

: Q -

1) · 1) · 1) · 1) · 2)

1. 가 20-30% 가 (Jung, 1998).

1984 가 8.7% 2000 15.1% 가 15 50% 가 5 (Dorval et al., 1998). 25% (Ministry of Health and Welfare, 2000). 2 (Irvine et al., 1991; Whang, Park & Lee, 2002). 가 가 Ganz et al., 1992), Goldberg (1992) 50%가 12 40 1/4 , 13 (Korean Breast Cancer Society, 2000) . Bertero(2002) 가 가 가 가

1) 가 ( E-mail: knepjo@catholic.ac.kr)  
 2) 03. 9. 26. 03. 9. 30. 03. 11. 22.

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(Kim & Jung, 1984),  
 (Park, 1986), (Yoo, 1996),  
 (Jun et al., 1996), (Yoo &  
 Cho, 2001), (Lee,  
 2000), (Kim & So, 2001),  
 (Park, 2002)

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<Table 1> Q-statements

1. I feel unusually empty.
2. I have lost confidence in daily lives.
3. I feel anxious of recurrence of cancer.
4. I get more easily tired than before.
5. My libido has significantly decreased compared to before surgery.
6. I dislike the way people look at my outlook in the public bath.
7. I feel sad that my spouse doesn't know about the sufferings I have.
8. I don't like to let others know that I am a patient.
9. The frequency of sexual intercourse in our couple has decreased compared to before surgery.
10. I feel always sorry for my husband.
11. I feel discomfort for wearing artificial breast because it makes me feel heavy and hot.
12. I always put on extra outwear when going out.
13. I feel uncomfortable with in-laws' or others' consideration of me as a patient.
14. I don't like to meet people who don't know I am a patient.
15. I feel sad that others are not considerate enough for me even though I am a patient.
16. I feel sad that my outlook doesn't seem attractive enough compared to before surgery when I dress.
17. I am afraid that breast cancer is a genetic disease for my children.
18. I feel concerned that my children experience emotional shock from my disease.
19. I feel miserable when I look at myself.
20. I feel much difficult with performing household affairs.
21. I am reluctant to go to places where I have to undress myself such as public bath or swimming pool.
22. I feel burdened that artificial breast or brassiere is expensive.
23. I sometimes wish I even got rid of the breast in the other side either.
24. I got more anxious after receiving education for management of breast cancer.
25. My religion helped me adjust to daily lives following mastectomy.
26. My personality has been more deviated than before.
27. I feel burdened with medical costs for treatment and reconstruction surgery.
28. Sometimes, I feel difficult to participate in self-help group.
29. My trust for husband has decreased after surgery.
30. I feel more depressed than before.

(-1) 3 , (0) 4 , (+1) 5 , 1 23.9%, 2 14.6%, 3  
 (+2) 6 , (+3) 7 10.7% <Table 2>. 2  
 2 가 4

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 Eigen Value 1.0

<Table 2> Eigen value and variance by type

	Type 1	Type 2	Type 3
Eigen value	5.2541	3.2022	2.3587
Variance	.2388	.1456	.1072
Cumulative variance	.2388	.3844	.4916

1. Q 4 1 2  
 .103 , 1 3  
 .205 , 1 4  
 -.130 . 2 3  
 3 3 -.385 2 4 .088  
 49.2% 3 4 .386

<Table 3>.

<Table 3> Correlation between types

	Type 1	Type 2	Type 3	Type 4
Type 1	1.000			
Type 2	.103	1.000		
Type 3	.205	-.385	1.000	
Type 4	-.130	.088	.386	1.000

<Table 4>.

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<Table 4> Demographic characteristics and factor weights of P-samples

Type	ID	Factor weights	Age	Post op. duration (months)	Spouse (Y/N)	Religion	Reconstruction (Y/N)
Type 1 (N=7)	1	2.3478	59	5	Y	P	N
	3	1.8773	50	7	Y	C	N
	4	.7775	56	5	Y	C	N
	15	.4921	54	27	Y	N	N
	12	.3976	38	24	Y	N	N
	11	.2461	40	13	Y	N	N
	6	.1987	53	15	Y	C	N
Type 2 (N=7)	17	1.6167	53	113	Y	C	Y
	8	1.3525	30	22	Y	C	N
	7	1.2768	48	5	Y	C	N
	5	.6881	50	7	Y	C	N
	9	.3412	29	23	Y	N	N
	16	.3017	47	105	Y	C	N
Type 3 (N=4)	18	.2242	46	104	Y	C	N
	21	.7211	50	78	Y	C	Y
	20	.4912	60	86	Y	C	N
	22	.2776	50	82	Y	C	Y
Type 4 (N=4)	19	.1924	53	104	Y	C	N
	10	.7349	58	97	Y	B	N
	2	.6321	53	69	Y	C	N
	14	.1098	48	96	Y	C	N
	13	.0913	50	91	Y	B	N

Y; yes P; protestant C; catholic B; buddhism N; no or none

<Table 5> Type 1

Q statements	Z- score
3. I feel anxious of recurrence of cancer.	2.08
21. I am reluctant to go to places where I have to undress myself such as public bath or swimming pool	1.54
23. I sometimes wish I even got rid of the breast in the other side either	1.30
2. I have lost confidence in daily lives	1.20
6. I dislike the way people look at my outlook in the public bath	1.17
1. I feel unusually empty	1.09
4. I get more easily tired than before	1.03
19. I feel miserable when I look at myself	1.01
11. I feel discomfort for wearing artificial breast because it makes me feel heavy and hot	- 1.01
13. I feel uncomfortable with in-law's or others consideration of me as a patient	- 1.28
9. The frequency of sexual intercourse in our couple has decreased compared to before surgery	- 1.39
25. My religion helped me adjust to daily lives following mastectomy	- 1.67
28. Sometimes, I feel difficult to participate in self- help group	- 1.71

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 87.5 3  
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<Table 6> Type 2

Q statements	Z- score
4. I get more easily tired than before	1.78
17. I am afraid that breast cancer is a genetic disease for my children	1.45
3. I feel anxious of recurrence of cancer	1.43
20. I feel much difficulty with performing household affairs	1.40
25. My religion helped me adjust to daily lives following mastectomy	1.02
6. I dislike the way people look at my outlook in the public bath	- 1.09
21. I am reluctant to go to places where I have to undress myself such as public bath or swimming pool	- 1.19
16. I feel sad that my outlook doesn't seem attractive enough compared to before surgery when I dress.	- 1.38
22. I feel burdened that artificial breast or brassiere is expensive	- 1.60
11. I feel discomfort for wearing artificial breast because it makes me feel heavy and hot	- 1.76
23. I sometimes wish I even got rid of the breast in the other side either	- 2.15

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<Table 7>

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<Table 7> Type 3

Q statements	Z- score
21. I am reluctant to go to places where I have to undress myself such as public bath or swimming pool	2.55
6. I dislike the way people look at my outlook in the public bath	1.71
11. I feel discomfort for wearing artificial breast because it makes me feel heavy and hot	1.59
8. I don't like to let others know that I am a patient	1.09
23. I sometimes wish I even got rid of the breast in the other side either	1.04
27. I feel burdened with medical costs for treatment and reconstruction surgery	1.02
1. I feel unusually empty	- 1.00
15. I feel sad that others are not considerate enough for me even though I am a patient	- 1.00
30. I feel more depressed than before	- 1.07
28. Sometimes I feel difficulty to participate in self-help group	- 1.15
29. My trust for husband has decreased after surgery	- 1.49
2. I have lost confidence in daily lives	- 1.70

<Table 8> Type 4

Q statements	Z- score
11. I feel discomfort for wearing artificial breast because it makes me feel heavy and hot	1.77
6. I dislike the way people look at my outlook in the public bath	1.56
16. I feel sad that my outlook doesn't seem attractive enough compared to before surgery when I dress.	1.29
18. I feel concerned that my children experience emotional shock from my disease.	1.15
12. I always put on extra outwear when going out	1.09
2. I have lost confidence in daily lives	- 1.23
14. I don't like to meet people who don't know I am a patient	- 1.32
8. I don't like to let others know that I am a patient	- 1.33
28. Sometimes I feel difficulty to participate in self- help group	- 1.67
23. I sometimes wish I even got rid of the breast in the other side either	- 1.95

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 가 ; ‘ 20%  
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- Abstract -

### Disease-Related Stress Experienced by Women with Mastectomy: Q Methodology

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Yoo, Yang Sook 1) · Yong, Jin Sun 1)

Song, Min Sun 2)

**Purpose:** To identify the type of disease-related stress experienced by women who received mastectomy for breast cancer using Q methodology. **Method:** Q sample included 30 statements obtained from literature and interviews with women with mastectomy. P sample consisted of 22 patients with

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2) Staff Nurse, St. Vincent Hospital

mastectomy. The data were collected from November to December 2002 and analyzed using QUANL program. **Result:** Four types of disease-related stress experienced by women with mastectomy were found. Type 1 was manifested for a short duration following surgery and characterized by lowered self-esteem, feelings of emptiness and depression because of impaired body image. Type 2 was characterized by declined physical strength, resulting in frequent fatigue in the daily life and less intimate relationship with spouse. Type 3 was manifested by perfectionists with strong sense of self-pride who received or

considered breast reconstruction surgery. Type 4 was reported by those who had long period of post-surgery. This type reported a strong sense of discomfort for wearing an artificial breast but didn't show any intention of trying breast reconstruction surgery. **Conclusion:** Women with mastectomy were found to experience different type of disease-related distress. Therefore, nurses should assess the type of stress the patient experiences following a mastectomy to provide appropriate nursing care.

Key words : Post mastectomy, Stress,  
Q-method