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医学心理学

癫痫患者婚姻质量与心理应激的相关性

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摘要:

目的 探讨癫痫患者的婚姻质量与心理应激的关系。方法 采用匹配对照方法, 选取成人已婚癫痫患者组40例和正常对照组40例。以OLSON婚姻质量问卷、抑郁自评量表(SDS)、焦虑自评量表(SAS)、心理压力综合调查表(PSS)对两组被试者的婚姻质量和心理应激进行研究。结果 癫痫患者组的婚姻满意度、性格相融性、解决冲突的方式、经济安排、业余活动因子分显著低于正常对照组( $P<0.05$ ); SAS及SDS得分显著高于正常对照组( $P<0.01$ ); 应激性情绪反应、躯体反应及消极应对因子分明显高于正常对照组( $P<0.01$ ); 积极应对因子分显著低于正常对照组( $P<0.01$ )。婚姻质量与发作类型、焦虑及抑郁呈显著负相关; 与积极应对、社会支持呈显著正相关。回归分析显示, 抑郁( $\beta=-1.324$ )、发作类型( $\beta=-31.771$ )及家庭内支持( $\beta=5.192$ )进入回归方程。结论 癫痫患者的婚姻质量低于正常对照组, 患者存在明显的焦虑、抑郁和较高的应激反应水平。其婚姻质量与发作类型、焦虑、抑郁情绪、社会支持及应对方式密切相关。

关键词: 癫痫; 婚姻质量; 焦虑; 抑郁; 心理应激

## Association of the marital quality and psychological stress in patients with epilepsy

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Abstract:

Objective To explore the relationship between the marital quality and psychological stress in patients with epilepsy. Methods In the paired-case control study, 40 adult married epilepsy out-patients and 40 normal controls were investigated with Enrich Marital Inventory, self-rating depression scale (SDS), self-rating anxiety scale (SAS), and psycho-social stress scale (PSS) to analyze the marital quality and the psychological stress of the two groups. Results The marital satisfaction, personality issues, conflict resolution, financial management, and leisure activities of the patients scored significantly lower than those of the controls ( $P<0.05$ ). The scores of SAS, SDS, stress emotion reaction (SER), stress physical reaction (SPR) and negative coping (NC) were significantly higher in patients than in controls ( $P<0.01$ ). The scores of positive coping (PC) was significantly lower in patients than in controls ( $P<0.01$ ). The total scores of marital quality were negatively correlated with epileptic seizure type, total SDS and SAS scores, while positively correlated with the scores of PC and social support. In addition, regression analysis showed that three factors were involved, including depression ( $\beta=-1.324$ ), epileptic seizure type ( $\beta=-31.771$ ) and family support ( $\beta=5.192$ ). Conclusion The marital quality of patients with epilepsy is lower than that of the controls. The patients suffer significant anxiety, depression and stress, whose marital quality is closely related with epileptic seizure type, anxiety, depression, social support and coping style.

Keywords: Epilepsy; Marital quality; Anxiety; Depression; Psychological stress

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