

Development and Evaluation of a Psychological Adjustment and Adaptation Status Scale for Breast Cancer Survivors

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Abstract : Objective: The objective of this study was to develop a psychological adjustment and adaptation status scale for breast cancer survivors, and to examine the reliability and validity of the scale. Method: 37 breast cancer survivors were recruited in qualitative research; a five-subject theoretical framework and an item pool of 150 items of the scale were derived from the interview data. In order to evaluate and select items and reach a preliminary validity and reliability for the original scale, the suggestions of study group members, experts and breast cancer survivors were taken, and statistical methods were used step by step in a sample of 457 breast cancer survivors. Results: An original 24-item scale was developed. The five dimensions "domestic affections", "interpersonal relationship", "attitude of life", "health awareness", "self-control/self-efficacy" explained 58.053% of the total variance. The content validity was assessed by experts, the CVI was 0.92. The construct validity was examined in a sample of 264 breast cancer survivors. The fitting indexes of confirmatory factor analysis (CFA) showed good fitting of the five dimensions model. The criterion-related validity of the total scale with PTGI was satisfactory ($r=0.564$, $p<0.001$). The internal consistency reliability and test-retest reliability were tested. Cronbach's alpha value (0.911) showed a good internal consistency reliability, and the intraclass correlation coefficient ($ICC=0.925$, $p<0.001$) showed a satisfactory test-retest reliability. Conclusions: The scale was brief and easy to understand, was suitable for breast cancer patients whose physical strength and energy were limited.

Keywords : breast cancer survivors, rehabilitation, psychological adaption and adjustment, development of scale

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