癌和肺癌病人，並檢視其可行性以及了解病人的使用經驗。

研究方法.從門診邀請診斷乳癌和非小細胞肺癌、年齡介於20至65歲、於診斷後6個月內病人和其家屬參與本研究所發展的手機行動應用程式測試。第一階段跨團隊形成討論APP的內容，第二階段發展BMS癌友身心靈APP，並邀請病友參與為期兩個月的使用，結束後線上填答回饋意見以及個別訪談。

結果. BMS癌友身心靈APP內容包含8個項目，(1) 正念/疼惜呼吸；(2) 氣功；(3) 身心靈療癒；(4) 疾病治療資訊；(5) 我的疾病日誌；(6) 我的成長筆記；(7) 線上問卷；(8) 問題與回應. 引導病人可以於生活中練習，提供資訊，心理支持。根據16為肺癌病人和其家屬參與調查，平均年齡53.44 歲 (range = 33-63 years). 56%為女性. 他們認為APP對他們而言是有幫助的 (mean acceptability rating = 4.08, SD = 0.64) 而且是容易使用以及介面清楚 (mean usability rating = 4.28, SD = 0.53). 最常使用的為正念/疼惜呼吸(81%) 以及氣功 (81%). 最有幫助的是氣功 (75%)，然後是呼吸練習 (69%). 病人認為本研究結合Line communication可以促進即時的互動和緊急狀況諮詢。

結論. 本研究所發展的BMS癌友身心靈APP手機行動應用程式測試可近性和可使用性高可適用於癌友平日的練習。

中文關鍵詞：乳癌、非小細胞肺癌、支持照護、手機線上行動應用程式、正念暨疼惜治療、衛教心理

英文摘要：Aims and objectives. This study aimed to develop a mobile application (BMS healing) for lung and breast cancer patients and examined its feasibility and acceptability. Methods. The patients who are non-small cell lung cancer (NSCLC) and breast cancer, their caregivers, aged between 20 and 65 years old, being at least six months following diagnosis, and able to use APP were recruited from the outpatient department and breast center. In the first stage, multiple disciplines were formed to discuss the contents of APP. In the second stage, the patients and their caregivers were invited to use our mobile application (BMS healing) for two months. After 2 months, they were invited to participate in the survey for APP' s feasibility and acceptability on 5-point scale.

Results. In this study, a mobile application (BMS healing) was developed to guide daily practice and offer information, social, emotional support to both breast and lung cancer patients. It was designed with eight modules: (1) mindful/ compassionate breathing; (2) qi-gong exercises; (3) BMS care; (4) medical information; (5)

personal medical journal; (6) learning journal; (7) online questionnaire; and (8) questions and answers.

Preliminary analyses revealed that a total of 16 lung cancer patients and/or their family caregivers responded to the survey, with a mean age of 53.44 years (range = 33-63 years). 56% of them were female. 81.3% were lung cancer patients. They reported that the app was beneficial for them (mean acceptability rating = 4.08, SD = 0.64) and found it intuitive to use and easy to navigate (mean usability rating = 4.28, SD = 0.53). The most used module was specific practices such as mindful/ compassionate breathing (81%) and qi-gong exercise (81%). The most helpful module was qi-gong exercise (75%), followed by breathing practice (69%). Practicing qi-gong exercise 1-2 times per week were reported in 44% of participants.

Conclusion. The results indicated that the mobile application we developed for both breast and lung cancer patients, which is easily accessed, and easily used for daily practices.

英文關鍵詞： breast cancer, non-small cell lung cancer, supportive care, internet-based mobile App, psychoeducation

十一、研究計畫中英文摘要：請就本計畫要點作一概述，並依本計畫性質自訂關鍵詞。

(一) 計畫中文摘要。(五百字以內)

目的.發展手機線上行動應用程式於乳癌和肺癌病人，並檢視其可行性以及了解病人的使用經驗。

研究方法.從門診邀請診斷乳癌和非小細胞肺癌、年齡介於 20 至 65 歲、於診斷後 6 個月內病人和其家屬參與本研究所發展的手機行動應用程式測試。第一階段跨團隊形成討論 APP 的內容，第二階段發展 BMS 癌友身心靈 APP，並邀請病友參與為期兩個月的使用，結束後線上填答回饋意見以及個別訪談。

結果.BMS 癌友身心靈 APP 內容包含 8 個項目，(1) 正念/疼惜呼吸；(2) 氣功；(3) 身心靈療癒；(4) 疾病治療資訊；(5) 我的疾病日誌；(6) 我的成長筆記；(7) 線上問卷；(8) 問題與回應。引導病人可以於生活中練習，提供資訊，心理支持。根據 16 為肺癌病人和其家屬參與調查，平均年齡 53.44 歲 (range = 33-63 years)。56%為女性。他們認為 APP 對他們而言是有幫助的 (mean acceptability rating = 4.08, SD = 0.64) 而且是容易使用以及介面清楚 (mean usability rating = 4.28, SD = 0.53)。最常使用的為正念/疼惜呼吸(81%) 以及氣功 (81%)。最有幫助的是氣功 (75%)，然後是呼吸練習 (69%)。病人認為本研究結合 Line communication 可以促進即時的互動和緊急狀況諮詢。

結論.本研究所發展的 BMS 癌友身心靈 APP 手機行動應用程式測試可近性和可使用性高可適用於癌友平日的練習。

關鍵詞:乳癌、非小細胞肺癌、支持照護、手機線上行動應用程式、正念暨疼惜治療、衛教心理

Aims and objectives. This study aimed to develop a mobile application (*BMS healing*) for lung and breast cancer patients and examined its feasibility and acceptability.

Methods. The patients who are non-small cell lung cancer (NSCLC) and breast cancer, their caregivers, aged between 20 and 65 years old, being at least six months following diagnosis, and able to use APP were recruited from the outpatient department and breast center. In the first stage, multiple disciplines were formed to discuss the contents of APP. In the second stage, the patients and their caregivers were invited to use our mobile application (*BMS healing*) for two months. After 2 months, they were invited to participate in the survey for APP's feasibility and acceptability on 5-point scale.

Results. In this study, a mobile application (*BMS healing*) was developed to guide daily practice and offer information, social, emotional support to both breast and lung cancer patients. It was designed with eight modules: (1) mindful/ compassionate breathing; (2) qi-gong exercises; (3) BMS care; (4) medical information; (5) personal medical journal; (6) learning journal; (7) online questionnaire; and (8) questions and answers.

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Conclusion. The results indicated that the mobile application we developed for both breast and lung cancer patients, which is easily accessed, and easily used for daily practices.

Keywords. breast cancer, non-small cell lung cancer, supportive care, internet-based mobile App, psychoeducation

110年度專題研究計畫成果彙整表

計畫主持人：蕭妃秀		計畫編號：110-2629-B-002-002-			
計畫名稱：發展並探討混和面對面團體治療和網路行動應用程式之支持性照護於追蹤期之乳癌和肺癌病人的成效					
成果項目		量化	單位	質化 (說明：各成果項目請附佐證資料或細項說明，如期刊名稱、年份、卷期、起訖頁數、證號...等)	
國內	學術性論文	期刊論文	0	篇	
		研討會論文	0		
		專書	0	本	
		專書論文	0	章	
		技術報告	0	篇	
		其他	0	篇	
國外	學術性論文	期刊論文	0	篇	
		研討會論文	0		
		專書	0	本	
		專書論文	0	章	
		技術報告	0	篇	
		其他	0	篇	
參與計畫人力	本國籍	大專生	0	人次	
		碩士生	0		
		博士生	1		協助收案。
		博士級研究人員	0		
		專任人員	0		
	非本國籍	大專生	0		
		碩士生	0		
		博士生	0		
		博士級研究人員	0		
		專任人員	0		
其他成果 (無法以量化表達之成果如辦理學術活動、獲得獎項、重要國際合作、研究成果國際影響力及其他協助產業技術發展之具體效益事項等，請以文字敘述填列。)		本研究所發展的BMS癌友身心靈APP手機行動應用程式對於癌友平日練習放鬆和睡眠減壓，提供容易使用的資源。			

十六、科技部補助研究計畫涉及臨床試驗之性別分析檢核表：

研究人員 姓名	蕭妃秀		
任職機關 系所	國立臺灣大學醫學院護理系暨研究所	職稱	教授
計畫名稱	發展並探討混和面對面團體治療和網路行動應用程式之支持性照護於追蹤期之乳癌和肺癌病人的成效		
<p>說明：</p> <p>本年度專題研究計畫若涉及臨床試驗，應填寫「性別分析檢核表」，填寫後請以附件上傳申請系統。</p>			
項次	項目	說明	備註
1	本計畫涉及臨床試驗之研究對象。	確立診斷六個月後的乳癌或非小細胞肺癌患者，年齡介於20-65歲，具有流利的中文讀寫能力。	
2	本計畫預計之收案件數及其性別比例。	本計畫16位肺癌患者，參與計劃的男女性別比相近。	
3	本計畫如未進行性別分析(進行性別統計分析及差異評估)，請說明理由。若已有文獻證明無性別差異，請提供相關資料。	本計畫發展身心靈 (BMS healing)應用 mobile App，女性占56%，男性占43%，測試結果使用經驗沒有男女的差異。	