

# 心理护理干预对恶性肿瘤住院化疗患者焦虑和抑郁情绪的影响

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【摘要】: 目的: 方法: 2019 5 -2021  
5 60 30 结果:  
90.0% 93.3% P<0.05  
P<0.05 结论:

【关键词】:

## Effect of Psychological Nursing Intervention on Anxiety and Depression of Patients with Malignant Tumor Undergoing Chemotherapy

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**Abstract:** Objective: To explore the effect of psychological nursing intervention on anxiety and depression in hospitalized patients with malignant tumor undergoing chemotherapy. Methods: A total of 60 hospitalized patients with malignant tumors undergoing chemotherapy admitted to our hospital from May 2019 to May 2021 were selected and randomly divided into observation group (psychological nursing intervention) and control group (routine nursing), with 30 patients in each group. Results: The treatment compliance rate (90.0%) and nursing satisfaction rate (93.3%) of the observation group were higher than those of the control group (P<0.05). After intervention, the scores of bad mood and sleep quality in the observation group were lower, and the cognition degree of disease knowledge was higher (P<0.05). Conclusion: Psychological nursing intervention has a significant effect on anxiety and depression in hospitalized patients with malignant tumor undergoing chemotherapy.

**Keywords:** Psychological nursing intervention; Malignant tumor; Inpatient chemotherapy; Anxiety; Depression

1.2

1

[1-2]

2

[3-4]

### 1 资料与方法

3

#### 1.1

2019 5 -2021 5 60  
30  
17 13 68.64± 10.12  
19 11 69.17± 9.51  
P>0.05

4

$\chi^2$					13.965
<i>P</i>					<0.05

2.2

5

*P*<0.05

2

[n %]

	30	11	17	2	93.3% 28/30
	30	9	13	8	73.3%% 22/30
$\chi^2$					12.054
<i>P</i>					<0.05

2.3 SAS SDS

*P*<0.05

3

[ $\bar{x} \pm s$ ]

		n=30	n=30	<i>t</i>	<i>P</i>
SAS		59.84± 5.11	60.15± 5.47	1.574	>0.05
		41.47± 4.16	50.14± 4.11	10.264	<0.05
SDS		60.18± 5.33	60.05± 5.29	1.058	>0.05
		40.33± 4.12	50.39± 5.02	13.847	<0.05

2.4

*P*<0.05

4

[ $\bar{x} \pm s$ ]

1.3  
 1 SDS [4] 2 PSQI [4] 3 SAS  
 5  
 1.4 SPSS22.0 " $\bar{x} \pm s$ " [n %]  
 "*t*" " $\chi^2$ " *P*<0.05

## 2 结果

2.1

*P*<0.05

1

[n %]

	30	18	9	3	90.0%(27/30)
	30	13	8	9	70.0%(21/30)

4

		n=30	n=30	<i>t</i>	<i>P</i>
		5.28± 1.52	5.32± 1.27	5.214	>0.05
		1.21± 0.37	3.60± 1.85	12.397	<0.05
h		4.25± 0.68	4.24± 0.59	3.642	>0.05
		0.29± 0.16	1.61± 0.31	10.354	<0.05
		8.12± 1.39	8.10± 1.29	2.394	>0.05
		3.29± 1.40	6.37± 1.25	12.558	<0.05

2.5

*P*<0.05

5

5

[ $\bar{x} \pm s$ ]

		n=65	n=65	<i>t</i>	<i>P</i>
		74.52± 5.68	74.65± 5.10	2.541	>0.05
		90.11± 6.35	81.84± 5.67	12.587	<0.05
		75.21± 4.57	74.96± 5.02	3.165	>0.05
		91.66± 6.33	80.48± 6.58	15.287	<0.05

		72.33± 5.16 92.65± 6.04	71.98± 4.98 79.36± 5.99	1.255 10.587	>0.05 <0.05
		73.24± 6.02 90.57± 6.33	74.05± 5.78 82.64± 6.21	2.694 13.574	>0.05 <0.05
		75.28± 5.17 91.58± 7.25	75.48± 5.05 83.24± 6.95	4.251 17.598	>0.05 <0.05

3 讨论

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90.0%

93.3%

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P<0.05

P<0.05

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