

卵巢癌患者化疗期间焦虑抑郁情绪与应对方式的关系

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Title: The relationship between anxiety and depression and coping style in patients with ovarian cancer during chemotherapy

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摘要: 目的: 探讨卵巢癌患者化疗期间焦虑抑郁情绪与应对方式的关系。方法: 本研究以2016年6月至2017年12月本院收治的97例卵巢癌患者作为调查对象。采用问卷调查方法了解患者的一般资料, 以及化疗初期、中期、末期患者的应对方式、焦虑抑郁情况。分析不同阶段患者应对方式与一般资料、焦虑抑郁情绪的相关性。结果: 患者的HAMD和HAMA评分在化疗初期最高 ($P<0.05$); “回避”和“屈服”两种应对方式在化疗初期分值最高 ($P<0.05$), “面对”在化疗末期分值最高 ($P<0.05$)。“面对”与年龄呈正相关关系 ($P<0.05$), 与文化程度呈负相关关系 ($P<0.05$)。三个化疗时期的平均HAMD评分、平均HAMA评分分析, “屈服”与HAMD评分呈现正相关关系 ($P<0.05$)。结论: 随着化疗的进展, 卵巢癌患者的焦虑抑郁情绪逐渐缓解, 更趋向于采取“面对”的积极应对方式。年龄越大, 文化程度越低的患者更易于采取“面对”的应对方式, 可以为临床针对不同化疗阶段、不同年龄、文化背景的患者制定心理干预方案提供依据。

Abstract: Objective: To study the relationship between anxiety and depression and coping style in patients with ovarian cancer during chemotherapy. Methods: In this study, 97 patients with ovarian cancer admitted in our hospital from June 2016 to December 2017 were investigated. The general information of the patients and the coping styles and anxiety and depression of the patients in the initial stage, the medium stage and the end stage were investigated by questionnaire. The correlation between coping style and general information, anxiety and depression in different stages was analyzed. Results: The HAMD and HAMA scores of the patients were the highest at the initial stage of chemotherapy ($P<0.05$). The two coping styles of "avoidance" and "surrender" were the highest in the initial stage of chemotherapy ($P<0.05$). The highest score was "face" at the end of chemotherapy ($P<0.05$). There was a positive correlation between "face" and age ($P<0.05$), which had a negative correlation with the degree of education ($P<0.05$). Comparison of the mean HAMD and HAMA scores for the three chemotherapy periods showed HAMD scores and "surrender" had a positive correlation ($P<0.05$). Conclusion: With the development of chemotherapy, the anxiety and depression of patients with ovarian cancer gradually relieved, and tended to adopt "face" positive coping style. The patients with higher age, the lower the level of education are prone to adopting the "face" coping style, which can provide the basis for the psychological intervention program for patients with different stages of chemotherapy, age and cultural background.

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