

慢性住院精神分裂症患者運動行為與睡眠品質之關聯性研究

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摘要

本研究旨於探討東部某精神科專科醫院之慢性住院精神分裂症患者運動行為與睡眠品質之關聯性。橫斷式研究設計，研究對象為依據精神科專科醫師 DSM-IV 診斷為慢性精神分裂症患者，且住院長達半年以上。採結構式問卷調查法，以面對面訪談方式進行資料收集，共計訪談 746 位，扣除無效問卷 42 份，實得有效問卷為 704 份。問卷內容依據研究目的與參考國內外相關文獻，邀請五位專家學者進行內容效度評估，包括：受訪者基本資料、運動行為量表及睡眠品質量表。研究結果顯示：受訪者的年齡與睡眠潛伏期呈負相關 ($r=.137$, $p<.001$)，與主觀睡眠品質呈正相關 ($r=.083$, $p<.05$)；自覺健康狀況與睡不好次數呈負相關 ($r=-.137$, $p<.001$)，與主觀睡眠品質呈正相關 ($r=.207$, $p<.001$)；從事中等費力運動的時間與入睡時間呈負相關 ($r=-.149$, $p<.01$)；從事輕度運動的天數與主觀睡眠品質呈正相關 ($r=.095$, $p<.05$)。研究結果將可作為日後醫療人員對慢性住院精神分裂症病患臨床照護及促進睡眠介入性措施之參考。

關鍵字：精神分裂症、運動行為、睡眠品質

Study of the Relationship between Exercise Behavior and Sleep Quality in Chronic Schizophrenia Inpatients

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Abstract

Objective: The aim of this cross sectional study was to investigate the correlation between exercise behaviors and sleep quality of chronic hospitalized schizophrenia patients.

Methods: Patients diagnosed by DSM-IV as chronic schizophrenia and hospitalized up to six months were recruited in an eastern Taiwan psychiatric hospital. Data were collected by semi-questionnaire that was distributed to and with face to face interviews with 746 patients with a total of 704 valid questionnaires responded. Questionnaire items were constructed based on literature reviews. Content of questionnaire was validated by five experts, including demographic category and tools of exercise behavior and sleep quality.

Results: The results indicated that the age and sleep latency had negative relation ($r=.137$, $p<.001$), age and perception of health had positive relation ($r=.083$, $p<.05$). Perception of health and frequency of bad sleep quality had negative relation ($r=-.137$,

Conclusion: The results can be the references for health care professionals to design a care plan to improve quality of sleep for schizophrenia inpatients.

Keywords : schizophrenia, exercise behavior, sleep quality