

论著

不孕症女性应对方式、社会支持与负性情绪的关系

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摘要:

目的:探讨中国不孕症女性患者应对方式、社会支持与负性情绪(焦虑、抑郁)的关系。方法:采用自制一般情况问卷、疾病相关情况问卷、社会支持评定量表(SSRS)、简易应对方式问卷(SCSQ)、抑郁自评量表(SDS)、焦虑自评量表(SAS),对211例不孕症女性患者进行问卷调查。结果:不孕症女性患者积极应对得分为(20.18±5.43)分、消极应对得分为(10.19±3.83)分;社会支持总分(38.95±6.87)分、其中主观支持(22.63±4.15)分、客观支持(8.97±2.73)分,对支持的利用度(7.35±1.87)分;焦虑得分(43.44±10.45)分;抑郁得分(50.06±10.59)分。焦虑得分与积极应对、主观支持、客观支持、支持的利用度得分呈负相关(P<0.01),与消极应对正相关(P<0.01)。抑郁得分与积极应对、主观支持、客观支持、支持的利用度得分呈负相关(P<0.05),与消极应对相关关系无统计学意义(P>0.05)。结构方程模型分析结果显示:积极应对对社会支持有直接(正向)效应(β=0.49, P<0.01),对负性情绪有直接(负向)效应(β=-0.27, P<0.01);消极应对对社会支持有直接(负向)效应(β=-0.21, P<0.01),对负性情绪有直接(正向)效应(β=0.21, P<0.01);而社会支持对负性情绪有直接(负向)效应(β=-0.31, P<0.01);积极应对和消极应对还可通过社会支持间接影响负性情绪。结论:应对方式对不孕女性患者的负性情绪有直接效应和间接效应;社会支持作为中介变量调节应对方式与肾移植患者抑郁情绪的关系。运用积极应对,减少消极应对既可直接减轻患者的负性情感体验,又可通过提高患者的社会支持来降低患者不良心理应激水平。

关键词: 不孕症; 女性; 应对方式; 社会支持; 心理

Correlation among coping style, social support, and negative emotion in infertile women

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Abstract:

Objective To explore the correlation among coping style, social support, and negative emotion in Chinese infertile women. Methods A total of 211 infertile women was enrolled for this study. Participants completed questionnaires including Social Support Rating Scale (SSRS), Simplified Coping Style Questionnaire (SCSQ), Self-rating Anxiety Scale (SAS), and Self-rating Depression Scale (SDS). Results The mean scores of the 2 dimensions of SCSQ for the infertile women were 20.18±5.43 (positive coping) and 10.19±3.83 (negative coping), respectively. The total mean score of SSRS was 38.95±6.87, and the mean score of 3 dimensions of SSRS were 22.63±4.15 (subjective support), 8.97±2.73 (objective support), and 7.35±1.87 (extent of using the support), respectively. The mean scores of SAS and SDS were 43.44±10.45 and 50.06±10.59, respectively. SAS scores were negatively correlated to the scores of positive coping, subjective support, objective support and extent of using the support (P<0.01) while positively correlated to the scores of negative coping (P<0.01). SDS score were negatively correlated to the scores of positive coping, subjective support, objective support, and extent of using the support (P<0.01). SEM analysis showed that positive coping had direct and positive effect on social support (β=0.49, P<0.01) while direct and negative effect on negative emotions (anxiety and depression, β=-0.27, P<0.01). Negative coping had direct and negative effect on social support (β=-0.21, P<0.01) while direct and positive effect on negative emotions (β=0.21, P<0.01). Positive coping and negative coping also had indirect effects on negative emotions through the pathway of social support, which had direct and negative effect on negative emotions (β=-0.21, P<0.01).

Conclusion Coping styles have direct and indirect effects on negative emotions for the infertile women. As a mediator, social support regulates the relationship between coping styles and negative emotions. Using positive coping more frequently while using negative coping less frequently can alleviate the negative emotions of the infertile women through improving social support levels directly or indirectly.

Keywords: infertility; women; coping skills; social support; mental health

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