

Thesis Title Anxiety, Uncertainty, and Coping in Women
 after Breast Biopsy
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Date of Graduation 23 March B.E. 2535 (1992)

ABSTRACT

The purpose of this descriptive research was to determine the relationships among anxiety, uncertainty and coping in women after breast biopsy. The purposive sample consisted of 80 patients from outpatient surgical department, Ramathibodi Hospital, Mahidol University. Anxiety was measured by the State-Trait Anxiety Inventory Form X-1, developed by Spielberger et al. (1970). Uncertainty was measured by the Mishel Uncertainty in Illness Scales, developed by Mishel (1990), and Coping behavior was measured by the Jalowiec Coping Scales, developed by Jalowiec (1988).

Results of the study revealed that the patient after breast biopsy reported state anxiety at moderate level. The highest uncertainty for this group of patients was the unpredictability of the course of the disease and prognosis. Patients reported used of the confrontive coping behaviors significantly higher than the emotive and palliative coping behaviors. The palliative coping behaviors was used significantly higher than the emotive coping behaviors.

For the relationship among anxiety and uncertainty, it was found that all dimensions of uncertainty were positively correlated with anxiety, with the ambiguity concerning the state of the illness was the highest ($r = .40$, $p < .001$), with the inconsistency of the information about the diagnosis and seriousness of illness and unpredictability of the course of the disease and prognosis were in between ($r = .28$, $p < .01$ and $r = .24$, $p < .05$, respectively) and with the complexity of treatment and system of care was the lowest ($r = .21$, $p < .05$). Anxiety was positively correlated with only emotive coping behaviors ($r = .28$, $p < .01$) but no significance correlated with confrontive and palliative coping behaviors. When the relationship between uncertainty and coping was examined, it was found that only the ambiguity concerning the state of the illness dimension was positively correlated with emotive ($r = .26$, $p < .001$) and palliative coping behaviors ($r = .21$, $p < .01$).

Qualitative data revealed that this group of women who had mass at breast reported anxiety and fear of being diagnosed of breast cancer. However, if results of breast biopsy turns out to be cancer, they preferred health team to tell them the truth so they can take appropriate action in self-care and plan the future for their lives as well as their families.