

# AN ANALYSIS OF PSYCHOLOGICAL DISTRESS AND ITS INFLUENCING FACTORS IN PATIENTS WITH NPC

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## Purpose

- ◆ **To analyze the present situation of psychological distress (PD) and its influencing factors in patients with nasopharyngeal carcinoma (NPC) in West China Hospital, Sichuan University , China.**

# Background

1

- **The clinical manifestations of NPC were diverse and easy to have lymph node metastasis in the early stage, most patients had been in the middle and late stage of cancer when they saw a doctor, and the standard regimen of synchronous radiotherapy and chemotherapy had been used in the treatment.**

2

- **Because of the long treatment cycle, the physiological and psychological effects on patients were very easy to produce psychological distress.**

# Background

3

- **Psychological distress was a negative emotional experience, severe cases might lead to patients with depression, anxiety, fear and other negative emotions.**

4

- **It had negative influence on the therapeutic effect of tumor and had affected the quality of life of patients.**

## Methods

- ◆ **The psychological distress of patients with NPC had been measured by self-designed general questionnaire and standard psychological distress thermometer (DT).**
- ◆ **Based on logistic regression analysis, the main factors affected the degree of psychological distress of patients had been analyzed.**

# Findings

1

- 87 questionnaires had been issued and 85 valid questionnaires had been collected (97.7%).

2

- The score of psychological distress was  $(4.02 \pm 1.33)$ , of which, DT < 4 (mild distress) 39.2%, DT (4-6) (moderate distress) 48.7%, DT > 7 (severe distress) 12.1%.

3

- Logistic regression analysis had showed that patients with low income, negative emotions (depression, fear, anxiety), somatic problems (dysphagia, oral ulcer, sleep disorders) and recurrence of the disease were the main factors that affected the degree of psychological distress of patients with NPC.

# Discussion

1

- The patients with NPC were generally suffering from psychological distress.

2

- The main causes of psychological distress were low income, negative emotion, and physical dysfunction.

3

- We should intervene in the psychological distress of patients with nasopharyngeal carcinoma in order to improve their quality of life.

## **Nursing significance**

- ◆ **Used DT screening to identify the psychological distress of patients and help patients to solve the problems related to psychological distress, and for the formulation of targeted psychological intervention to provide a theoretical basis.**





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Thank you

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