

柴苓升降散加味汤结合心理疗法对广泛性焦虑症患者脑电波的影响

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作者	单位
周秀芳	贵阳中医学院医学人文系,贵阳 550002
李燕	贵阳中医学院医学人文系,贵阳 550002
张蓉	贵阳中医第一附属医院,贵阳 550001
石国凤	贵阳中医学院医学人文系,贵阳 550002
陈蕾蕾	贵阳中医学院医学人文系,贵阳 550002

E-mail

renyucl@126.com

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中文摘要:目的: 观察柴苓升降散加味汤结合心理疗法治疗广泛性焦虑症临床疗效,探讨该方对广泛性焦虑症患者脑电波的影响。方法: 将60例广泛性焦虑症患者随机分为研究组、对照组各30例,研究组给予柴苓升降散和心理疗法;对照组给予口服氯硝西洋,起始剂量每次1 mg,2次/d,后酌情加量,1~2周内加至4~8 mg·d⁻¹,疗程均为6周。采用汉密尔顿焦虑量表(HAMA)进行治疗前和治疗后评定疗效,两组治疗前后进行脑电波检测。结果: 两组治疗后HAMA分值较治疗前明显下降,差异均有统计学意义(P<0.05),但两组间治疗后HAMA 评分比较差异无统计学意义;两组治疗前后 α 波频率、 α 、 θ 脑电波活动比较有显著性差异(P<0.05),两组间比较,疗效相当,但是研究组副反应小。结论: 柴苓升降散加味汤结合心理疗法对广泛性焦虑症患者有一定的疗效。

中文关键词: [广泛性焦虑症](#) [柴苓升降散加味汤](#) [心理疗法](#) [脑电波](#)

Effects of Caiqin Shengjiangsan Jiawei Decoction Combination Psychotherapy on Brain Waves of General Anxiety Patients

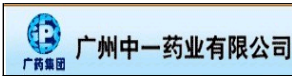
Abstract: Objective: To observe the clinical therapeutic effect of Caiqin Shengjiangsan Jiawei decoction combination psychotherapy on general anxiety, to explore the effects of the electroencephalogram tests were recorded in a general anxiety. Method: A total of 60 patients with general anxiety were randomly divided into study group(30 case)and control group(30 case).The control group was treated with psychotherapy combination Caiqin Shengjiangsan Jiawei decoction treatment.The study group was treated with only given anxiety drugs. The treatment course was 6 weeks.Effects were evaluated with hamilton anxiety scale(HAMA) and the electroencephalogram tests were determined before and after treatment for 6 weeks. Result: After treatment,HAMA scores of two groups were decreased (P<0.05); And between two groups before and after treatment,the difference of HAMA scores were not statistically significant. The frequency of α waves and θ , α brain electrical activity were significant between before and after treatment(P<0.05). there were no significant differences between the two groups in electroencephalogram(EEG) and HAMA score,but there was no adverse reaction of the test group. Conclusion: Caiqin Shengjiangsan Jiawei decoction combination psychotherapy had effect in general anxiety.

keywords: [general anxiety](#) [Caiqin Shengjiangsan Jiawei decoction](#) [psychotherapy](#) [electroencephalogram](#)

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