

癌症早期療護的心理照護

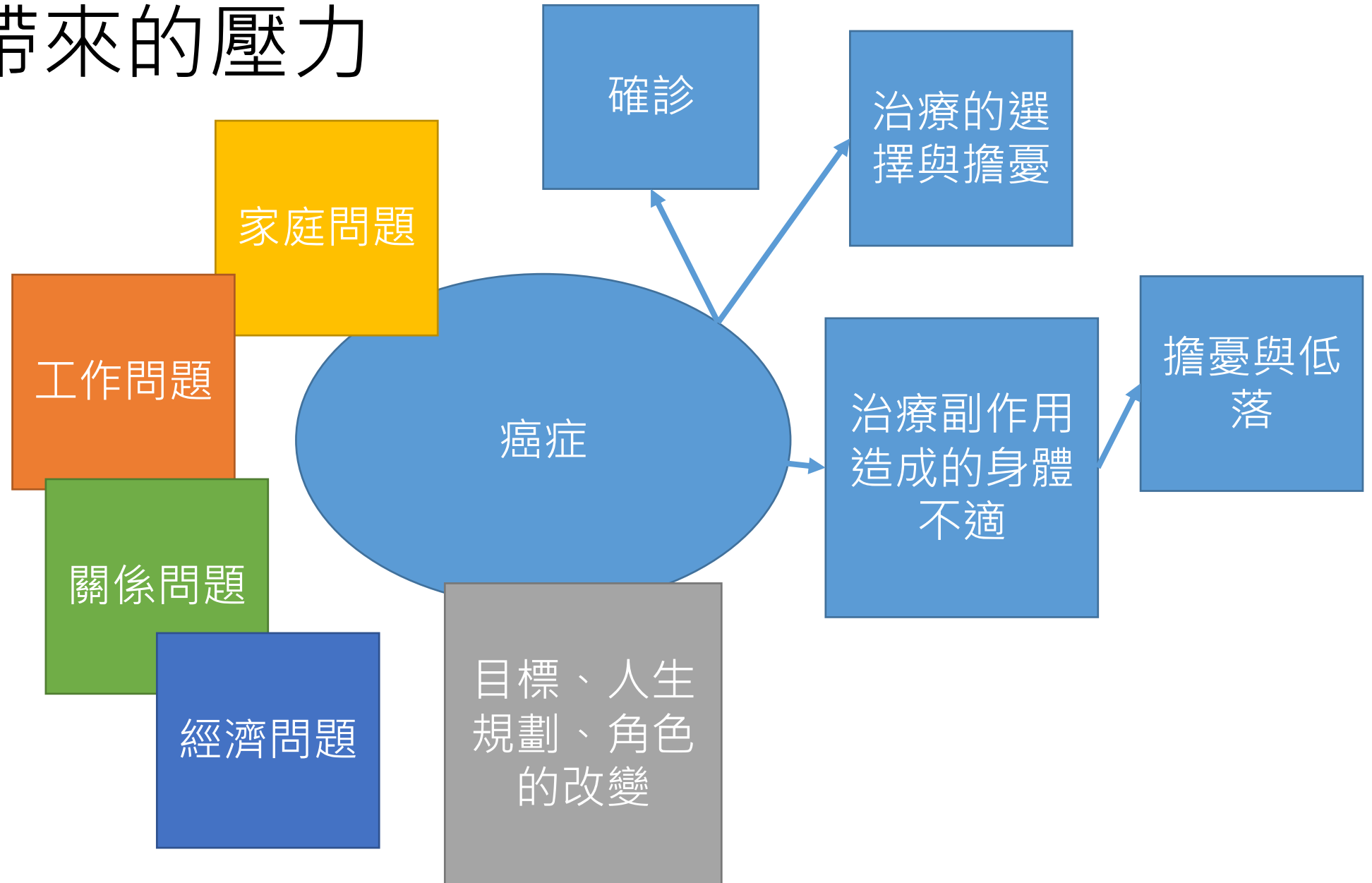
東吳大學 心理系

王韋婷副教授

8/7/2022



癌症帶來的壓力

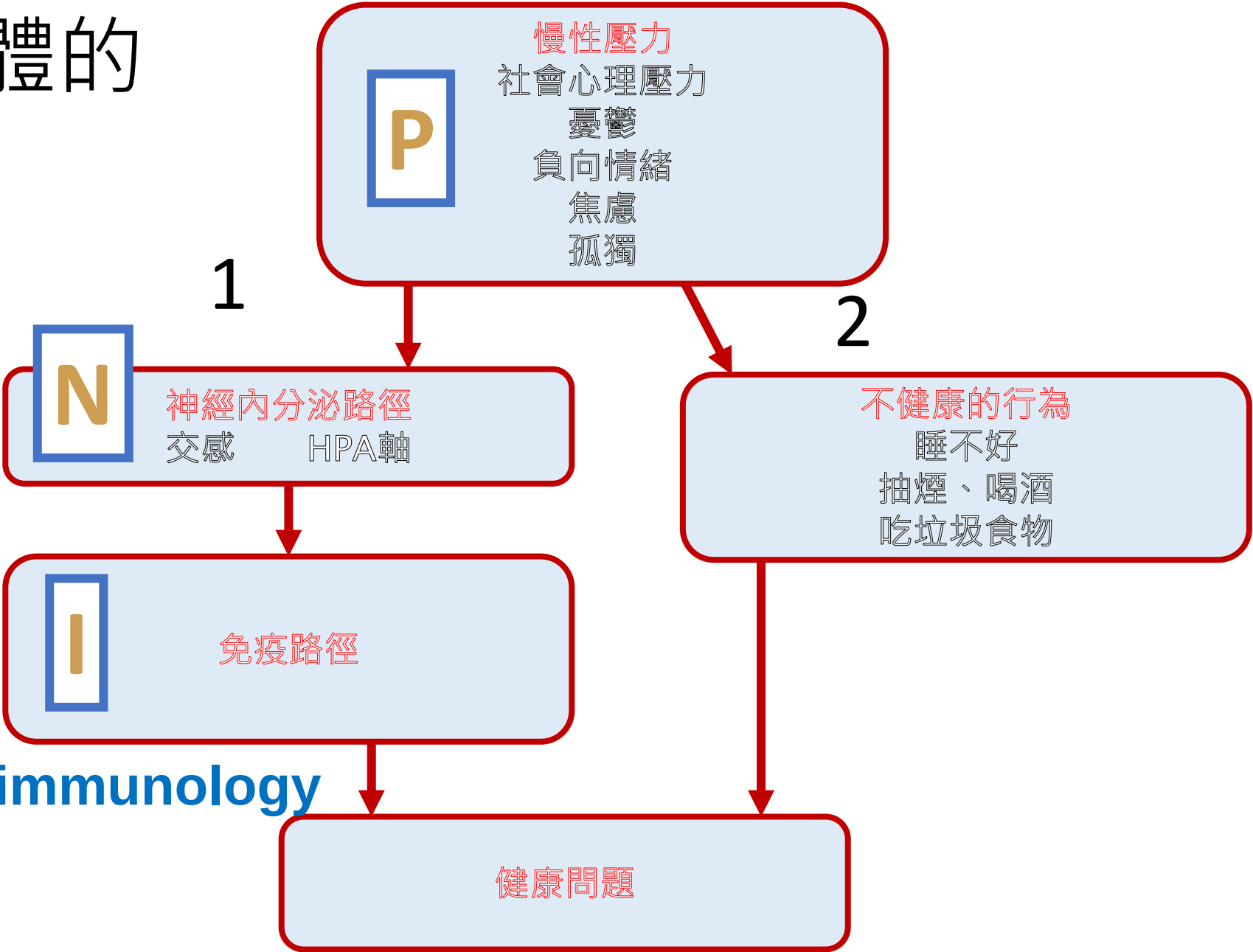


壓力與癌症

- 壓力影響腫瘤的出現、進程和轉移
- 免疫系統在當中扮演重要角色
- 慢性壓力是怎麼帶來癌症相關健康問題？

Nat Rev Cancer. 2006;6:240-248
J Clin Oncol. 2010;28:4094-409

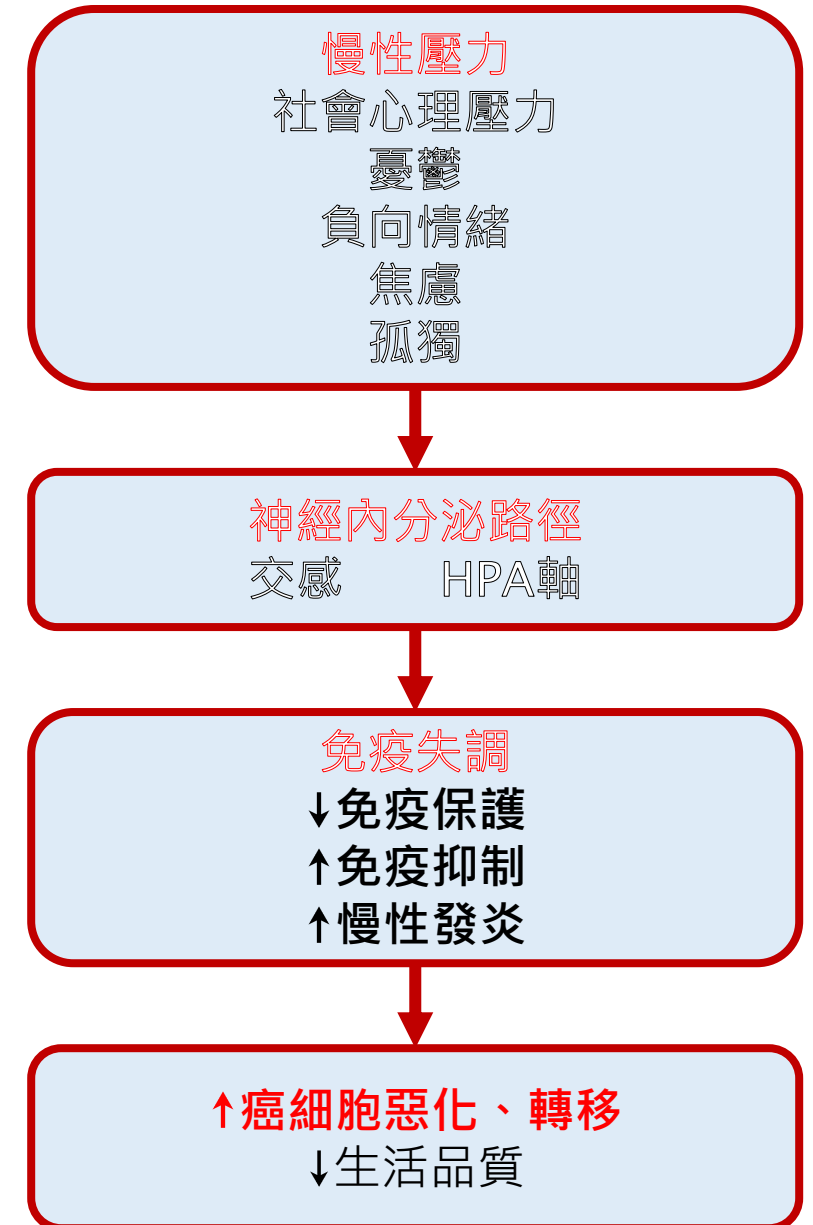
壓力對身體的影響？



Psychoneuroimmunology
(PNI)

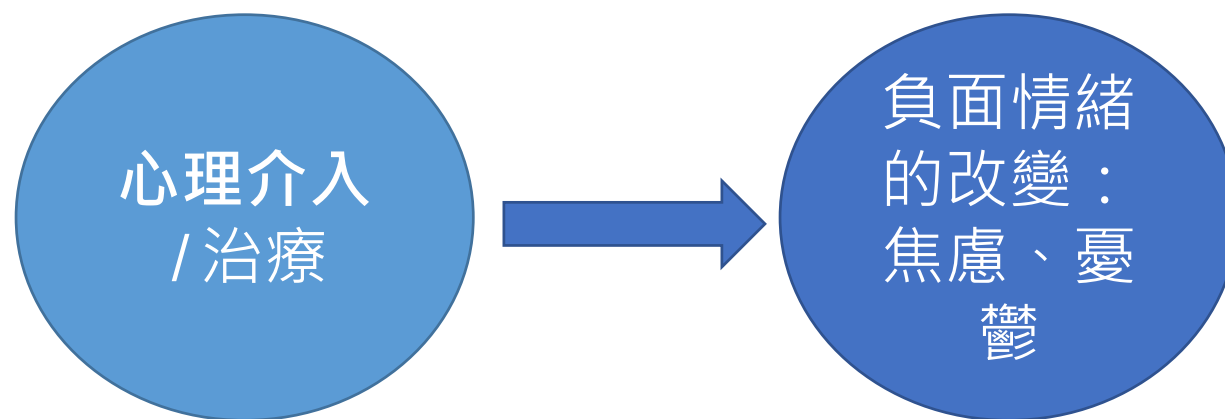
慢性壓力是怎麼帶來癌症 相關健康問題？

- 與壓力的生理反應有關
 1. 壓力賀爾蒙三巨頭：norepinephrine, epinephrine, and cortisol
 - 其他神經內分泌因子: ACTH, vasopressin, oxytocin
 - Immunohormone-like cytokines: IL-1 β , IL-6
 2. 壓力賀爾蒙升高會影響免疫系統：immune cell trafficking and function
 3. 免疫系統的功能會影響健康與造成疾病



癌症患者的心理照顧

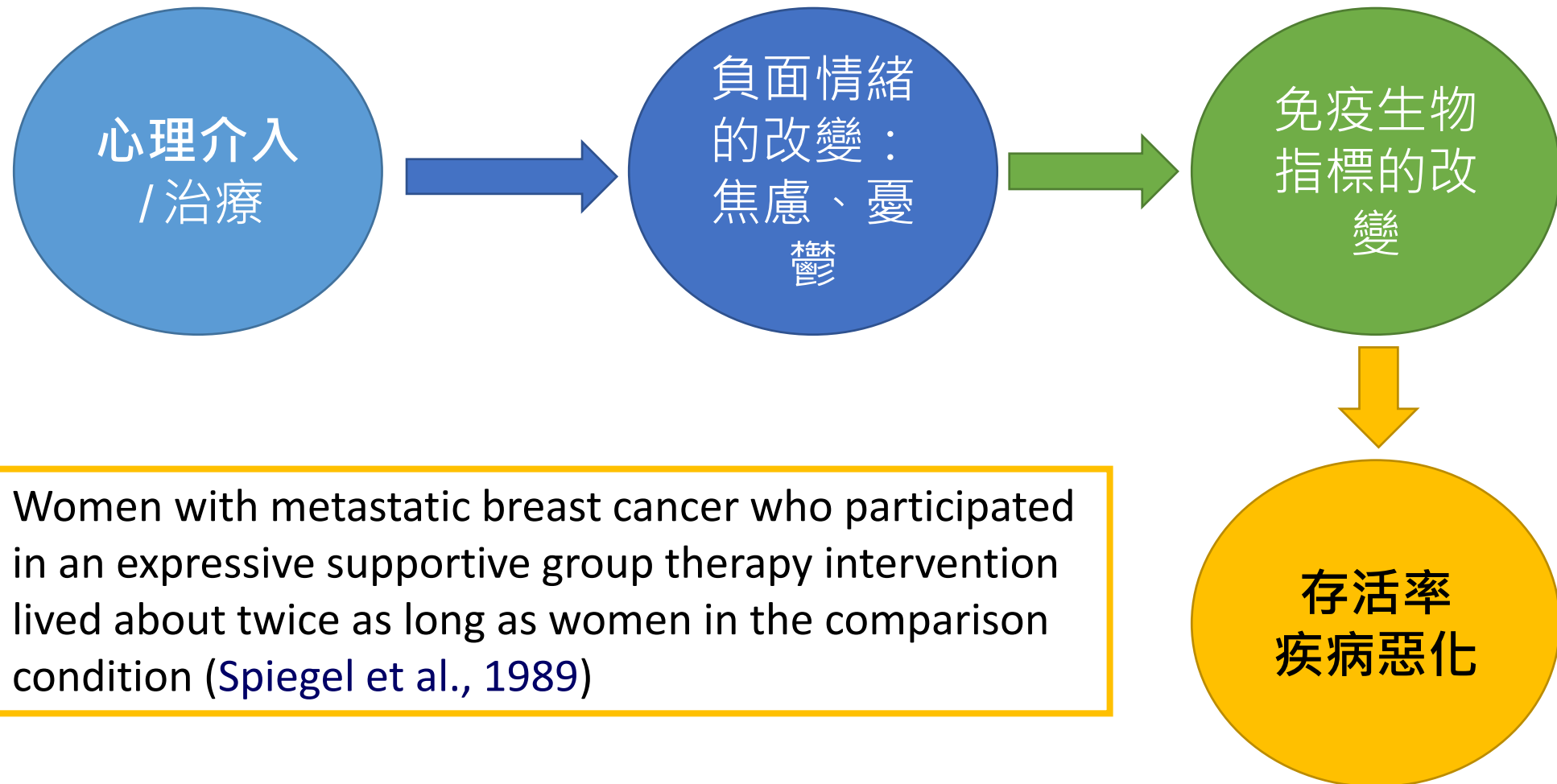
心理介入有用嗎？



心理介入有用嗎？



心理介入有用嗎？



慢性壓力如何影響免疫系統？

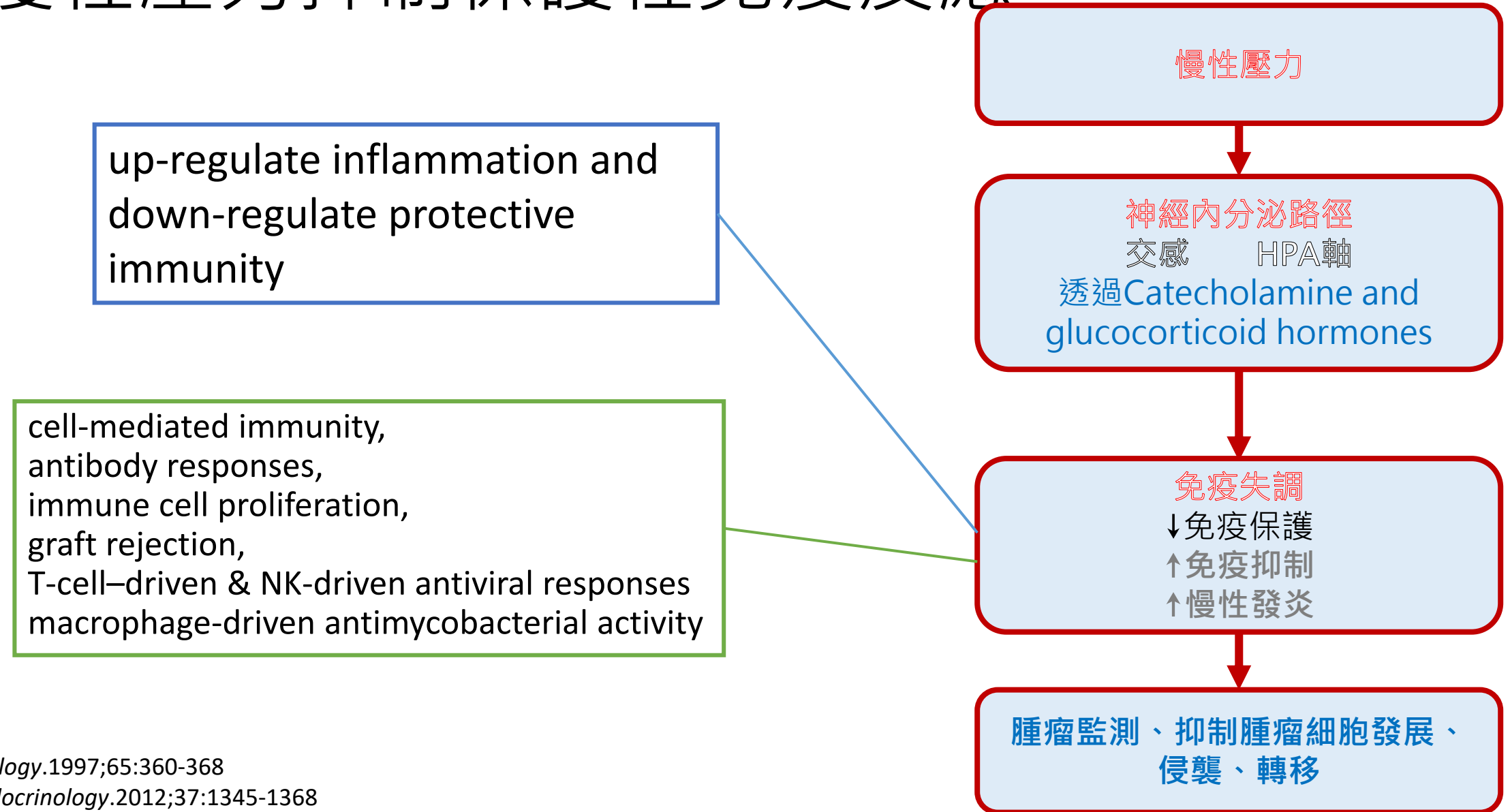
- 與癌症相關：

- 1) Suppression of protective immunity
- 2) Induction/Exacerbation of chronic inflammation
- 3) Enhancement of immunosuppressive mechanisms

3 functional categories of immune responses (Dhabhar, 2014)

1. immunoprotective
2. immunopathologic/inflammatory
3. immunoregulatory/suppressive

1. 慢性壓力抑制保護性免疫反應



癌症患者的研究證據

癌症類型	壓力類型/指標	神經內分泌指標	免疫相關生物指標
metastatic breast cancer	↑depressive symptoms	↑average diurnal cortisol	Brain Behav Immun. 2009;23:1148-1155
ovarian cancer	↑depressive symptoms		suppressed NK cell cytotoxicity (NKCC) ↓T-cell cytokine production within the tumor microenvironment Brain Behav Immun. 2008;22:890-900 J Clin Oncol. 2005;23:7105-7113
ovarian cancer	↑social isolation		↑tumor norepinephrine Brain Behav Immun. 2011;25:250-255
early stage breast cancer	↓anxiety		↑IL-2 after anti-CD3 (T-cell receptor) stimulation J Psychosom Res. 2009;67:369-376
early stage breast cancer	↑stress ↑depressive symptoms		↓NKCC ↓NK cell response to stimulation by IFN-γ, ↓T-cell proliferation response to stimulation by lectins or anti-CD3 J Natl Cancer Inst. 1998;90:30-36 Clin Cancer Res. 2017;23:52-61

癌症患者的研究證據

癌症類型	壓力類型/指標	神經內分泌指標	免疫相關生物指標	
ovarian cancer	↑social support		↑NKCC in the tumor microenvironment and circulation	Brain Behav Immun. 2008;22:890-900 Brain Behav Immun. 2008;22:890-900
ovarian cancer	↑social support ↑vigor		↑percentages of NK-T cells within the tumor and in peripheral blood	Brain Behav Immun. 2008;22:65-73
early stage breast cancer	↑positive mood		↑IL-12 and IFN-γ production	J Psychosom Res. 2009;67:369-376

2.慢性壓力引起的慢性反應

- 慢性壓力可能導致循環促炎因子持續增加
 - Proinflammatory factors, e.g., IL-6, IL-1 β , and C-reactive protein (CRP)
- 並將細胞因子平衡從促進腫瘤保護性 CMI 的 Th1 細胞因子轉變為 Th2 細胞因子，促進抗體介導的免疫
- 這些因素的慢性升高會導致慢性發炎
 - contribute to proinflammatory and autoimmune disorders and poorer cancer outcomes

(慢性壓力指標)

壓力
負向情緒
焦慮
憂鬱
人際衝突



(發炎指標)

serum cytokines
leukocyte gene expression
[NF- κ B] DNA binding

Psychoneuroendocrinology.2014;42:38-44
Prog Neuropsychopharmacol Biol Psychiatry.2007;31:1242-1247
Psychosom Med. 2016;78:36-47

3.慢性壓力引起的增強免疫抑制機制

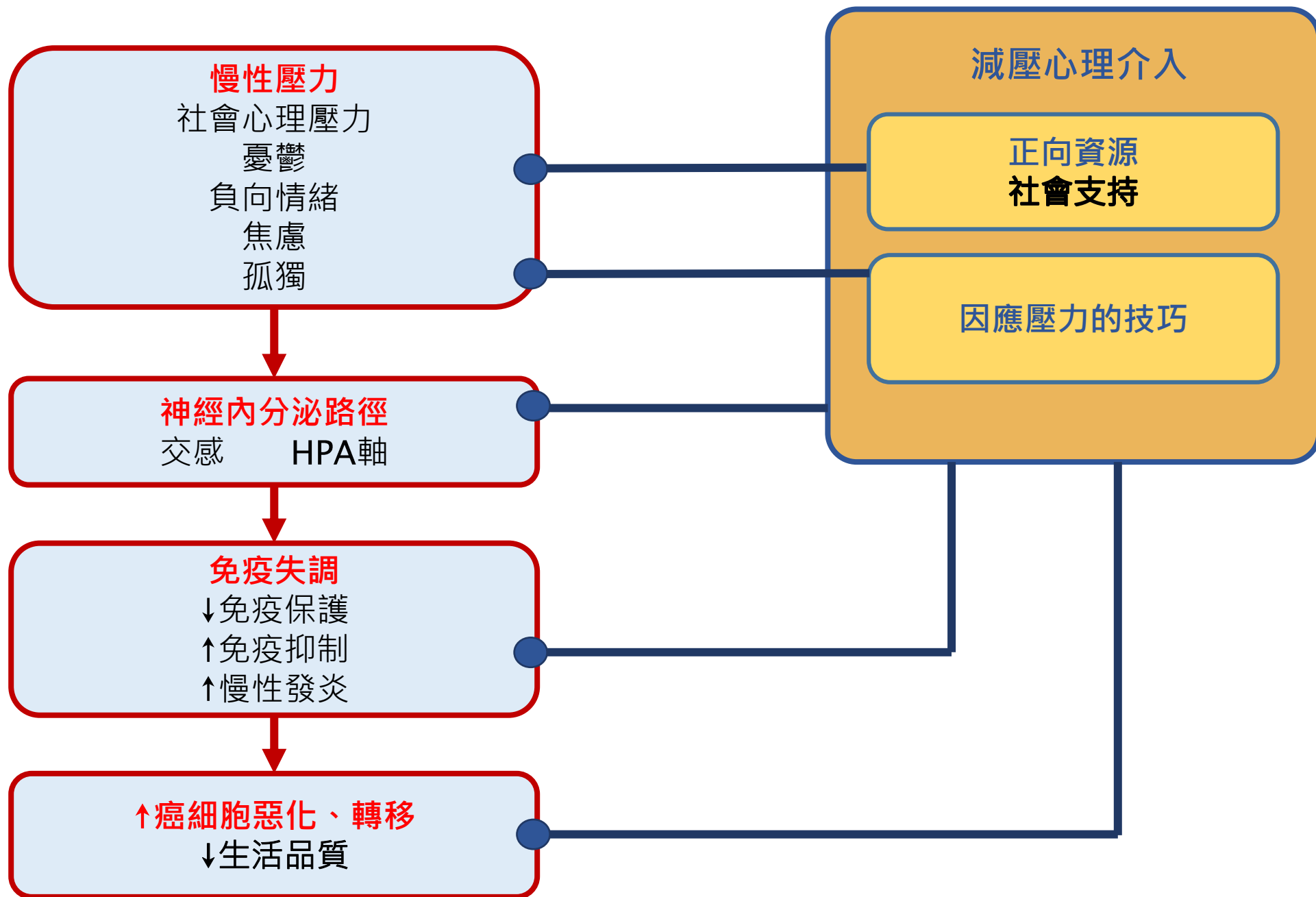
- Increases the numbers of Tregs and regulatory B-cells (Bregs)
- Myeloid-derived suppressor cells (MDSCs)
- Tumor-associated macrophages

J Natl Cancer Inst. 2005;97: 1760-1767

Brain Behav Immun. 1991;5:193-205

PLoS One. 2012;7:e33069

Cancer Res. 2011;70:7042-7052



十週減壓團體內容

Wk	RT 放鬆技巧	CBT 壓力管理
1	一緊一鬆I	壓力事件與壓力反應
2	一緊一鬆II	評估與認知想法
3	複式呼吸I	認知扭曲
4	複式呼吸II	替代性想法
5		因應
6		
7		
8		
9		
10		

十週減壓團體內容

Wk	放鬆技巧	認知行為壓力管理
1	一緊一鬆I	壓力事件與壓力反應
2	一緊一鬆II	評估與認知想法
3	腹式呼吸I	認知扭曲
4	腹式呼吸II	替代性想法
5	自我暗示放鬆法I	因應
6	自我暗示放鬆法II	接受 / 軟化
7	正念 / 冥想I	社會支持
8	正念 / 冥想II	生氣管理
9	日光放鬆I	自我肯定訓練
10	日光放鬆II	回顧與展望

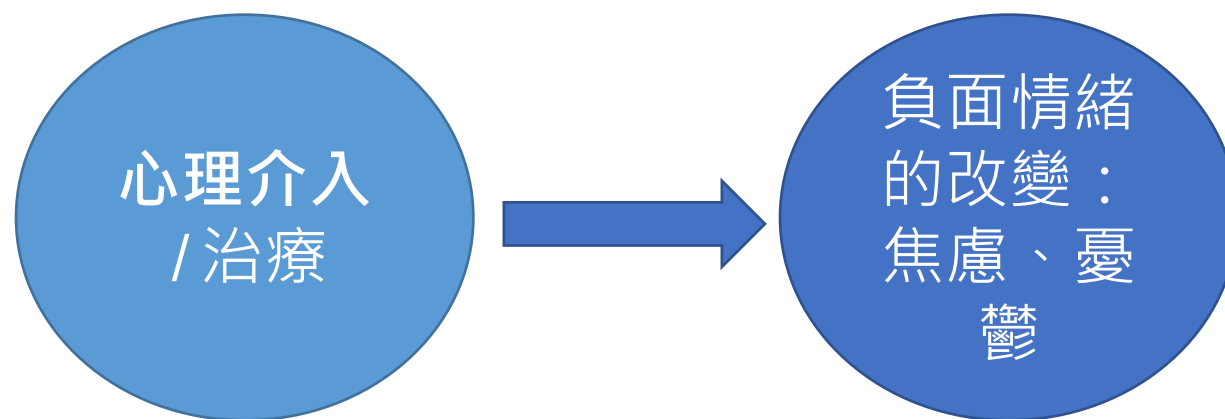
介入目標

Goal	Technique
覺察	放鬆訓練、認識自己的想法與評估、認識自己的情緒
認知	認知扭曲的辨認、替代想法的彈性
因應、行為	因應技巧、生氣管理方法、自我肯定訓練
正向資源	社會支持的拓展與適配、放鬆的能力

團體支持、鼓勵、信心 + 表達、抒發情緒

心理介入有用嗎？

CBSM ↓焦慮、憂鬱、侵入性思考
↑正向情緒、益處發現、生活品質



Health Psychol. 20 (1), 20–32
J. Consult. Clin. Psychol. 74 (6), 1143–1152
Am. J. Psychiatry 163 (10), 1791–1797

心理介入有用嗎？

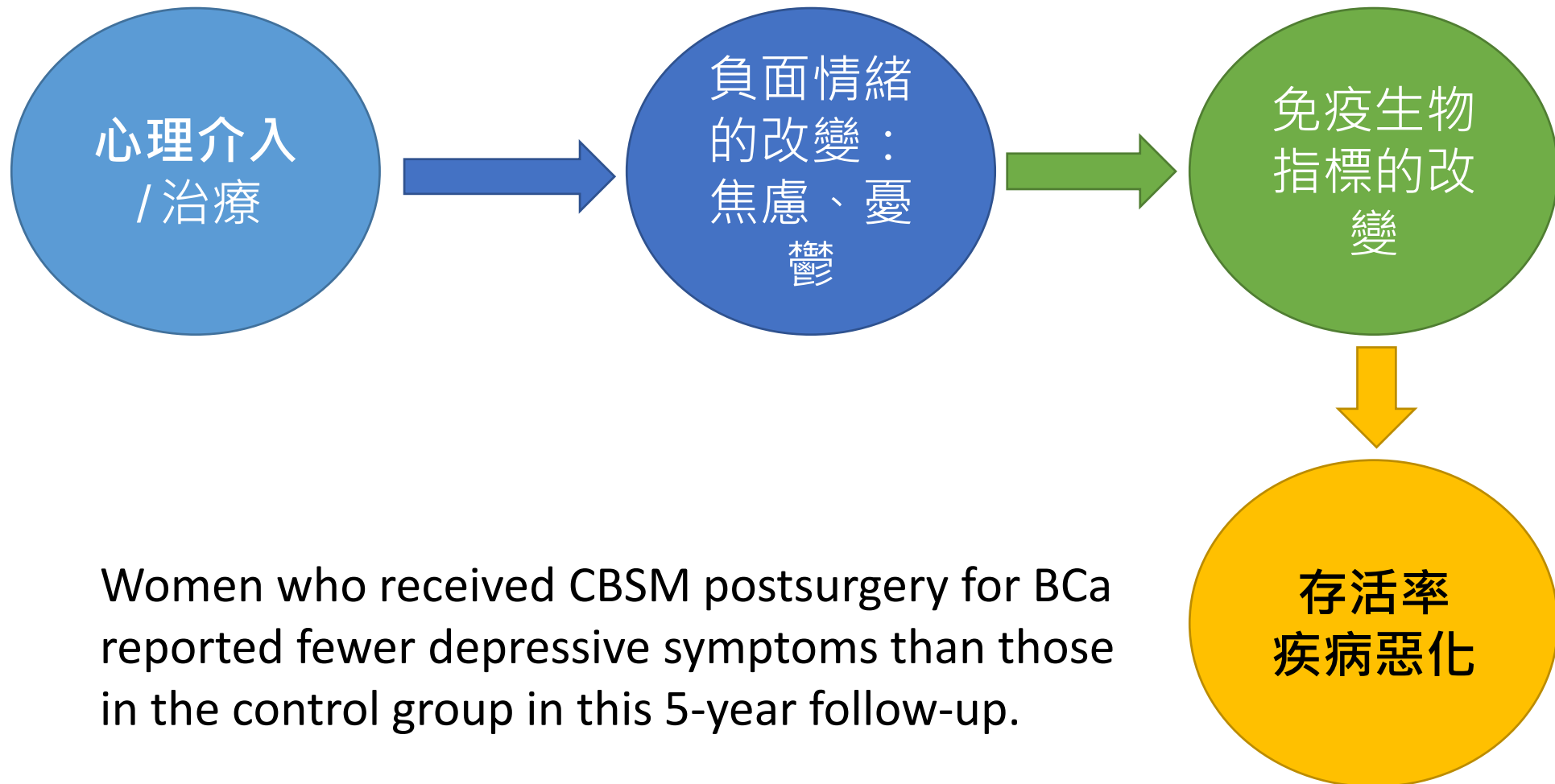
CBSM ↓5PM serum cortisol
↑LPR to anti-CD3



LPR = lymphocyte proliferative response

Psychosom. Med. 62 (3), 304–308
J. Psychosom. Res. 56 (1), 1–8

心理介入有用嗎？



Women who received CBSM postsurgery for BCa reported fewer depressive symptoms than those in the control group in this 5-year follow-up.

對痛苦指數更高的人更有用

Journal of Psychosomatic Research 113 (2018) 52–57



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Differential psychological effects of cognitive-behavioral stress management among breast cancer patients with high and low initial cancer-specific distress

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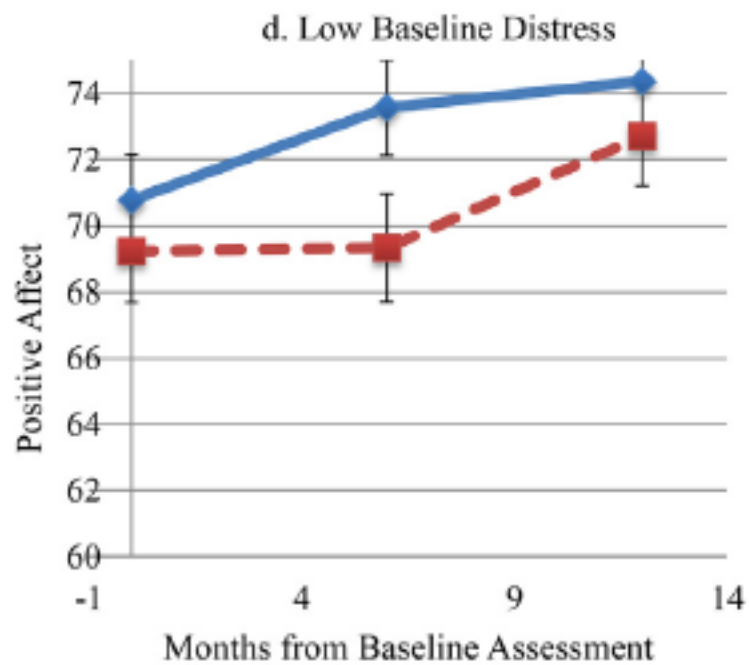
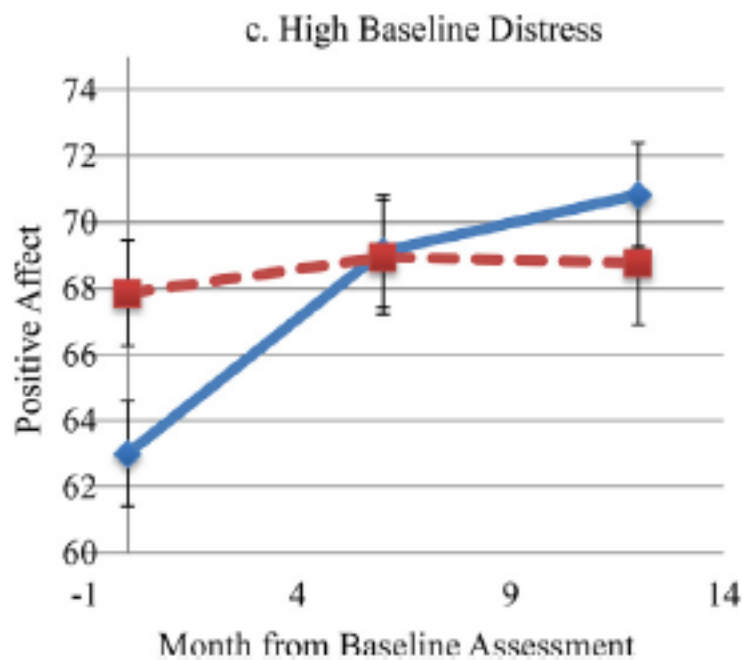
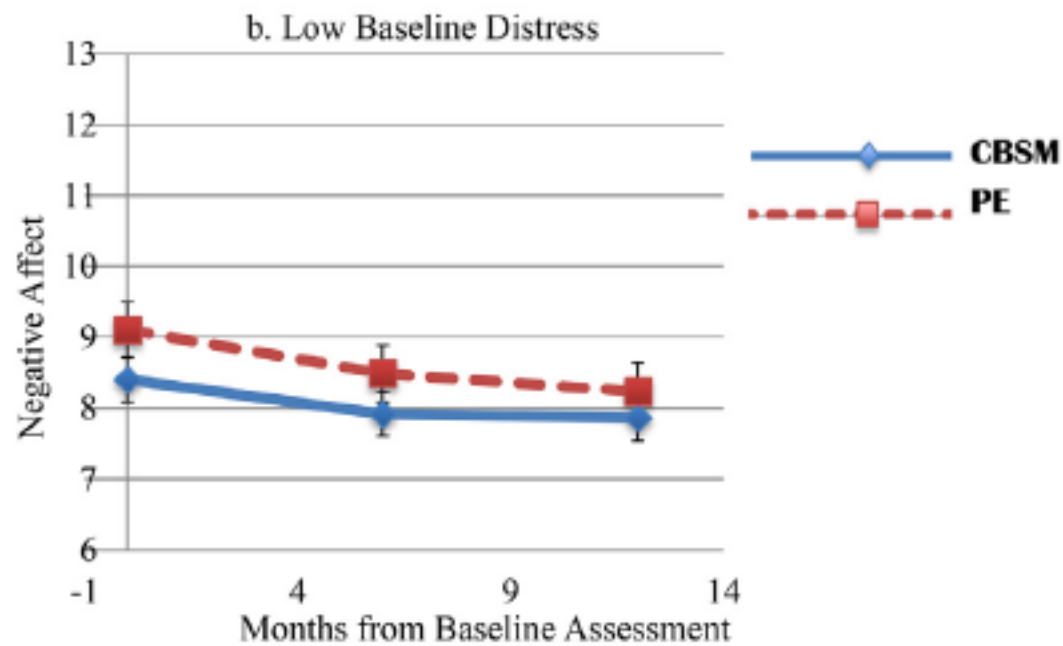
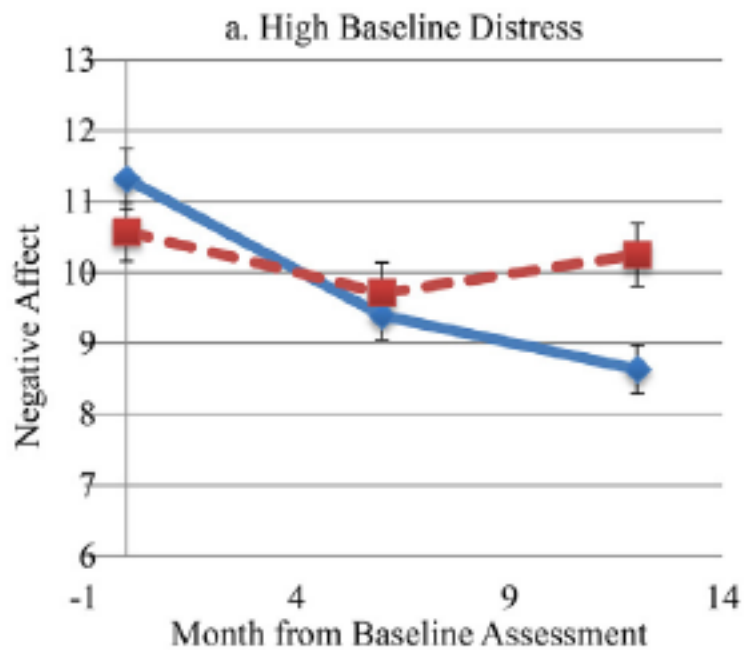
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研究 結果 摘要



癌症心理學實驗室-壓力...



THANKS!

Please share your thoughts with me

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- <https://scupsyashleywang.wixsite.com/sghlab>



壓力為什麼
會致病系列
課程

放鬆訓練
練習音檔