失能老人之憂鬱及其相關因素之探討

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摘要

本研究之目的在探討失能老人之憂鬱及相關因素，採橫段式調查法，採立意取樣方式以花蓮某醫院門診年齡 65 歲以上，日常生活功能 Barthel Index 篩檢得分小於 80 分的失能個案，共計 210 位為樣本。利用結構式問卷逐一訪視受訪者，問卷內容包括「失能個案基本資料」、「日常生活功能量表」、「自覺健康量表」、「社會支持量表」及「憂鬱情緒量表」。所得資料以描述性統計、單因子變異數分析、皮爾森積差相關及逐步迴歸進行統計分析。研究結果如下：一、44.8％門診失能老人的憂鬱得分偏高（30 總分超過 16 分者）二、老人的服用藥物種類$(r=0.151, p<0.05)$和罹患疾病數$(r=0.160, p<0.05)$與其憂鬱有顯著呈現正相關。日常生活功能$(r=-0.285, p<0.01)$、自覺健康狀況$(r=-0.305, p<0.01)$和社會支持$(r=-0.230, p<0.01)$與憂鬱成呈顯著的負相關。三、最佳預測失能老人憂鬱之變項包含：自覺健康和日常生活功能狀態可解釋整體憂鬱之變異量為 14.4%，其中以自覺健康最為重要。根據本研究結果建議護理人員應加強老人日常生活活動功能，提升老人之心理健康促進與情緒管理，加強社區資源的運用以及預防憂鬱的發生。研究結果可供老人心理衛生照護及未來研究之參考。

關鍵字：憂鬱、失能、老人

Depression and Related Factors among Disabled Older Adults.

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Abstract

The method of cross-section investigation was used in the research. The purpose of this study was to examine depression and the related factors among the disabled elderly people. Purposive sampling was to recruit 210 participants from the outpatient department(OPD)of a teaching hospital in Hualien. The participants were enrolled in this study based on two criteria: Barthel Index Score （＜80） and age （over 65 years）. A structured questionnaire included case's demographic information, activities of daily life（ADL）, perceived health status , social support and depression。Statistical procedures included a descriptive statistics, one-way ANOVA method, Pearson product-moment correlation and stepwise multiple regression analyses. The result showed that about 44.8％ of the respondences were noted with a high depression symptom score. The disabled elders' drugs and illnesses showed significantly positive correlation with the depression of elderly people (p<.05). In contrast, activities daily living (ADL) dependency, perceived health status and social support showed significantly negative correlation with the depression of disabled elderly people (p<.05). Using stepwise multiple regression, perceived health status and activities daily living (ADL) dependency satisfaction among disabled elderly people can explain 14.4％ of total variance in depression. Perceived health status was the strongest predictor for the depression. Based on the research, researcher suggests that primary care provider (nurses or physicians) should focus not only on the improvements of ADLs, but also on the promotion of mental management, and make full use of community resources to prevent the emergence of depression among the disabled elderly people. Results generated from this study may act as references for mental care for disabled elderly people.

Keywords：depression, disabled, elderly