

THESIS TITLE : EFFECTS OF PREPARATORY INFORMATION ON PSYCHOLOGICAL  
REACTIONS IN MASTECTOMY PATIENTS.

AUTHOR : MRS. UBOL JAUNGPANICH

THESIS ADVISORY COMMITTEE

.....*Suchittra Luangamornlert*.....Chairman  
(Assistant Professor Dr. Suchittra Luangamornlert)

.....*Vanchai Vatanasapt*.....  
(Professor Vanchai Vatanasapt)

.....*Piyakorn Chutangkorn*.....  
(Associate Professor Piyakorn Chutangkorn)

### ABSTRACT

This study was Quasi-experimental research. The purpose of this study was to determine effects of preparatory information on psychological reactions in mastectomy patients. The conceptual framework for this study was constructed based on Leventhal and Johnson's theory of self-regulation.

The sample of 40 mastectomy patients was drawn by the selected criteria from a population of patients admitted in Srinagarind Hospital, Khon Kaen, University during the period between November 1992 to May 1993. The patients were randomly assigned into 2 groups : the experimental group who received preparatory information and the control group who did not receive preparatory information.

Preparatory information was considered to be an appropriate nursing intervention. It consisted of two types of information procedural and sensory information, which was developed in a form of taped massages and flip charts.

The instruments used in this study were : The State Anxiety : Form X-I (Spielberger, et al., 1967), Pain and Distress Scale of Johnson (cited to Jacox, 1977) and Body Image Questionnaire modified from the characteristics of Body Image Disturbance Questionnaire of Yupawan (1991)

The pretest for anxiety and body image was done to both groups on the evening before surgery. Then the preparatory information was given to the experimental group one hour after the pretest. The posttest was done to both groups. The posttest for anxiety, pain and distress was done on the first 24 hours after surgery. The posttest for body image was done on the seventh day after surgery.

The data were analyzed by using SPSS/PC<sup>+</sup> program for t-test.

Results of this study showed that :

1. Patient who received preparatory information had significantly lower anxiety than the patient who did not receive preparatory information ( $p < 0.05$ )
2. Patient who received preparatory information had significantly lower pain than the patient who did not receive preparatory information ( $p < 0.05$ )
3. Patient who received preparatory information had significantly lower distress than the patient who did not receive preparatory information ( $p < 0.05$ )
4. Patient who received preparatory information had significantly lower body image disturbance than the patient who did not receive preparatory information ( $p < 0.05$ )

Although it was found that there was a significantly difference between the means scores on anxiety and body image disturbance which measured pretesting in both groups. Additional data were analyzed using t-test for the mean differences of the pretest and post test scores on anxiety and body image disturbance between the experiment and the control groups. The results showed that the experimental group had significantly differences between means differences anxiety and body image disturbance of the control group ( $t = 6.07, 6.46, p < 0.05$ ). Thus it can be concluded that the preparatory information may have effect in lessening the psychological reactions in mastectomy patients.