

论著

就业与我国大学应届毕业生焦虑和抑郁的关系

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摘要:

目的: 探讨大学应届毕业生就业相关事件与抑郁和焦虑的关系。方法: 采用横断面研究对1321名来自中南大学的应届毕业生进行匿名调查。采用自评焦虑量表(SAS)和美国CDC编制的流行病学调查用抑郁量表(CES-D)分别评价焦虑和抑郁情况。就业相关事件采用被调查时学生面临的就业选择来反映。采用logistic回归分析就业相关事件对焦虑和抑郁的影响。结果: 收到有效问卷1178份。以50分和16分分别作为SAS和CES-D的判断临界值时, 分别有18.9%和55.4%出现了焦虑和抑郁。控制其他因素后, 考研且感觉良好、考研但感觉不是很好以及既未考研又目前没工作意向的学生出现焦虑的风险分别是直接保研且确定读研学生的2.5, 2.3和3.5倍(P<0.05); 上述3类学生出现抑郁的风险分别是直接保研且确定读研学生的2.0, 1.5和2.6倍(P<0.05)。结论: 就业意向较差的大学应届毕业生出现焦虑和抑郁的风险高于就业意向较好的学生。

关键词: 就业 抑郁 焦虑 大学应届毕业生 中国

Employment-related anxiety and depression in senior college students in China

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Abstract:

Objective To examine the association of employment-related events with depression and anxiety in senior college students in China. Methods Altogether 1321 senior college students were recruited from Central South University and the survey was administered anonymously. Anxiety and depression were assessed with the Self-rating Anxiety Scale (SAS) and the Center for Epidemiologic Studies Depression Scale (CES-D), respectively. Employment-related events were reflected by the employment-related options when students were surveyed. Logistic regression was used to estimate the effect of employment-related events on anxiety and depression. Results We collected 1178 valid questionnaires. Taking 50 and 16 as the cutting-point of SAS and CES-D, we found 18.9% and 55.4% of the participants showed symptoms of anxiety and depression, respectively. After controlling confounding factors, those students who had taken the entrance exam of graduate schools and were optimistic for the result, those who had taken the entrance exam of graduate schools but were pessimistic for the result, and those who neither took the entrance exam of graduate schools nor received a job offer, had a higher risk of anxiety than those who would attend a graduate school without exam, and the odds ratios were 2.5, 2.3, and 3.5, respectively. For students' depression, the odds ratios of the three categories mentioned above were 2.0, 1.5, and 2.6, respectively. Conclusion Senior college students who face bad employment-related events are at a higher risk of anxiety and depression.

Keywords: employment; depression; anxiety; senior college students; China

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