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## 中国军人抑郁流行病学特征的研究(PDF)分享到

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Title: Epidemiological characteristics of depression in Chinese army men: a cross-sectional study

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摘要: 目的 对全军陆、海、空、武警军人进行抑郁流行病学特点调研。 方法 采用国际通用流调中心抑郁自评量表(center for epidemiological studies depression scale, CES-D), 对整群抽取21省(区、直辖市)32座城市的陆、海、空、武警军人1.14万人进行问卷调查, 获有效样本10505例。数据采用SPSS 18.0进行统计分析, 在95%的置信区间(CI)内使用Bootstrap方法估算中国军人抑郁发生率, 用 $\chi^2$ 检验和  $t$  检验进行显著性检验。 结果 ①中国军人抑郁发生率为18.1% (95%CI=17.4~18.8), 其中轻度抑郁发生率为8.6% (95%CI=8.0~9.2); 中度抑郁发生率为4.4% (95%CI=4.0~4.8); 重度抑郁发生率为5.1% (95%CI=4.7~5.5)。②男军人抑郁发生率显著高于女性军人(18.2% vs 10.2%,  $\chi^2=6.034$ ,  $P<0.05$ ); 不同军种抑郁的发生率从高至

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低分别为，陆军、海军、空军、武警，军种之间差异显著（19.9% vs 17.0% vs 11.2% vs 6.7%， $\chi^2=88.673$ ， $P<0.05$ ）；不同职级抑郁的发生率差异显著从高至低分别为士官、战士、军官（19.3% vs 17.5% vs 15.4%， $P<0.05$ ）；大学学历军人抑郁发生率低于初、高中及研究生学历军人，后三者无显著差异（16.2% vs 19.8%、18.2%、18.7%， $P<0.05$ ）。③不同军龄军人抑郁发生率前3位分别是第11年（25.8%）、第9年（24.8%）和第10年（24.2%）；不同年龄军人抑郁发生率前3位分别是：28（27.0%）、30岁（25.4%）和26岁（22.2%）。不同军龄、年龄军人的抑郁发生率存在显著差异（ $\chi^2=48.892$ ， $P<0.001$ ； $\chi^2=46.420$ ， $P<0.01$ ）。 结论 中国军人抑郁发生率和水平低于中国普通人群，存在显著的性别、军种、职别、学历、军龄、年龄差异。

**Abstract:** **Objective** To explore epidemiological characteristics of depression in the Chinese army men from land army, navy, air force and paramilitary troops. **Methods** Epidemiologic Studies Depression Scale (CES-D) was employed for a large-scale epidemiological survey of depression in the Chinese military army men from army, navy, air force and paramilitary troops. Eleven thousand and four hundred subjects were surveyed, in which there were 10 505 eligible subjects. We surveyed 32 cities covering 21 provinces (autonomous regions, municipalities directly under the central government). By using SPSS 18.0, we conducted data analysis with *Chi*-square test and students' *t* test within 95% confidence interval. **Results** The prevalence rate of depression in Chinese military personnel was 18.1% (95% *CI*=17.4-18.8). Specifically, the prevalence rates of mild depression, moderate depression and major depression were respectively 8.6% (95% *CI*=8.0-9.2), 4.4% (95% *CI*=4.0-4.8) and 5.1% (95% *CI*=4.7-5.5). The morbidity of depression in male group was significantly higher than that in female group (18.2% vs 10.2%, *Chi*-square=6.034,  $P<0.05$ ). The prevalence of depression in different types of troop were significantly different: arranged from high to low, they were land army, navy, air force and paramilitary troops (19.9% vs 17.0% vs 11.2% vs 6.7%, *Chi*-square=88.673,  $P<0.05$ ). The morbidity of depression at different levels of position was significantly different: arranged from high to low, they were sergeant, soldier and officer (19.3% vs 17.5% vs 15.4%,  $P<0.05$ ). The prevalence of depression in the military personnel with bachelor degrees was lower than that in the personnel with junior high school education, senior high school education and master or PHD degrees (16.2% vs 19.8% vs 18.2% vs 18.7%,  $P<0.05$ ). The lengths of military service with top 3 high prevalence rates of depression were respectively 11 years (25.8%), 9 years (24.8%) and 10 years (24.2%). The ages with top three high prevalence rates of depression were respectively 28 (27.0%), 30(25.4%) and 26 yearsold (22.2%). **Conclusion** The current morbidity and severity of depression in the Chinese army

men are possibly lower than civilian, with significant differences in the sex, age, services, position level, education level, and length