

[1]彭李,李敏,姜晓梅,等.心理弹性训练对不同心理弹性水平军校医学生的正负性情绪及情绪调节方式的影响[J].第三军医大学学报,2014,36(05):470-472.

Peng Li,Li Min,Jiang Xiaomei,et al.Effects of resilience training on positive and negative emotion and emotion regulation strategies in military medical students with different resilience[J].J Third Mil Med Univ,2014,36(05):470-472.

[点击复制](#)

心理弹性训练对不同心理弹性水平军校医学生的正 调节方式的影响(PDF) 分享到:

导航/NAVIGATE
本期目录/Table of Contents
下一篇/Next Article
上一篇/Previous Article
工具/TOOLS
引用本文的文章/References
下载 PDF/Download PDF(417KB)
立即打印本文/Print Now
查看/发表评论/Comments
导出
统计/STATISTICS
摘要浏览/Viewed 69
全文下载/Downloads 37
评论/Comments

[RSS](#) [XML](#)

《第三军医大学学报》[ISSN:1000-5404/CN:51-1095/R] 卷: 36 期数: 2014年第05期 页码: 470-472 栏目: 论著 出版日期: 2014-03-15

Title: Effects of resilience training on positive and negative emotion and emotion regulation strategies in military medical students with different resilience

作者: [彭李](#); [李敏](#); [姜晓梅](#); [左昕](#); [缪毅](#); [于永菊](#); [刘波涛](#)
第三军医大学心理学院军事心理学教研室; 成都军区疾病预防与控制中心四科

Author(s): [Peng Li](#); [Li Min](#); [Jiang Xiaomei](#); [Zuo Xin](#); [Miao Yi](#); [Yu Yongju](#); [Liu Botao](#)
Department of Military Psychology, School of Psychology, Third Military Medical University, Chongqing, 400038; the Fourth Department, Disease Control and Prevention Center, Chengdu Military Command, Chengdu, Sichuan Province, 610021, China

关键词: [心理弹性训练](#); [心理弹性](#); [正负性情绪](#); [情绪调节方式](#)

Keywords: [resilience training](#); [resilience](#); [positive and negative emotions](#); [emotion regulation strategies](#)

分类号: G645.5; R395.6; R821.2

文献标志码: A

摘要: 目的 探索心理弹性训练对军校医学生的正负性情绪、情绪调节方式和心理弹性的影响。 方法 采用心理弹性量表、正负性情感量表和情绪调节方式量表对312名医学生进行评估,根据心理弹性得分选取高心理弹性组($n=30$)和低心理弹性组($n=30$),两组中随机抽取一半作为实验组进行心理弹性训练,其他医学生作为对照组不进行训练,比较其在训练后心理弹性、正负性情绪和情绪调节方式的变化。 结果 与前测结果相比,低心理弹性实验组的心理弹性、正性情绪和认知重评总分显著提高($P<0.05$),负性情绪和表达抑制总分显著降低($P<0.05$);高心理弹性实验组的正性情绪分显著提高($P<0.01$),负性情绪和表达抑制总分显著降低($P<0.05$);高心理弹性和低心理弹性对照组的心理弹性、正性情绪、负性情绪、认知重评和表达抑制总分与前测结果均无统计学差异($P>0.05$)。 结论 心理弹性训练能有效提高不同心理弹性水平军校医学生的心理弹性和积极情绪,降低其消极情绪,并帮助其运用积极的情绪调节方式。

Abstract: Objective To determine the effects of resilience training on military medical students' positive and negative emotions, emotion regulation strategies and resilience. Methods A total of 312 medical students were surveyed by Connor-Davidson Resilience Scale (CD-RISC), Positive and Negative Affect Scale (PANAS) and Emotion Regulation Scale (ERQ). From them, 30 students with high resilience and 30 with low resilience were obtained. These students were further randomly assigned into experimental group to receive resilience training ($n=15$), and control group without training ($n=15$). The changes of resilience, positive and negative emotions and emotion regulation styles after training were compared between the 2 groups. Results Compared with our former test results, the total scores of resilience, positive emotion and cognitive reappraisal of low resilience experimental group were increased significantly ($P<0.05$), and the scores of negative emotion and expression inhibition were significantly reduced ($P<0.05$). The positive emotions of high resilience experimental group were significantly increased ($P<0.05$), and negative emotion and expression inhibition scores were significantly reduced ($P<0.05$). Compared with the former test, there was no significant difference in the scores of resilience, positive and negative emotions and emotion regulation strategies between the high and low resilience control groups ($P>0.05$). Conclusion Resilience training effectively improves the military medical students' resilience and positive emotions, reduces their negative emotions, and helps them use positive strategies of emotion regulation.

参考文献/REFERENCES:

彭李, 李敏, 姜晓梅, 等. 心理弹性训练对不同心理弹性水平军校医学生的正负性情绪及情绪调节方式的影响[J]. 第三军医大学学报, 2014, 36(5): 470-472.

相似文献/REFERENCES:

- [1] 左昕, 彭李, 李敏, 等. 不同心理弹性水平个体在特里尔社会应激时主观紧张度、唾液 α -淀粉酶和糖皮质激素浓度的变化[J]. 第三军医大学学报, 2012, 34(20): 2115.
Zuo Xin, Peng Li, Li Min, et al. Individual subjective tension and salivary levels of α -amylase and glucocorticoid in college students with different levels of resilience in Trier social stress test[J]. J Third Mil Med Univ, 2012, 34(05): 2115.
- [2] 彭李, 李军, 李敏, 等. 成人心理弹性量表在陆军中的应用[J]. 第三军医大学学报, 2011, 33(19): 2081.
Peng Li, Li Jun, Li Min, et al. Application of resilience scale for adults in Chinese army[J]. J Third Mil Med Univ, 2011, 33(05): 2081.
- [3] 陈翰, 张佳佳, 李敏, 等. 创伤康复期患者应激障碍与心理弹性的相关研究[J]. 第三军医大学学报, 2010, 32(18): 2006.
Chen Han, Zhang Jiajia, Li Min, et al. Correlation of prevalence of post traumatic stress disorder with mental health and resilience in rehabilitation patients with traumatic injury[J]. J Third Mil Med Univ, 2010, 32(05): 2006.
- [4] 王燕秋, 张佳佳, 任景敏, 等. 大学生心理弹性及其影响因素分析[J]. 第三军医大学学报, 2010, 32(07): 684.
Wang Yanqiu, Zhang Jiajia, Ren Jingmin, et al. Resilience in college students and its influencing factors[J]. J Third Mil Med Univ, 2010, 32(05): 684.
- [5] 张佳佳, 彭李, 李敏. 某军校不同心理弹性水平的大一新生自主神经反应特点[J]. 第三军医大学学报, 2011, 33(21): 2268.
Zhang Jiajia, Peng Li, Li Min. Autonomic nervous system response patterns in freshmen with different resilience in a military university[J]. J Third Mil Med Univ, 2011, 33(05): 2268.
- [6] 左昕, 彭李, 李敏, 等. 心理弹性训练对水面舰艇军人正/负性情绪和心率变异性的影响[J]. 第三军医大学学报, 2011, 33(24): 2596.
Zuo Xin, Peng Li, Li Min, et al. Impact of resilience training on positive/negative emotions and heart rate variability in surface ship soldiers with different resilience[J]. J Third Mil Med Univ, 2011, 33(05): 2596.
- [7] 陈露露, 彭李, 唐棠, 等. 妇科癌症患者心理弹性及影响因素的研究[J]. 第三军医大学学报, 2012, 34(02): 137.
Chen Lulu, Peng Li, Tang Tang, et al. Resilience and related factors in gynecologic cancer patients[J]. J Third Mil Med Univ, 2012, 34(05): 137.
- [8] 陈露露, 彭李, 唐棠, 等. 妇科癌症患者心理健康和应对方式的相关研究[J]. 第三军医大学学报, 2012, 34(11): 1097.
Chen Lulu, Peng Li, Tang Tang, et al. Correlation between mental health and coping style in gynecological cancer

patients[J].J Third Mil Med Univ,2012,34(05):1097.

[9]陈珑,于永菊,彭李,等.军校医学生心理弹性与其人格、认知偏向、正负性情绪的关系[J].第三军医大学学报,2013,35(16):1731.

Chen Long,Yu Yongju,Peng Li,et al.Relationships of resilience with personality, cognitive attention, positive and negative affect in military medical students[J].J Third Mil Med Univ,2013,35(05):1731.

[10]左昕,彭李,汪金生,等.心理弹性训练对水面舰艇军人自我意识和应对方式的影响[J].第三军医大学学报,2013,35(15):1616.

Zuo Xin,Peng Li,Wang Jinsheng,et al.Effect of resilience training on self-awareness and coping style of warship soldiers[J].J Third Mil Med Univ,2013,35(05):1616.
