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Xie Junrun,Wang Guan,Dong Lianxi Liu Botao,et al.A cross-lagged regression analysis of plain soldiers' stress, anxiety and depression before and after rush entry into plateau[J].J Third Mil Med Univ,2014,36(14):1500-1503.

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急进高原前后士兵心理应激与焦虑、抑郁情绪的交叉到:

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更新日期/Last Update: 2014-07-18

《第三军医大学学报》[ISSN:1000-5404/CN:51-1095/R] 卷: 36 期数: 2014年第14期 页码: 1500-1503 栏目: 论著 出版日期: 2014-07-30

Title: A cross-lagged regression analysis of plain soldiers' stress, anxiety and depression before and after rush entry into plateau

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关键词: 急进高原; 应激; 交叉滞后分析; 焦虑; 抑郁

Keywords: rush entry into plateau; stress; cross-lagged regression analysis; anxiety; depression

分类号: R339.54; R395.1; R821.2

文献标志码: A

摘要: 目的 了解士兵急进高原前后应激与焦虑抑郁情绪的变化及相互预测作用。 方法 急进高原前后1周,分别采用心理应激自评问卷(psychological stress self-evaluation test, PSET)、焦虑自评量表(self-rating anxiety scale, SAS)和抑郁自评量表(self-rating depression scale, SDS)对1 342名驻平原部队士兵进行调查。 结果 士兵的应激总分、焦虑总分和抑郁总分在急进高原后1周均显著增高($P<0.01$)。年龄>20~25岁组士兵在急进高原前后的焦虑情绪低于其他分组($P<0.05$),在急进高原前的抑郁情绪低于其他分组($P<0.05$),在急进高原后抑郁情绪显著低于≤18岁组和>25岁组($P<0.05$);在急进高原前,军龄>2~5年组的焦虑情绪显著低于军龄>1~2及>5年组($P<0.05$),抑郁情绪显著低于>5年组($P<0.05$),在急进高原后,军龄>2~5年组焦虑情绪显著低于其他分组($P<0.05$)。交叉滞后相关分析表明,在同步相关一致性的前提下,急进高原前士兵的焦虑情绪($\beta=0.210, P<0.01$)和抑郁情绪($\beta=0.257, P<0.01$)能有效的预测急进高原后的应激水平。 结论 部队进驻高原前的焦虑、抑郁情绪影响进驻高原后的应激水平。

Abstract: Objective To explore the changes and predictive effects among soldiers' stress, anxiety and depression before and after rush entry into plateau.

Methods Psychological stress self-evaluation test (PSET), self-rating anxiety scale (SAS) and self-rating depression scale (SDS) were applied to 1 342 plain soldiers in 1 week before and after rush entry into plateau. Results The PSET score, SAS score and SDS score of soldiers were significantly higher at one week after rush entry into plateau ($P<0.01$). A cross-lagged regression analysis showed that the soldiers' scores of anxiety ($\beta=0.210$, $P<0.01$) and depression ($\beta=0.257$, $P<0.01$) before rush entry into plateau could predict the level of stress after rush entry into plateau in the same premise of phase correlation. Conclusion Soldiers' anxiety and depression before rush entry into plateau affect the level of stress after rush entry into plateau.

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