

负性情绪因素分析及格林护理模式的应用研究

——以“恐艾”人群为例

彭玲莉 周翠萍 朱 珺

南充市中心医院 四川 南充 637000

【摘要】:目的: 概括“恐艾”人员出现负性心理情绪的原因及格林护理模式的应用效果。方法: 选取2017年5月至2020年10月在我院进行艾滋病相关知识咨询的64名“恐艾”患者作为研究对象。采用抛硬币的方式将病例分为试验组和对照组, 每组32名; 对照组给予常规健康宣教和心理疏导, 试验组基于格林护理模式开展心理疏导, 比较两组的干预效果。结果: “恐艾”人群负性情绪产生的原因, 包括: 健康因素、人文因素和认知匮乏。两组干预后的焦虑评分、抑郁评分均得到改善, 但试验组评分均在正常标准值内且明显低于对照组, 差异均有统计学意义 ($P < 0.05$)。结论: “恐艾”是在特殊情况下产生的短期心理病态反应, 随着风险因素的排除负性情绪普遍会得到根除, 但部分恐艾对象的负性情绪会长期存在; 通过格林模式开展心理干预可有效改善“恐艾”者的负性情绪。

【关键词】: “恐艾”; 负性情绪; 格林模式护理; 焦虑; 抑郁

Analysis of Negative Emotional Factors and Applied Research on the Green Nursing Model

——Take the "AIDS-phobe" Crowd as an Example

Lingli Peng Cuiping Zhou Jun Zhu

Nanchong Central Hospital Sichuan Nanchong 637000

Abstract: Objective: To summarize the causes of negative psychological emotions in people who are afraid of AIDS and the application effect of Green's nursing model. Methods: 64 "AIDS phobic" patients who were consulted on AIDS related knowledge in our hospital from May 2017 to October 2020 were selected as the study subjects. The patients were divided into test group and control group by coin toss, 32 in each group; The control group was given routine health education and psychological counseling, while the experimental group was given psychological counseling based on Green's nursing model, and the intervention effects of the two groups were compared. Results: The causes of negative emotions in people who are afraid of AIDS include health factors, humanistic factors and lack of cognition. The anxiety score and depression score of the two groups were improved after intervention, but the score of the test group was within the normal standard value and significantly lower than that of the control group, with statistically significant differences ($P < 0.05$). Conclusion: "HIV/AIDS fear" is a short-term psychological pathological reaction under special circumstances. With the elimination of risk factors, negative emotions will be generally eradicated, but some HIV/AIDS fear objects will have negative emotions for a long time; Psychological intervention through Green Model can effectively improve the negative emotions of people who are afraid of AIDS.

Keywords: "Fear of AIDS"; Negative emotions; Green Mode Care; Anxiety; Depression

" "

" "

[1]

[2] 526

99.2% 98.30%

95.80% WHO

12%

1 资料与方法

[3]

1.1

2017 5 2020 10
SAS SDS
64 " "
32 19 13 19-36
24.5± 6.9 10-23 16.9
± 4.2 32 20 12 20-41 2
25.3± 7.4 11-27
18.2± 5.1 P
0.05 3
1.1.1
1 2
3 1.3
SAS SDS [4-5]
1.1.2 SAS 50 /SDS 53 /
1 2
3 1.4
SPSS20.0 " ± "
1.2 t P 0.05

2 结果

SAS SDS

P 0.05 1

1 SAS SDS X± S

	SAS		SDS	
	n=32	54.1± 3.9	43.5± 4.0	55.6± 5.2
n=32	54.7± 4.6	50.9± 3.2	56.3± 5.0	52.1± 4.4
t	0.562	8.171	0.548	8.747
P	0.575	0.000	0.585	0.000

3 讨论

" "

HIV

32
13 40.63%

[6] 2014 10
49.7

[7]

(),2012,8:130.

[3] De Almeida SM,Barbosa FJ,Kamat R,et al.Francisco Jamie Barbosal Suicide risk and prevalence of major depressive disorder(MDD) among individuals infected with HIV - 1 subtype C versus B in Southern Brazil[J].J Neurovirol,2016,22(6):789- 798.

[4] . [J]. ,1999,():235- 238.

[5] . [J]. ,1999,():194- 196.

[6] , , . [J]. ,2015,19(12):1282- 1285.

[7] ,2011 [J].2011,18(1):1- 5.

[8] , , . [J]. ,2013,13(12):1511- 1513.

[9] , , . [J]. ,2019, 40(11):1629- 1632,1636.

[10] . [J]. [C].2006 ()

[1] , , . ,2018,24(10):1053+1058.

[2] , .526 [J]. .2006:227- 228.

[8]

70

[9]

[10]

SAS SDS

P 0.05

参考文献: