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济南市社区卫生服务人员心理健康状况及相关因素分析

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Status of mental health and related factors of community health service staff in Jinan City

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摘要/Abstract

摘要： **目的** 分析济南市社区卫生服务人员心理健康的现状及其相关因素，探讨应对方式与心理健康的关系。 **方法** 采用心理健康症状自评量表（SCL-90）和简易应对方式问卷（SCSQ），对济南市152名社区卫生服务人员的心理健康状况和应对方式进行调查；运用SPSS 17.0进行统计处理。 **结果** 样本机构社区卫生服务人员SCL-90量表总分及躯体化、强迫、抑郁、焦虑等维度得分

高于全国常模；离婚或丧偶人员、高级职称人员相对容易产生心理问题；40~49岁人员心理较健康；消极应对越严重，心理健康水平越低。**结论** 社区卫生服务机构应关注员工的心理健康，给予相应的关心和专业帮助；引导员工尽量少用消极的应对方式；开展多种形式的心理辅导，提高员工的心理健康水平。

关键词: [心理健康](#), [应对方式](#), [社区卫生服务人员](#)

Abstract: Objective To analyze the status of mental health and related factors of community health service staff in Jinan, and explore the relationship between coping style and mental health. **Methods** Using "SCL-90" and "SCSQ", a survey was conducted among 152 community health service staff in Jinan. The data were analyzed with SPSS 17.0 software. **Results** The score of somatization, obsessive-compulsive symptoms, depression, anxiety and total score of SCL-90 were higher than Chinese norm. Community health service staff who were divorced or widowed, and who had higher professional titles showed more serious mental problems. The mental health situation of staff aged 40-49 years was better than that of other age groups. The more people used negative coping style, the lower of their level of mental health. **Conclusion** The community health service centers should pay close attention to mental health of their staff, offering professional help, minimizing the use of negative coping style, and carrying out various forms of psychological counseling.

Key words: [Mental health](#), [Coping style](#), [Community health service staff](#)

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