

心理干预在化疗患者中的应用*

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摘要 本研究针对化疗患者常见的恶心呕吐、烦躁不安等副作用,运用心理行为技术,采用病例对照研究方法,对129名化疗患者进行了比较研究。结果为:各项情绪指标和总的情绪状况以及恶心呕吐反应,干预组患者比对照组改善明显;生活质量各指标在组间和组内比较中,有不同程度的改善,角色、社会、认知功能和疼痛症状在两组比较中改善不明显。由此认为,对化疗患者实施恰当的心理行为技术,干预效果是明显的。

关键词: 癌症病人 心理干预 化疗 生活质量 情绪

1 前言

随着医学科学研究的进展,肿瘤综合治疗方法的不断改进,癌症不再是一种终极性疾病,而与冠心病、糖尿病等一样成为一种慢性疾病。这些病人在漫长的带病生存过程中,需要经历多次反复的化疗。由于抗肿瘤药物新药和新疗法的不断涌现,化疗在肿瘤治疗中的作用越来越重要^[1]。可不幸的是,化疗反应剧烈,令人恐惧。有些病人甚至无法忍受其反应而放弃化疗,宁愿冒险去尝试其它不科学的方法,延误了治疗时机^[2]。药物学家为此开发了许多药物来对抗这些副作用,取得了一些成绩,但效果始终不理想。大量临床实践表明,化疗病人除了药物引起的反应外,还有心理上的副作用:焦虑、抑郁和烦躁不安,预期性或条件性反应^[3]。近年来的研究揭示,这种学习来的反应主要表现为:条件性的气味和食物厌恶、恶心呕吐,烦躁不安,以及条件性的免疫抑制^[4],这在临床上是非常普遍的,同时也是能够预防和减轻的。肿瘤学家的临床经验和癌症病人的体验,促使了研究者们从多学科联合的角度,寻找有效的治疗方法。

本研究针对肿瘤临床这一常见问题,结合国外研究的经验,开展了一系列的、多学科的合作研究。尝试运用心理行为的干预方法,改善病人的情绪,预防和减轻化疗反应,提高病人的生活质量,增强化疗的依存性和治疗效果。

2 材料与方法

2.1 病人 129名病人均为住院化疗病人。均经

病理确诊为癌症,汉族,年龄 16岁,小学及以上文化,卡氏功能状态(Karnofsky Performance Status, KPS)评分 60分,既往和目前均无精神疾病和意识障碍,特质焦虑评分在正常范围。

2.2 分组 采用随机对照的方法,将病人分为干预组和对照组。干预组病人在住院期间接受心理干预,对照组病人除了不接受心理干预外,其余条件均与干预组基本匹配。

2.3 测查和干预步骤

2.3.1 测查 分次对参与合作的人员进行培训。对所有病人均进行三次测查:基础测量(入院后,开始用药前);治疗中(第二周期用药第3-4天);治疗后(用药结束后7天内)。

2.3.2 干预 首先征得病人及家属的同意,讲明干预的目的,建立良好的关系,使之积极配合。然后对病人进行“适应性准备”的教育性干预和“放松内心意象法”的训练和练习,训练方式采取个别和集中相结合,保证每个干预组病人掌握该方法的要领。整个住院期间每天练习2-3次,每次1-2遍,每周1-2次集体咨询、讨论。

2.4 测查工具

2.4.1 简明心境量表(Profile Of Mood States, POMS)英文版^[5]。由65个项目或形容词组成,包含6个分量表:紧张-焦虑(TA)、抑郁-沮丧(DD)、愤怒-敌意(AH)、疲乏-迟钝(FI)、迷惑-混乱(CB)、以及精力-活力(VA),前5个分量表的得分含义为,得分越高心情越不好,VA的得分含义相反;6个分量表均具有较高的内部一致性和重测信度^[6]。6个分量表的得分之和构成总分(TMD),

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也是一个应用很广的指标^[6]。对问卷采用完全双盲的方法进行英译中和中译英翻译。

2.4.2 生活质量核心问卷[Quality of Life Questionnaire-Coire, QLQ-C30(2.0)]英文版^[7]。该问卷为自我报告形式,共30个项目,包括5个功能量表:躯体功能(PF)、角色功能(RF)、认知功能(CF)、情绪功能(EF)、社会功能(SF),3个症状量表:疲乏(FA)、疼痛(PA)、恶心呕吐(NV),6个单项测量项目和一个整体生活质量量表(GQL)。5个功能量表和GQL的得分含义为,得分越高生活质量越高,症状量表和单项项目的得分含义则相反,得分越高症状越明显。该问卷单个项目的完成率都非常高^[8],各项心理测量学指标均符合要求^[7]。QLQ-C30的突出优点是:在不同国家和不同文化地区生活质量研究的结果中具有敏感的可比性,其信效度和敏感性已在多个国家得到验证,成熟地运用于癌症病

人的临床研究^[9]。

3 结果

3.1 被试特征 三次测查均有效的病人数为129名,其中男性73名(56.6%),女性56名(43.4%);年龄范围16-73岁,平均年龄 50.1 ± 13.3 ;职业分布:工人20名(15.5%),干部37名(28.7%),专业人员48名(37.2%),其他24名(18.6%);教育程度:小学和初中28名(21.7%),高中33名(25.6%),大中专33名(25.6%),大学及以上35名(27.1%)。129名病人中,61名为干预组,68名为对照组。两组病人经非参数统计中Mann-Whitney U检验方法进行检验,发现两组在性别、年龄、职业、教育程度等一般性资料,以及临床分期、疾病部位、治疗经历等医学特征方面,基本均衡($p > 0.05$)。

表1 化疗患者POMS得分在组间和组内的比较

测量量表	对照组 ($n=68$)	干预组 ($n=61$)	疗后组间比较 t	干预组组内比较		
	$M \pm SD$	$M \pm SD$		前-中	中-后	前-后
迷惑:疗前	5.65 \pm 3.04	5.05 \pm 3.68				
疗中	8.82 \pm 3.74	5.77 \pm 4.50		-1.62	2.11*	- .42
疗后	9.20 \pm 5.26	5.16 \pm 3.70	4.83**			
焦虑:疗前	9.16 \pm 5.09	8.52 \pm 5.64				
疗中	16.31 \pm 6.91	10.20 \pm 7.02		-2.18*	5.32**	2.14*
疗后	15.64 \pm 8.87	7.29 \pm 5.72	6.08**			
抑郁:疗前	7.61 \pm 6.59	6.24 \pm 7.45				
疗中	20.98 \pm 13.86	8.59 \pm 9.75		-2.33*	4.68**	- .91
疗后	20.88 \pm 17.07	5.47 \pm 6.80	6.39**			
愤怒:疗前	5.39 \pm 4.10	4.56 \pm 4.42				
疗中	11.24 \pm 6.70	5.15 \pm 5.67		-1.83	3.64**	1.00
疗后	11.56 \pm 9.47	4.08 \pm 4.48	5.36**			
精力:疗前	12.57 \pm 5.77	13.91 \pm 6.02				
疗中	7.87 \pm 5.83	12.23 \pm 5.77		2.70*	-2.21*	1.28
疗后	8.92 \pm 6.67	13.32 \pm 6.22	-3.71**			
疲乏:疗前	5.08 \pm 3.53	5.70 \pm 4.67				
疗中	13.98 \pm 6.52	7.91 \pm 6.13		-3.18**	2.36*	-1.49
疗后	13.51 \pm 8.04	6.51 \pm 4.68	5.83**			
总分:疗前	52.82 \pm 22.56	47.94 \pm 26.36				
疗中	98.78 \pm 38.69	54.67 \pm 31.64		-2.36*	3.91**	.70
疗后	97.29 \pm 50.21	44.10 \pm 21.16	7.20**			

* $p < 0.05$; ** $p < 0.01$

3.2 情绪状态的干预效果

由表1可以看出:化疗后干预组和对照组组间比较,POMS各分量表和总分的得分均达到非常显著的差异;在干预组治疗前中后的组内比较中,治疗中各分量表得分均有不同程度上升,与治疗后得分的差异均达到显著和非常显著的差异,与治疗前的

比较,迷惑和愤怒两个分量表得分没有显著性差异,其余分量表得分的比较均显著和非常显著。化疗后与化疗前的比较,除焦虑得分差异显著外,其余差别均不明显。

3.3 生活质量状况的干预效果

化疗后干预组与对照组之间的比较,角色、社

会、认知和疼痛得分没有明显差异,总体生活质量得分有显著差异($p > 0.05$),恶心呕吐、躯体、情绪和疲乏差异非常显著($p < 0.01$)。干预组组内治疗前中后的比较:治疗后与治疗中比较,除疼痛外,其余均达到显著和非常显著的差异;治疗后与治疗前比较,只有躯体和情绪得分达到了非常显著的差异,恶心呕吐得分差异显著。治疗前与治疗中比较,疼痛、情绪和总体得分差异不显著,其余各项得分差异均非常显著。

4 讨论

心理社会肿瘤学的一个主要研究领域之一,是运用心理行为技术阻止和处理与癌症及其治疗有关的恶性症状。癌症病人由于疾病本身和治疗引起了许多症状,严重影响病人的躯体、社会和心理功能以及总体生活质量水平。如何有效地防治这些症状,引起了心理、社会和行为研究者的广泛注意。近十年来取得了一些成绩,预防和减轻了癌症引起的疼痛,改善了病人的性功能和不良情绪,减少和减轻了恶心和呕吐发生的频率和程度等,超过了传统的化疗效果。

临床实践表明,化疗病人在治疗过程中最常见的副作用是脱发,消化道反应和烦躁不安。本研究针对我国肿瘤临床的特点,参照国外同类研究的方法和结果,运用自行编制的一套心理行为干预方法,在四个医院的肿瘤内科进行了多中心、多学科的合作研究。结果表明,经过3个月心理行为治疗的患者,焦虑、抑郁、整体情绪状况,躯体功能以及化疗过程中最常见的,也是病人感到最痛苦的恶心呕吐等消化道反应,得到明显改善。

干预组的病人报告,他们在了解了有关化疗及其副作用的知识后,对化疗比较有信心,对化疗可能出现的反应有心理准备,在化疗过程中和化疗之后情绪反应比较平稳。在化疗开始前学习和熟练放松技术,可以预防和减少恶心的发生。出现恶心时坚持作放松和想象练习,使自己在全身肌肉和精神放松的情况下接受治疗。这样一方面转移了注意力,一方面的确降低了心跳和呼吸,使身体状况趋于平稳,制止了呕吐的发生和减轻了呕吐的程度。实验结果:组间比较结合干预组的组内比较,可以明显地得到证明。干预有效的原因与通过放松转移了患者的注意力,另一个可能的原因是,极度的放松状态可以降低条件性恶心呕吐的发生。有报导恶心呕吐大

约25%~30%是条件性的。其可能的机制是^[10-12],(1)放松降低了引起呕吐的胃肠道肌肉的张力,(2)降低了由焦虑直接诱发的条件性恶心呕吐。因为焦虑与化疗反应的联系已经成为条件性恶心呕吐的一种条件刺激,同时焦虑也可以作为一种刺激直接影响整个化疗过程,(3)放松可以引起机体内生化的改变,使生理唤醒水平降低。有关生物学方面的研究,可支持的证据还不多,需要进一步研究。

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English Abstract

MANAGERIAL COMPETENCY MODELING: A STRUCTURAL EQUATION TESTING

Wang Zhongming, Chen Minke

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Competency modeling is one of the important issues of personnel selection and assessment. On the basis of the competency - based job analysis technique and literature review, a managerial competency scale was designed. Two hundred and twenty top and intermediate managers participated in this study. Using factor analysis and the structural equation method, we found that the managerial competency model consisted of two dimensions: managerial traits and managerial skills. However, there were different components and criticality of those competency dimensions between the general manager position and the deputy manager position. The results of this study provide new theoretical implications for the selection and assessment of managerial positions. (This study was supported by the grants from the Chinese NSF, No. 39870247 and No. 70071050).

Key Word: competency model, managerial position hierarchy, structural equation modeling.

THE EFFECTS OF PSYCHOLOGICAL INTERVENTION ON CANCER PATIENTS RECEIVING CHEMOTHERAPY

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The purpose of this study was to examine the effects of the psychological intervention on the emotion and quality of life of cancer patients receiving chemotherapy. 129 patients were randomly assigned to either the intervention group or the control group. Variables of emotion and quality of life in both groups were measured three times (before, during and after the radiation therapy). The results indicated that patients who received intervention reported significantly less distress and nausea/vomiting than did the control group, but not significantly in role function, social function, cognitive function, and pain symptom. And the score of other sub - scales of quality of life changed in different degrees. These data suggest that the use of psychological intervention is an effective means in clinical oncology.

Key Words: cancer patients, psychological intervention, chemotherapy, quality of life, mood.

A CORRELATION STUDY OF PERSONALITY CHARACTERS AND MIDDLE SCHOOL STUDENTS' COPING STYLES OF MIDDLE SCHOOL STUDENTS'

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versity)

This study explored the influence of personality characters on the coping styles of 782 middle school students. The results were as follows: 1) There was evident correlation between type A personality, self - worth and coping styles of middle school students. 2) There were significant differences between type A personality students and type B students, and between the high self - worth group and low self - worth group. Students with type A personality were likely to use emotion - oriented coping styles while students with type B personality tended to choose problems oriented coping styles. Meanwhile, students with high self - worth tended to choose problem - solving and support - seeking styles while students with low self - worth were more likely to choose fantasy styles.

Key Words: middle school students, coping styles, A type personality, self - worth.

CONTROLLED, STRATEGIC AND AUTOMATIC PROCESSES IN PROSPECTIVE MEMORY RETRIEVAL

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Quasi - consciousness was introduced to describe a state that did not have access to the conscious but needed attention resources: A tri - process automatic activation model was proposed to illustrate the mechanism of prospective memory retrieval.

Key Words: prospective memory, automatic process, strategic process, controlled process, quasi - consciousness.

A STUDY OF CHILDREN'S COORDINATIONAL ABILITY IN OUTCOME AND INTENTION INFORMATION

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By means of the assignment of judgment and attribution of emotion, this study investigated the coordinational ability in intention and outcome information of children aged 4, 6, 8, and 10, in the neutral motive context. The results: In the matched context most of the children's emotional judgment was positive, and in the unmatched context most of the children's emotional judgment was negative. However, Chinese children made use of more standards than foreign children. The statistical results showed that in neutral motive contexts children at these ages had the coordinational ability in intention and outcome information.

Key Words: children, outcome, intention, information, coordinational ability.

A STUDY OF THE GENERAL COGNITIVE BASIS