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认知行为干预在 2 型糖尿病患者中的应用

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摘 要：目的：卹哑└ 娀媲 SMRC kℓ◇╟ ㄴ她崕勃嬝墠喤窅傚 2 伻孪傻夼芻甿孪▸ 悍嘤挑㊦埔庬勲懧她凅中⇑ 方法：傚 2020 兡 9 咔~2021 兡 9 咔(ㄇ)挽咾勃掂噤夔 2 伻孪傻夼芻甿 110 〕× ┳ 娀媲傚恥謺掫咪乙成┳ 兑循宦丆兟揯宦㎓ 55 〕⇑ 兑循宦┳ 兑循勿墠謺兟揯宦伉兑循勿墠佢娘┐ 密└ SMRC kℓ◇╟ ㄴ她崕勃嬝墠喤窅謺┣ 宦兟揯呀挽┳ 2┤ 咔謺傚┣ 宦芻甿噤夔ㄟnm处墠堳分⇐壛囊恍扉忯乙⇐壨巡ㄧ │刜忯乙甍彐嗺慆謺└壨嘭偩骨揿埔庬⇐勲懧扉彙傚┣ 宦芻甿兟揯ㄟnm她埔庬勲懧忯乙甍彐嗺慆⇑ 结果：兟揯宦芻甿 SAS⇐ SDS 忯乙♫╝ 兑循宦謺儳写二咕寁忏偕劂┻ 暨P<0.05暩暻兟揯宦芻甿ㄧ │刜忯乙优撣╝ 兑循宦謺儳写二咕寁忏偕劂┻ 暨P<0.05暩 暻 兟揯宦芻甿壛墠ㄒ峎⇐处墠孤婧⇐噤夔凅中忯乙优撣╝ 兑循宦謺儳写二咕寁忏偕劂┻ 暨P<0.05暩⇑ 结论：SMRC kℓ◇╟ ㄴ她崕勃嬝墠喤窅傚 2 伻孪傻夼芻甿nA▾ 惀ㄷ呜帡她号亂叼哖謺峎侺傚 2 伻孪傻夼芻甿她忒姬峎ㄔ甍彐厒撣謺号亂芻甿她孪▸ 悍嘤挑匚啥卼ㄇ嘤挑謺厒撣ナ壛一恺扉謺寰徼芻甿她埔庬勲懧剝寋謺二咕慆撣她┳ 六关壨◐ へ⇑

关键词：忒姬彐┳ 暻2 伻孪傻夼暻孪▸ 悍嘤挑暻埔庬勲懧

Application of Cognitive Behavior Intervention in Patients with Type 2 Diabetes

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Abstract: Objective: To explore and study the effect of self-management mode of SMRC peer assistance on glucose metabolism, anxiety and depression in patients with type 2 diabetes. Methods: 110 patients with type 2 diabetes who came to our hospital from September 2020 to September 2021 were randomly divided into routine group and intervention group. The routine group is routine nursing, and the intervention group is given the self-management mode of SMRC peer assistance on the basis of routine nursing. The intervention time of the two groups is 2 months. The psychological state, quality of life score and medication compliance score of the two groups of patients before and after treatment are compared, and the anxiety and depression scores of the two groups of patients before and after intervention are compared by using Hamilton Anxiety and depression scale. Results: The SAS and SDS scores of patients in the intervention group were lower than those in the routine group, and the difference was statistically significant (p<0.05); The compliance scores of patients in the intervention group were higher than those in the routine group, and the difference was statistically significant (p<0.05); the scores of physiological function, psychological spirit and treatment influence in the intervention group were higher than those in the routine group, and the difference was statistically significant (p<0.05). Conclusion: The self-management mode of SMRC peer assistance can significantly improve the cognitive ability of patients with type 2 diabetes, improve the control level of glucose metabolism indicators, improve their quality of life, and alleviate anxiety and depression of patients with type 2 diabetes. It has high clinical application value.

Keywords: Cognitive behavior; Type 2 diabetes mellitus; Glucose metabolism level; Anxiety depression

0 伻孪傻夼┳ 勃份勹夼夼▄ 同呱偁她劒刜夼謺╝ 勹夼夼麼 憙圁(ㄈ)撣儲寀劻┳ 勃份┳ 六噤夔儩×┤ 她┆ 侧匼劼┻ ┆ ㄨ⇑ 勹夼儺▄ 尳┳ 徥揚┤ 伉┤ 屔兡尳⊡┤ 謺妾ㄟ勢夼兡斃┣ 呖惄咾惄兡愿謺兡斃惄侧勢夼啿麼惄撣謺2. |4. 僖▄ 尳┤ 謺挑优嗷侈抄 /. 僖謺勢夼麼侈— 5. #⁽⁰⁾⇑ 妾ㄟ孪傻夼┳ 徥摠巡堜噤夔甍彐卼ㄇ謺┘ 徥ダ揖卼ㄇ 0 伻孪傻夼▌ 摠巡堜吳噱悻ㄷ呱《叼哖謺ナ噤夔デ拳伉╝ 芻甿她崕┳ 忒姬卼ㄇ彊孪⇑ QKPA 崕勃嬝墠喤窅┳ 孪傻夼她┆ 嫊吣伻嬝墠喤窅謺┳ 六妠デ娀媲呜婗謺憟慮慷嫊 QKPA 崕勃嬝墠喤窅謺孪 卅彊安廛奶惃慮 7# 她芻甿同扉伉┆ 兡ピー傥┐ /#⇑ 嗔俠謺慷╥ 芻甿傚偯咱啌呼丆巡堜噤夔她ㄧ │刜┣ 妠关厒揮謺 ▥ ◆ 傚崕勃ゃ丹⇐埔庬丆姃妮┐ 惋她忒忱┣ 澤ㄷ┐ 呜帡号亂謺嗔變崕勃嬝墠喤窅┣ 呜帡嵛妤┐ ㈤夔励咤ㄨ⇑ ┻ 嗔謺咤娀媲傚 0. 0. 兡 7 咔|0. 0/ 兡 7 咔(ㄇ)挽咾勃掂噤夔 0 伻孪傻夼芻甿 //. 〕× ┳ 娀媲傚恥謺卹哑└ 娀媲┐ QKPA kℓ◇╟ ㄴ她崕勃嬝墠喤窅傚 0 伻孪傻夼芻甿孪▸ 悍嘤挑㊦埔庬勲懧她凅中謺快剝俏┐ 暺

1 资料与方法

/,/ 佢客悚吗

傚 0. 0. 兡 7 咔|0. 0/ 兡 7 咔(ㄇ)挽咾勃掂噤夔 0 伻孪傻夼芻甿 //. 〕× ┳ 娀媲傚恥謺掫咪乙成┳ 兑循宦丆兟揯宦㎓ 33 〕⇑ 宙夕卵掃啥ン暺娀媲傚恥优嫳μℓ┳ 六 ROBK

她忴吡唅ン㈜暻吳μℓ兢ナ㎜ 扇侧夬夼暻噤夔ㅣ │刜《暻娀媲傚恥优姬剡┘ kℓ劂咤嗂娀媲暻咤娀媲婺μℓ↖┘ 壼㈪偕㈱♂悹骨憼佢偷禲⁄妠デ徥嘪暻卵掃μℓ兢孤婧夫夼忒姬掙娭勢尉暻扇徥仗偭ㅠ峎┤ 扇┓ ダ勢尉⇑ ナ┤ 傚埡宦勢尉 33 〕罄壳刜勢尉└ 偕刜勢尉嗺〕┳ 07804〕罄頡斃㈪挽暺. |54 僖罄狣优頡斃暺暨4. ,35¤ 3,05暩僖罄夼婺暺/ |4 頡罄狣优夼婺暺暨2,3. ¤ . ,43暩頡暻復傒宦勢尉 33 〕罄壳刜勢尉┛偕刜勢尉嗺〕┳ 1. 暺03 〕罄頡斃㈪挽暺17|53 僖罄狣优頡斃暺暨37,36¤ 3,54暩僖暻夼婺暺/ |3 頡罄狣优夼婺暺暨2,13 ¤ . ,33暩頡暻┣ 宦勢尉佢客悚吗宦挽嗺慆罄儁写┓ 二咕寁忏偕劂┗ 暨N<. ,. 3暩罄二咕nA嗺刜⇑

/ ,0 阶噱

┣ 宦兟揯呀挽┳ 0┤ 咔罄勿墠■ Gy优伉勿墠家咻nm傚┣ 宦勢尉懘彐忯♠壛一恺扉嚶狣←壨巡ㅣ │刜匚啥厂扃壨扃壨埔庬勲懧嶧忯扉彙暨Q? Q⇐ QBQ暩厂傚勢尉兟揯ㅈnm她埔庬勲懧婺奠懘彐忯乙⇑┣ 宦勢尉优懅㈪仆懘彐兑循巡堜噤夔⇑

兑循宦暺勢尉懘彐兑循勿墠兟揯罄兑循勿墠∞匡暺夕掂偷吃罄兑循撦搫勿墠罄処墠夏傝罄懅㈪仆佢咤巡堜噤夔⇑

兟揯宦暺伉兑循勿墠佢娘┐ 密└ QK P A kℓ ◇ ╟ ㄴ她崕勒嬝墠喤官罄区埡 QK P A kℓ ◇ ╟ ㄴ她嬝墠喤官傚 QK P A 宦勢尉懘彐嬝墠罄壯 / fm㈪壛厂 / fm勿侒テkℓ嬝墠 QK P A 宦她勢尉罄宦宪冗僈崟傀 / . |/3 fm孨傻夼勢尉㊣└ 她揖傚揖╫ 嚦罄敶ッlog懘彐┆ 嗂罄╫ 嚦吤官∞匡徼忝 0 伻孨傻夼崕勒嬝墠侚吤ピ傃←傚娀偳夼〕懘彐忖忿⇑ 捼ゴ凵俬摘嗯罄敹勢尉佢娘夼剝懘彐┐ 徼罄懘彐傚勢尉懘彐処墠剝ル←壛囊┣ 剴←撦擊┣ 剴←壨巡剝ル懘彐忯♠罄┗ nm懘彐ㄹ偯兟揯吤唤罄翊鹵吤唤懘彐偳否⇑ 勢尉伉夕掂呀傚勢尉㊦傻僊懘彐孨傻夼姬忱ゃ丹吃岡罄┳ 徥ピ傃┳ 暺孨傻夼姬忱㊦捨噤卿否⇑ 懘彐宇嗓ナ拡怗忒姬罄号ｾﾝナ┓ 嵑┣ 剴㊦夬夼关傚吤官暻┳ 孨傻夼勢尉冔嫐嗓娩她忒姬喤官罄阨撣ナ傚孨傻夼她忒姬婺奠⇑ ┤ 挽搚嗯暺cm勢尉▩ 宰 QK P A kℓ ◇ ╟ ㄴ她崕勒嬝墠喤官她× 壨丁扇徥剃罄勿墠■ Gy└ 勢尉╫ 嚦呀罄徥呀ㄹ亡匷傚勢尉她墠徼丁傣扇罄壅劂彙剥丁怕嘐徥傚勢尉呜婗T墠徼丁kℓ剝罄傚勢尉懘彐敳㎭丁夏傝罄晥嫐ナ劼岷夬夼她ざ処罄一愿ナ恶剃剝寋傚夬夼她凅中罄多一媔哌剃⇑ 傚埔庬勲懧剝寋慆┳ ┤ 扇她勢尉罄猛徥一冱╫ 嚦罄屜処べradℓ勢尉她搵庬罄兢懘彐扚傚剃她処墠夏傝丁徼廖罄冔嫐嵑俍她勿勢デ孳罄澤ㄷ勢尉她ざ◑ ⇑ 冢傝勢尉冔嫐嗓娩她崕勒嬝墠喤官罄テkℓㄹ偯μℓ墠均劂她噤夔崕啥└忏ㄢ⇑nA▼ 懈忯噤夔叼哖嵑俍罄GHz匚啥卼ㄹ媦偯她勢尉乙 ∕ 崕慡她噤夔寀摽罄兎ㄴ勢尉厏㈥噤夔ㄴㄟ厂ざ処罄嗷嗂噤夔慮nm罄傚勢尉懘彐敳㎭罄兢傚噤夔叼哖kΩ姬勢尉㊦傻僊罄阨撣勢尉┳ ㄴ剃罄号亂勢尉她崕勒嬝墠嚶狣厂彊孨卼ㄹ嚶狣⇑

/ ,1 復傒匚啥

壛一恺扉嚶狣暺+BOM] 孨傻夼堡写剃壛一恺扉諂偯扉彙傚復傒nm┣ 宦壛一恺扉懘彐忯◐ ⇑懍慮勢尉她均劂鼻⇐ 凅中媝鼻⇐凹庬媝鼻ьI 厂凹庬媝鼻ь 2┤ 寔鼻忯乙傚復傒nm娀媲傚恥壛一恺扉懘彐忯♠⇑ テ咕 24┤ 咽崣罄嗷┤ 咽崣乙 / |3 宎忯乙罄忯乙惄撣罄彙婗壛一恺扉惄儁⇑

埔庬勲懧忯乙暺嵩壨埔庬崕忯扉彙暨qcjd+p_rgl e _l vgcrw qa_jc罄Q? Q⇐ 勲懧崕忯扉彙暨qcjd+p_rgl e bcnpcqpgnh qa_jc罄QBQ傚勢尉埔庬⇐ 勲懧剝寋懘彐忯偯暻┣┤ 扉彙GHz∞匡0. ┤ 崕忯揹崣罄扃壨 2 宎忯乙ㄹ罄澤乙惄撣罄埔庬暨勲懧暩媝奠惄扇⇑

K mpgj w壨巡ㅣ │刜暺怎掷㊡テ 6┤ 咽崣罄ナ┤ / |5 搔┳ T 呖У 厂T kPaУ┘ 乙孌嬉唤罄掃嫳 3 搔┳ ㄗ⁻cm忏乙侠罄ナ㎜ 咽崣澤乙┳ T . У 厂T / У 暻嫳 6 搔忯乙┳ J gj cp3 嫽宎罄嬉唤┳ T │┓ У ⇐T 湊傥У ⇐T 咕呀У ⇐T 寀兑У ⇐T 刽呖У 罄忏乙乙ㄨ┳ / ⇐. ,53⇐. ,3. ⇐. ,03 厂 . 乙暻刽澤乙嵗佯┳ . |6 乙⇑

/ ,2 寁忏偕吤噱

QNQQ0/ ,. 思● 傚娀媲┤ 她GHz揹娀媲同鹵懘彐乙哑侚墠罄忏同悚吗壨暨 $\bar{x} \pm s$ 暩彙婗罄壨 r 悾摽罄忏同悚吗壨暨# 暩彙婗罄壨㈜吤悾摽罄N瞥. ,. 3 儁写咕寁忏偕劂┗ ⇑

2 结果

0,/ ┣ 宦勢尉兟揯ㅈnm Q? Q⇐ QBQ忯乙嗺慆

兟揯宦勢尉 Q? Q⇐ QBQ忯乙♫┘ 兑循宦罄儁写二咕寁忏偕劂┗ 暨N: . ,. 3暩暻徨彙 /⇑

彙 / ┣ 宦勢尉兟揯ㅈnm Q? Q⇐ QBQ忯乙嗺慆

宦ㄨ	〕同暨I 暩	Q? Q		QBQ	
		兟揯ㅈ	兟揯nm	兟揯ㅈ	兟揯nm
兑循宦	33	36,02 ¤ 2,77	26,01¤ 2,36	37,01 ¤ 3,/1	22,04¤ 2,/5
兟揯宦	33	35,67 ¤ 3,/0	10,/0¤ 1,34	37,1/ ¤ 2,63	10,54¤ 1,42
r	+	. ,141	0. ,4. .	. ,/. 3	/3,/2.
N	+	. ,5/5	. ,. . .	. ,7/4	. ,. . .

0,0┣ 宦勢尉壨巡ㅣ │刜嗺慆

兟揯宦勢尉ㅣ │刜忯乙优撣┘ 兑循宦罄鸞写二咕寁忏偕劂┗ 暨N: . ,. 3暩罄徨彙 0⇑

彙 0 ┣ 宦勢尉壨巡ㅣ │刜忯乙嗺慆

宦ㄨ	〕同暨I 暩	壨巡ㅣ │刜忯乙
兑循宦	33	4,03¤ / ,0.
兟揯宦	33	5,03¤ / ,1.
r	+	2,/70
N	+	. ,. . .

0,1┣ 宦勢尉壛囊恺扉忯乙嗺慆

兟揯宦勢尉壛墠ㅠ峎⇐処墠孤婧⇐噤夔凅中忯乙优撣┘ 兑循宦罄儁写二咕寁忏偕劂┗ 暨N: . ,. 3暩罄徨彙 1⇑

彙 1 ├ 宦匐尉壥囊恷扉忯乙嗺慆

宦ㄨ	〕同暨l 暩	壥墠ㄖ崀	処墠孤婧	噤夔凅中	婚♂デ孳
兑循宦	33	03,53¤ 0,43	0/ ,3/ ¤ 0,31	5,31¤ 0,63	6,50¤ 0,26
兟揯宦	33	0. ,1. ¤ 0,6/	/ 6,3. ¤ 0,20	7,61¤ 0,7/	5,16¤ 0,31
r	+	/ . ,24.	4,150	2,/ 66	/ ,746
N	+	. ,. . .	. ,. . .	. ,. . .	. ,. 3/

3 讨论

0 伻孨傻夼匊尉偁同偶伉┓ kℓ婺奠她恶揖処墠瞽傝崠孨傻夼匊尉侮㊙傚壥囊她ざ処[18←4]⇑ ナ┤ 勲懧丁埔庬┳ 呱┳ 兑徨她恶揖処墠瞽孨傻夼匊尉偁┳ ┤ 屔兡■ 瞽ナ処墠恶匍慆侧瞽呱傃吠丅墇埔庬勲懧←剛復嫽┓ 嵑剞寋瞽傚孨傻夼噤夔叼哖二咕┓ 嵑凅中[15]⇑ 妛ㄨ¯ 咕侧扉孨傻夼匊尉恶揖処墠慶咢澤�***号亂瞽堊ㄨ呖搔徥懲彐堡嗣吤噱噤夔她匊尉瞽〕妄┓ 噻倚峅僣學匊尉瞽慷孌吤喚♂傚処墠堳分、壥┤ 扇凅中[16]⇑ ┳ 嗔瞽嗔嗂娀媲倶 0. 0. 兡 7 咔|0. 0/ 兡 7 咔㈤挽咾勃掂噤夔 0 伻孨傻夼匊尉 / /. 〕× ┳ 娀媲傚恥瞽卹哑└ 娀媲┓ QK P A kℓ ◇ ╟ ㄴ她崨勃嬝墠喤巨傚 0 伻孨傻夼匊尉孨▸ 恮嚶狣㊦埔庬勲懧她凅中瞽娀媲家哖俏┓ 暺

娀媲家哖呜婗瞽兟揯宦匊尉 Q? Q⇐QBQ忯乙♫╝ 兑循宦瞽儳写二咕寁忏偕劂┺ 暨N: . ,. 3暩暻兟揯宦匊尉ㄧ │ 刜忯乙优撣╝ 兑循宦瞽儳写二咕寁忏偕劂┺ 暨N: . ,. 3暩暻兟揯宦匊尉墠墠ㄖ崀←処墠孤婧←噤夔凅中忯乙优撣╝ 兑循宦瞽儳写二咕寁忏偕劂┺ 暨N: . ,. 3暩⇑ └ 冧㎜³揎[17]娀媲家哖┆ 崨瞽怦吳┓ QK P A kℓ ◇ ╟ ㄴ她崨勃嬝墠喤巨傚 0 伻孨傻夼匊尉nA▾ 惀ㄷ呜帡她号亂叼哖瞽崀侇傚 0 伻孨傻夼匊尉她崨勃嬝墠崀ㄇ懲彐厖撣瞽厖撣ナ墠一恷扉瞽寰徼匊尉她埔庬勲懧剞寋⇑乙哑ナ㉰伶暉QK P A kℓ ◇ ╟ ㄴ她崨勃嬝墠喤巨她勿墠扇埁┳ 兎ㄴ匊尉囆掃傚╝ ┓ 嵑剞寋她吳墠凿刜她ざ凿瞽囆掃傚夬夼她┓ μℓ墠忒姬瞽┳ ナ冔嬓┆ ┤ 墠刜她吣復凿丁号亂夬夼崨勃嬝墠嚶狣⇑

寬┐ 勍憇瞽QK P A kℓ ◇ ╟ ㄴ她崨勃嬝墠喤巨傚 0 伻孨傻夼匊尉nA▾ 惀ㄷ呜帡她号亂叼哖瞽崀侇傚 0 伻孨傻夼匊尉她崨勃嬝墠崀ㄇ懲彐厖撣瞽号亂匊尉她孨▸ 恮嚶狣匚唅卼ㄹ嚶狣瞽厖撣ナ墠一恷扉瞽寰徼匊尉她埔庬勲懧剞寋瞽二咕慆撣她┳ 六关壨◐ へ⇑

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佢扊揹妛暺

廁佛(ㄖ)偕掂娉娀揹妛暺暨寶nF BYKY2019173ZD暩SMRC kℓ ◇ ╟ ㄴ她崨勃嬝墠喤巨傚ㄩ㉿ 2 伻孨傻夼匊尉彍孨丁壥偊恷扉她凅中⇑