



周昀臻

副教授

學歷

PhD 國立臺灣大學護理學系暨研究所(2020)

MS 國立成功大學老年學研究(2011)

BS 慈濟大學護理學系(2007)

聯絡方式

電話：03-2118800 分機 3512

email：yjchou@mail.cgu.edu.tw

研究領域

腫瘤護理、症狀處置、結直腸癌、癌症心理照護、癌症預防性復健、生物行為研究、老年學

教學

成人護理學、成人護理學實習、身體評估、護理研究

研究計畫

- 結直腸癌患者癌因性疲憊的代謝體學路徑與中醫體質相關性之探討(NSTC 114-2314-B-182 -047 -MY2)
- 發展與測試線上互動式影片於改善直腸癌患者低前位切除術症候群、心理困擾及生活品質之成效(第二、三年延續性計畫) (NSTC 113-2314-B-182-031-MY2)
- 發展與測試核心肌群運動及正念呼吸於改善初診斷直腸癌患診之低前位切除術症候群、心理困擾，及生活品質之成效 (NSTC 112-2314-B-182 -010, 2023-2024)
- 運用多層面預防性復健計畫於初診斷直腸癌病患改善低前位切除術症候群、心理困擾及大便失禁相關生活品質之成效 (NSTC 111-2314-B-182 -006, NMRPD1M0041, 2022-2023)

1. **Chou, Y. J.**, Lee, Y. H., Lin, B. R., Tu, Y. K., Chiu, C. Y. H., Yang, H. Y., Shun, S. C. (2025). Effectiveness of a Resilience Model–Based Cancer Prehabilitation Program in Patients with Newly Diagnosed Colorectal Cancer: A Randomized Controlled Trial. *European Journal of Oncology Nursing*, Online ahead of print. <https://doi.org/10.1016/j.ejon.2025.103043>
2. Kuo, H. J., **Chou, Y. J.**, Yang, H. Y., Shun, S. C. (2025) Fatigue and diabetes self-management among operable pancreatic cancer survivors with comorbid diabetes: comparative propensity analysis. *Journal of Cancer Survivor*, Online ahead of print. <https://doi.org/10.1007/s11764-025-01838-w>
3. **Chou, Y. J.**, Lee, Y. H., Lin, B. R., Jiang, J. K., Yang, H. Y., Lin, H. Y., Shun, S. C. (2025) Serial multiple mediation model of fear of cancer recurrence in patients with colorectal cancer. *Health Psychology*, **44**(10), 955-962. <https://doi.org/10.1037/hea0001483>
4. Hsu, L. F., Lee, Y. H., Yang, H. Y., **Chou, Y. J.**, Tien, Y. W., Liu, C. Y., Shun, S. C. (2024 Oct). Changes in nutritional status and fatigue and their associations with quality of life in patients with pancreatic cancer after surgery: A 12-month longitudinal study. *Applied Nursing Research*, 80:151858. <https://doi.org/10.1016/j.apnr.2024.151858>
5. Yang, H. Y., Shun, S. C., Lee, Y. H., Liou, Y. T., **Chou, Y. J.**, Kuo, H. J., Tien, Y. W., Lai, S. R., Hung, H. (2024 Aug). Trajectories of perioperative nutritional status in patients with pancreatic tumor after surgery in six months. *European Journal of Oncology Nursing*, 72, 102687 <https://doi.org/10.1016/j.ejon.2024.102687>
6. Liao, Y.Y., **Chou, Y. J.**, Wu, C. T., Liu, Y. H., Liang, J. T., Lai, F., Shun, S. C. (2024 April). Wearable mobile health device for monitoring postoperative ambulation among patients with colorectal cancer undergoing minimally invasive surgery: A prospective comparison study. *International Journal of Medical Robotics and Computer Assisted Surgery*, 20(2), e2626. <https://doi.org/10.1002/rcs.2626>.
7. **Chou, Y. J.**, Liou, Y. T., Lai, S. R., Tien, Y. W., Kuo, H. J. Yang, H. Y., Shun, S. C. (2023 Oct). Role of preoperative malnutrition and symptom severity in anorexia-cachexia-related quality of life in patients with operable pancreatic cancer. *European Journal of Oncology Nursing*, 66, 102352. <https://doi.org/10.1016/j.ejon.2023.102352>
8. Yang, H.Y., Chang, Y. L., Lin, B. R., **Chou, Y. J.**, Shun, S. C. (2023 Aug). Cognitive Function in Patients at Different Stages of Treatment for Colorectal Cancer: A Comparative Cross-Sectional Study. *Seminars in Oncology Nursing*, 39(4), 151446. <https://doi.org/10.1016/j.soncn.2023.151446>
9. Yang H.Y., **Chou Y.J.**, Shun S.C. (2022) The Effect of Walking Intervention on Cognitive Function Among Patients with Non-Central Nervous System Cancer: A Systematic Review. *Cancer Nursing*. Online ahead of print. <https://doi.org/10.1097/NCC.0000000000001106>
10. **Chou, Y. J.**, Wang, Y. C., Lin, B. R., & Shun, S. C. (2023). Resilience process in individuals with colorectal cancer: a qualitative study. *Quality of Life Research*, 32(3), 681-690. <https://doi.org/10.1007/s11136-022-03242-8>
11. **Chou, Y. J.**, Kober, K. M., Yeh, K. H., Cooper, B. A., Kuo, C. H., Lin, B. R., Kuo, T. C., Tseng, Y. J., Miaskowski, C., & Shun, S. C. (2022). A pilot study of metabolomic pathways

associated with fatigue in patients with colorectal cancer receiving chemotherapy. *European Journal of Oncology Nursing*, 56, 102096. <https://doi.org/10.1016/j.ejon.2022.102096>

12. **Chou, Y. J.**, Lin, H. Y., Cooper A. B., Lin, B. R., Jiang, J. K., Yanf, H. Y., Miaskowski, C., Shun, S. C. (2022). A Resilience Model for Patients with Colorectal Cancer: A Structural Equation Modeling Analysis. *Cancer Nursing*, 45(1): E83-E90. doi:10.1097/NCC.0000000000000882.
13. Li, C. C., **Chou, Y. J.**, Shun, S. C. (2021). The Relationship Between Muscle Strength and Body Composition Measures and Cancer-Related Fatigue: A Systematic Review and Meta-Analysis. *Oncology Nursing Forum*, 48(5): 558-576. doi: 10.1188/21.ONF.558-576. PMID: 34411084
14. Kuo, H. J., Chang, N. T., Tien, Y. W., **Chou, Y. J.**, Shun, S. C. (2021). Determinants of Quality of Life in People Living with a Dual Diagnosis of Resectable Pancreatic Cancer and Diabetes Mellitus. *Oncology Nursing Forum*, 48(4): 390-402. doi: 10.1188/21.ONF.390-402.
15. **Chou, Y. J.**, Kober, K. M., Kuo, C. H., Yeh, K. H., Kuo, T. C., Tseng, Y. J., Miaskowski, C., Liang, J. T., Shun, S. C. (2021). A Pilot Study of Metabolomic Pathways Associated With Fatigue in Survivors of Colorectal Cancer. *Biological Research for Nursing*, 23(1), 42-49. doi:10.1177/1099800420942586.
16. Kuo, H. J., Tien, Y. W., Chang, N. T., **Chou, Y. J.**, Shun, S. C. (2019). Comparison of Fatigue and Quality of Life in Individuals with Pancreatogenic Diabetes After Total or Partial Pancreatectomy. *Oncology Nursing Forum*, 46(5), E159-E170. doi: 10.1188/19.ONF.E159-E170.
17. **Chou, Y.J.**, Kuo, H. J., Shun, S. C. (2018). Cancer Prehabilitation Programs and Their Effects on Quality of Life. *Oncology Nursing Forum*, 45(6), 726-736. doi: 10.1188/18.ONF.726-736.
18. Shun, S.C., **Chou, Y.J.**, Chen, C.H., Yang, J.C. (2018) Change of Uncertainty in Illness and Unmet Care Needs in Patients with Recurrent Hepatocellular Carcinoma During Active Treatment. *Cancer Nursing*, 41(4), 279-289. doi: 10.1097/NCC.0000000000000487.
19. Shun, S.C., Lai, Y.H., Hung, H, Chen, C.H.; Liang, J.-D. **Chou, Y.J.** (2017). The Role of Age in Change of Unmet Supportive Care Needs in Patients with Hepatocellular Carcinoma during Transition from Hospital to Home. *Cancer Nursing*, 40(3), 245-254. doi:10.1097/NCC.0000000000000403.
20. **Chou, Y. J.**, Lai, Y. H., Lin, B.R., Liang, J.T., & Shun, S. C. (2017). Factors influencing amount of weekly exercise time in colorectal cancer survivors. *Cancer Nursing*, 40(3), 201-208. doi: 10.1097/NCC.0000000000000383.