

[1]宁宁,郑向红,封娟毅,等.围绝经期甲状腺功能减退症患者焦虑及抑郁情绪的临床研究[J].第三军医大学学报,2013,35(12):1308-1310.

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围绝经期甲状腺功能减退症患者焦虑及抑郁情绪的到来:

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Title: Depression and anxiety in peri-menopause women with hypothyroidism: a clinical study

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关键词: 围绝经期; 甲状腺功能减退; 焦虑; 抑郁

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摘要: 目的 以甲状腺功能减退症的围绝经期女性为研究对象,探讨甲状腺激素水平与这类人群焦虑和抑郁情绪的关系。方法 采用焦虑自评量表(self-rating anxiety scale, SAS)和抑郁自评量表(self-rating depression scale, SDS)对甲状腺功能正常(对照组, $n=33$)、亚临床甲状腺功能减退症(亚临床甲减组, $n=35$)和临床甲状腺功能减退症(临床甲减组, $n=78$)的围绝经期女性进行评分,评估患者焦虑和抑郁的发生率以及评分与甲状腺激素的相关性。结果 临床甲减组SAS标准分较对照组升高($P<0.05$),亚临床甲减组SAS标准分对照组比较未见明显差异($P>0.05$);临床甲减组SDS标准分较其他两组均升高($P<0.05$),亚临床甲减组SDS标准分较对照组升高($P<0.05$)。以中国人群常模为界值,各组SAS和SDS评分超过常模的发生率均有显著性差异($P<0.05$),其中临床甲减组SAS和SDS评分超过常模的发生率显著高于其余两组($P<0.05$),亚临床甲减组显著高于对照组($P<0.05$)。SAS评分与游离甲状腺素(FT4)和促甲状腺激素(TSH)水平分别呈显著负相关($r=-0.326, P<0.01$)和正相关($r=0.240, P<0.01$);SDS评分三碘甲状腺原氨酸(FT3)、FT4均呈显著负相关($r=-0.427, r=-0.627, P<0.01$),与TSH呈显著正相关关系($r=0.555, P<0.01$)。结论 围绝经期甲状腺功能减退症女性更易出现抑郁和焦虑,该时期患者抑郁和焦虑的程度与甲状腺激素水平相关。

Abstract: Objective To study the relationship of hypothyroidism with depression and

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anxiety in peri-menopause women. **Methods** One hundred and thirteen women in peri-menopause period were divided into three groups including a normal control group ($n=33$), a subclinical hypothyroidism group ($n=35$) and an overt hypothyroidism group ($n=78$). The anxiety and depression of the subjects were investigated with self-rating anxiety scale (SAS) and self-rating depression scale (SDS). The correlation between thyroid hormones and anxiety/depression was observed. **Results** The prevalence of anxiety and depression in peri-menopause women with hypothyroidism was higher than that in the control group ($P<0.05$). SAS scores had significantly negative correlation with free thyroxine (FT4) ($r=-0.326, P<0.01$) and positive correlation with thyroid stimulating hormone (TSH) ($r=0.240, P<0.01$). SDS scores had significantly negative correlation with free triiodothyronine (FT3) and FT4 ($r=-0.427, r=-0.627, P<0.01$) and positive correlation with thyroid stimulating hormone (TSH) ($r=0.555, P<0.01$). **Conclusion** The prevalence of anxiety and depression increases in peri-menopause women with hypothyroidism. There is significant correlation between the degree of anxiety/depression and thyroid hormone levels.

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