计算机认知矫正治疗对精神分裂症的效果探究

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【摘　要】: 目的：忏嫌咪忒姫姮嗓噤虁敚孤婧ㄛ彷失她叼哖衁媲⇑ 方法：伉 2019 萠 1 咔崟 2020 萠 1 咔呀挽嗯憔匷 78 〕伶孤婧ㄛ彷失扉傲怜╝ 犲媈偸她夰▄ 甍彐怫娍豰区埡噤虁吤唤偭ナ况宙┳ 2┤ 僟宧豰嗷宧优宙タ 39 〕夰▄ ⇑ 区埡噤虁┴ 卿偭ナ一fm┳ 兑循宧└ 娍媲宧豰兑循宧勍扃豐她噤虁吤唤┳ 㑹疐⇐兑循噤虁豰娍媲宧勍憔豐她噤虁吤唤┳ 忏嫌咪忒姫姮嗓噤虁⇑ 刽家└ 衁媲 2 婖噤虁吤唤偳否叼哖⇑ 结果：1.噤虁ㅈ兑循宧 WCST 怟ㄛ└ 娍媲宧 WCST 怟ㄛ敚埡兢吳吴呜儶写豰暨P>0.05瞭⇑ 噤虁nm兑循宧 WCST 怟ㄛ庛撣豰└ 噤虁ㅈ妠嗺呫┆ 俍儶写豰暨P<0.05瞭瞁噤虁nm娍媲宧 WCST 怟ㄛ庛撣豰└ 噤虁ㅈ妠嗺呫┆ 俍儶写豰暨P<0.05瞭⇑ 庝埘兑循宧⇐娍媲宧夰▄ WCST 怟ㄛ号亂豰♩兑循宧 WCST 怟ㄛ♫╝ 娍媲宧豰┣ 宧敚埡儶写吳呜豰暨P<0.05瞭⇑ 2.兑循宧愧⚀屮⇐冱悳⇐▄ 捻デ孳⇐勲懧⇐埔庬㊦み募伶僁ㄛ呜栟撣╝ 娍媲宧豰┣ 宧敚埡儶写吳呜豰暨P<0.05瞭⇑ 结论：忏嫌咪忒姫姮嗓噤虁伉孤婧ㄛ彷失噤虁┫ 偳否叼哖☞写豰嗔吤唤nA 号亂┳ 六失堳豰庛撣噤虁叼哖豰嗔噤虁吤唤へ澤┳ 六关豐└ 呗㊦⇑

【关键词】: 忏嫌咪忒姫姮嗓暻孤婧ㄛ彷失

Study on the Effect of Computer Cognitive Therapy on Schizophrenia

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Abstract: Objective: To explore the effect of computer cognitive correction on schizophrenia. Methods: From January 2019 to January 2020, 78 patients with schizophrenia in our department were selected for investigation. According to the treatment plan, they were divided into two groups, with 39 patients in each group. According to the treatment measures, it is named as the conventional group and the research group. The treatment scheme adopted by the conventional group is traditional and conventional treatment, and the treatment scheme selected by the research group is computer cognitive correction treatment. Summarize and explore the implementation effect of the two treatment schemes. Results: (1) Before treatment, there was no significant difference in WCST score between the routine group and the study group (p>0.05). After treatment, the WCST score in the routine group was improved, which was different from that before treatment (p<0.05); After treatment, the WCST score of the study group increased, with a certain difference compared with that before treatment (p<0.05). Although the WCST score of patients in the routine group and the study group improved, the WCST score of the routine group was lower than that of the study group, and the difference between the two groups was significant (p<0.05). (2) The scores of somatizations, obsession, interpersonal relationship, depression, anxiety and paranoia in the routine group were significantly higher than those in the study group, and there was significant difference between the two groups (p<0.05). Conclusion: The effect of computer cognitive correction in the treatment of schizophrenia is excellent. This scheme can improve clinical symptoms and improve the treatment effect. This treatment scheme is worthy of clinical application and popularization.

Keywords: Computer cognitive correction; Schizophrenia

孤婧ㄛ彷失伉┳ 六噤虁┫ 僊╝ 兑徨⇐倆㌍夬夰豰嗔夬夰二供㌍夰靡撣她堡垱豰卤┳ 六┓ 倮ダ叵揚⇐疐忏悚吗怿偳呃惵夂萠伶孤婧ㄛ彷失扉傲怜╝ 犲媈偸她夰▄ MW亁萠侈撣情ㅁㅅ¥[⇑ 孤婧ㄛ彷失僊╝ 兑徨她孤婧孌夬夰豰嗔夬夰伉㌍擭nm傣呋㌍擭忒姫卞♗剠ル¥0[⇑ 孤婧ㄛ彷失伉┳ 六噤虁┫ ▾ 敚失噤虁┳ ┳ 豰兑豐噤虁吤唤┳ 巡堜噤虁豰犲媈偸┳ ╗ 庛撣噤虁叼哖豰ル扃豐忏嫌咪忒姫姮嗓噤虁⇑┳ ╗ 刽家└ 衁媲 0 婖噤虁吤唤偳否叼哖豰╝ 0. 0. 萠 / 咔崟 0. 0/ 萠 / 咔呀挽嗯憔匷 56 〕伶孤婧ㄛ彷失扉傲怜╝ 犲媈偸她夰▄ 甍彐怫娍豰二⚀偳否剠ル⇐家哖ㄛ啞豰徨俏┓ 捗慦⇑

1 资料与方法

/,/ ┆ 峵悚吗

伉 0. 0. 萠 / 咔崟 0. 0/ 萠 / 咔呀挽嗯憔匷 56 〕伶孤婧ㄛ彷失扉傲怜╝ 犲媈偸她夰▄ 甍彐怫娍豰区埡噤虁吤唤偭ナ况宙┳ 0┤ 僟宧豰嗷宧优宙タ 17 〕夰▄ ⇑ 区埡噤虁┴ 卿偭ナ一fm┳ 兑循宧└ 娍媲宧⇑ 兑循宧囅 ; 17 〕夰▄ 豰壳尉囅l ; /7 〕⇐佶尉囅l ; 0. 〕豰萠嬖伉 03 僖崟 34 〕豰┫ ♪萠嬖┳ 2. ,// 僖⇑ 娍媲宧囅 ; 17 〕夰▄ 豰壳尉囅 ; 0.

〕⇐佶尉疈l；/7 〕嶜葅艷伉 04 儙崟 34 〕嶜┫ ♪葅艷┲ 2.,/3 儙⇑ ㊣└ 咤嗂怫娍她夰▄ ┆ 崻悚吗儆埡兢吳吳呜儀写嶜暨Nĸ.,.3睬⇑ 咤嗂噤夒优慄慮咤掂♚墠俱Gy♂┆ 崠她忒kℓ⇑ 夰▄ ⇐夰▄ 傁僊姖哅咤嗂怫娍嶜嗺劌㊣└ 嶜兢嫰尧⇖姖剢‖ ⇗⇑

/,0 吤噱

兑循宧勍扃壨她噤夒吤唤┲ 㓛崋⇐兑循噤夒嶜二⊡俏┐ 疈朐┲ ∟伱戡噤夒嶜¯咘壨巡嶜敫侨ㄓ扉伉 0k e 崟 6k e⇑

娍媲宧勍慞壨她噤夒吤唤┲ 忏嫌咪忒姖姮嗓噤夒嶜二⊡俏┐ 疈暨/睬佢娘噤夒疈侹嘎兆噤夒嶜¯咘壨巡嶜凵俐壨巡ㄓ扉┲ 3k e嶜敫侨咘壨/嗂嶜嗺咘巡嫳┏ 侨冗俐唀卣夰▄ 偳捻剢ル侈—巡堜嶜呧撣巡扉┲ 敫侨/.k e 崟 0.k e⇑ 暨0睬忏嫌咪忒姖姮嗓噤夒疈伉忏嫌咪偲● 慈ㄴ┐ ㄹ傢他宧叹乂嶜【壨匱盗剬叡× 嚭摽偲● 儆夰▄ 偳否忌剥剬⇐嚏剛ᆏ他宧嶜kℓ呀扃壨吐偉伈地⇐忝凩㚢抪吤巪儆夰▄ 偳否儩× 忝凩他宧嶜ㄲ侠扃壨卪尢宧μℓ⇐同偉郎墠吤巪儆夰▄ 偳否郎墠崀ᆏ他宧嶜【壨┐ kℓ▄ 堜揖懐彙剢儆夰▄ 偳否婚♂忒姖甍彐他宧嶜敫卣夰▄ 偳捻剢ル▼ 瀆卪圄甍她吤巪侈—採鼻嶜敫呐咟甍彐 3 嗂噤夒嶜敫嗂噤夒呀挽┲ 1. 乙扮嶜惛盗噤夒 /0┤ 呐咟⇑

/,1 復傒匸唅

匸唅復傒疈暨/睬噤夒咕叼壓疈扃壨圙μℓ⇐呜栟⇐呜叼⇐吳叼彙憇嶜圙μℓル▸ 彙夰▄ ┬ 六失堳呜栟号亂嶜宲 N?L QQ恎乙家哖怿偳嶜┐ 捻匸同┲" 53# 暻呜栟ル▸ 彙夰▄ ┬ 六失堳号亂嶜宲 N?L QQ恎乙家哖怿偳嶜┐ 捻匸同┲" 3.# 暻呜叼ル▸ 彙夰▄ ┬ 六失堳咕勍寰徹嶜宲 N?L QQ恎乙家哖怿偳嶜┐ 捻匸同┲" 03# 嶜吳叼ル▸ 彙夰▄ ┬ 六失堳吳◑ ⊡号亂⇑ 暨0睬N?L QQ恎乙疈│噤夒ㄨ⇐噤夒nm 0┤ 吤揖甍彐恎◐ 嶜恎◐ 夰▄ 揩剬失堳⇐掋剬失堳嶜澤乙怒撣怿吳夰▄ 失堳彙墇怒┲ ┤ 扇⇑ 暨1睬忒姖╥崀疈扃壨U AQR 甍彐恎◐ 嶜澤乙怒撣怿吳夰▄ 忒姖╥崀怒佷嶜│噤夒ㄨ⇐噤夒nm 0┤ 吤揖甍彐儆埡⇑ 暨2睬婚♂╥崀恎乙疈扃壨 NQN 甍彐恎◐ 嶜刽澤乙へ怒撣怿吳夰▄ 婚♂╥崀怒佷嶜│噤夒ㄨ⇐噤夒nm 0┤ 吤揖甍彐儆埡⇑

/,2 崋忏偝

崋忏偝佪墠儆咤吐扃〾她同卣优宙夕 QNQQ03,. 偲●┤ 甍彐佪墠嶜儆╝ 勮咦悚吗▼ 暨l 嶜# 睬彙娊嶜v° 咥摽嶜忏扉悚吗暨优同¤ 唅ン儀睬彙娊嶜r 咥摽嶜N嶜.,.3 儀写二咕崋忏偝剛┸ ⇑

2 结果

0,/ 兑循宧⇐娍媲宧噤夒咕叼壓儆埡

兑循宧疈；17 〕嶜噤夒家哖┲ 圙μℓ疈；/1 〕⇐呜栟疈l；/0 〕⇐呜叼疈；4 〕⇐吳叼疈；6 〕嶜响劻嗺┲ 57,26# 暻娍媲宧疈；17 〕嶜噤夒家哖┲ 圙μℓ疈；00 〕⇐呜栟疈；/.〕⇐呜叼疈l；4 〕⇐吳叼疈；/ 〕嶜响劻嗺┲ 75,22# 嶜兑循宧噤夒咕叼壓┲ 57,26# 嶜娍媲宧噤夒咕叼壓┲ 75,22# 嶜┣ 宧妠嗺兑循宧噤夒咕叼壓撣╝ 娍媲宧嶜┣ 宧儆埡咕┆ 俍儀写嶜暨N .,.3睬⇑

0,0 兑循宧⇐娍媲宧 N?L QQ恎乙

0,0,/ 噤夒ㄨ兑循宧⇐娍媲宧 N?L QQ恎乙

兑循宧疈N?L QQ恎乙┲ 7/,63¤ 04,.2 乙嶜娍媲宧疈N?L QQ恎乙┲ 7/,64¤ 04,.3 乙嶜噤夒ㄨ兑循宧 N?L QQ恎乙└ 娍媲宧 N?L QQ恎乙儆埡兢吳吳呜儀写嶜暨Nĸ.,.3睬⇑

0,0,0 噤夒nm兑循宧⇐娍媲宧 N?L QQ恎乙

兑循宧疈N?L QQ恎乙┲ 43,55¤ /5,7/ 乙嶜娍媲宧疈N?L QQ恎乙┲ 25,5/¤ /0,10 乙嶜噤夒nm兑循宧 N?L QQ恎乙咕勍┐ 捻嶜└ 噤夒ㄨ妠嗺咕吳呜儀写嶜暨N .,.3睬暻噤夒nm娍媲宧 N?L QQ恎乙咕勍┐ 捻嶜└ 噤夒ㄨ妠嗺咕吳呜儀写嶜暨N .,.3睬⇑ 庹坩兑循宧⇐娍媲宧夰▄ N?L QQ恎乙号亂嶜♩兑循宧 N?L QQ恎乙撣╝ 娍媲宧嶜┣ 宧儆埡儀写吳呜嶜暨N .,.3睬⇑

0,1 兑循宧⇐娍媲宧忒姖╥崀儆埡

0,1,/ 噤夒ㄨ兑循宧⇐娍媲宧忒姖╥崀儆埡

兑循宧疈U AQR 恎乙┲ 34,.2¤ /.,0. 乙嶜娍媲宧疈U AQR 恎乙┲ 34,.3¤ /.,0/ 乙嶜噤夒ㄨ兑循宧 U AQR 恎乙└ 娍媲宧 U AQR 恎乙儆埡兢吳吳呜儀写嶜暨Nĸ.,.3睬⇑

0,1,0 噤夒nm兑循宧⇐娍媲宧忒姖╥崀儆埡

兑循宧疈U AQR 恎乙┲ 46,66¤ 7,34 乙嶜娍媲宧疈U AQR 恎乙┲ 63,4/¤ 3,30 乙嶜噤夒nm兑循宧 U AQR 恎乙阸撣嶜└ 噤夒ㄨ妠嗺咕┆ 俍儀写嶜暨N .,.3睬暻噤夒nm娍媲宧 U AQR 恎乙阸撣嶜└ 噤夒ㄨ妠嗺咕┆ 俍儀写嶜暨N .,.3睬⇑ 庹坩兑循宧⇐娍媲宧夰▄ U AQR 恎乙号亂嶜♩兑循宧 U AQR 恎乙♬╝ 娍媲宧嶜┣ 宧儆埡儀写吳呜嶜暨N .,.3睬⇑

0,2 兑循宧⇐娍媲宧 QAJ +7. 恎乙儆埡

兑循宧疈愧⊡ 屮澤乙┲ 0,43¤ .,53 乙⇐冱德澤乙┲ 0,12¤ .,3. 乙⇐▄ 捻デ孳澤乙┲ 0,0/¤ .,42 乙⇐勲懧澤乙┲ 0,23¤ .,56 乙⇐埔庬澤乙┲ 1,40¤ .,43 乙⇐叾儆澤乙┲ /,40¤ .,56 乙⇐别刓澤乙┲ /,17¤ .,40 乙⇐み募澤乙┲ /,63¤ .,43 乙⇐孤婧夰剬澤乙┲ /,31¤ .,4. 乙⇐ナ▥ 澤乙┲ /,7.¤ .,45⇑ 娍媲宧疈愧⊡ 屮澤乙┲ /,42¤ .,23 乙⇐冱德澤乙┲ /,42¤ .,23 乙⇐▄ 捻デ孳澤乙┲ /,41¤ .,34 乙⇐勲懧澤乙┲ /,63¤ .,5. 乙⇐埔庬澤乙┲ /,16¤ .,21 乙⇐叾儆澤乙┲ /,24¤ .,25 乙⇐别刓澤乙┲ /,07¤ .,13 乙⇐み募澤乙┲ /,24¤ .,22 乙⇐孤婧夰剬澤乙┲ /,10¤ .,2/ 乙⇐ナ▥ 澤乙┲ /,45¤ .,43 乙嶜兑循宧愧⊡ 屮⇐冱德⇐▄ 捻デ孳⇐勲懧⇐埔庬㊦み募伶僫乙呜栟撣╝ 娍媲宧嶜┣ 宧儆埡儀写吳呜嶜暨N .,.3睬⇑

3 讨论

孤婧乙彷失伉┬ 六噤夒┫ 僊╝ 兑徨⇐俩㔹她┆ 媂夬夰嶜嗔夬夰二供㔹夰壓撣她堡垱嶜卣┲ 六┐ 偨ダ叵扬⇐崋忏悚吗怿偳嶜甂惼攵葅伶孤婧乙彷失ㄨ咾矜掂甍彐傲伶她夰▄ MWン葅侈撣情ㄖ[1+2]⇑ 孤婧乙彷失伉┬ 六噤夒┫ ▼ 儆失噤夒┲ ┬ 嶜兑壨噤夒吤唤┲ 巡堜噤夒嶜侹嘎兆┲ 兑壨噤夒巡堜[3+4]⇑ 侹嘎兆┲ 兑壨噤夒巡堜嶜嗔巡堜宲ؔ¯咘壨巡嶜nA

咕叼她捭投夼■ 儴崕 B0㌢⊡蟄㎘呀nA勲ㄺ夼■ ┫ 唅婧宲孳寋ト侻剃蟄│扁偳墇勷孤婧掙娭× 壨蟄㍍侠蟄嗔巡堜慶峎佬慄慮ㄾ圲婧宲媢徵㎚崊 B/ ㌢⊡蟄寰微Ŋ 0㌢⊡儆㉺声岧┐ 皓學她勲ㄺ蟄│扁号亂夼■ 忒姖ㅠ峎[5+6[⇑ 庹埘徰嘎兆咕┆ 偯她噤夔叼哖蟄♩× 壨┓ 侩墠剢⇑ 扁丯婔偸┳ ╗庣撣噤夔叼哖蟄ʟ扃壨忓嫌咪忒姖姮嗓噤夔吤唤⇑ ☜勍log姖蟄孤婧剃ㄛ彷失┳ 徥彙墇┳ 忒姖ㅠ峎掙娭蟄┳ 徥⊡墇伉忝凩ㅓ捻♫ ⇜嗐劂ㅓ┓ 揚┫ 嫽忒姖尔掍蟄㎘呀扁┘ 孤婧ㄛ彷失夼■ 忒姖尔掍侢㌍壗伉夬夼㌍壗▼ ㅈ蟄凋凋♂ 匷盗ㄸ夼■ 冄俯陌蟄窑夼■ 噤夔‖ │剃幩励涸中⇑ 忒姖ㅠ峎掙娭呖涸中孤婧剃ㄛ彷失夼■ 冄俯⇜掴㎚她┳ 徥伶學蟄卣咕デ悚吗忬偳忒姖ㅠ峎呖掴嚭孤婧ㄛ彷失夼■ 噤夔家哖⇜叼哖她扇徥⇜┳ 徥伶偄蟄㎘呀╋ 呖リ偯夼■ 呖㎪峎佬仯况婚♂她┳ 徥伶學⇑扁丯婔偸扃壨她忓嫌咪忒姖姮嗓噤夔吤唤僊╝ 吣伻噤夔吤唤蟄慷婂噤夔吤匽伉┬ 六噤夔┫ 影媕× ┳┬ 忒姖侈冱噤夔ﾑ 蟄僊╝ ┆ 婂扚儆孤婧ㄛ彷失夼■ 忒姖掙娭她┳ 徥┴ 卿蟄呖匚ㄴ壨忓嫌咪偲● ⇜忓嫌咪勮咦儆夼■ ㎓┫ 寔龏⇜㎓┫ 掮嗯她忒姖ㅠ峎蕽ㅋ扚儆剃她忚宧蟄nA咕叼她圲囊└ 号亂夼■ ┓ 冶ㅋ┳ 蟄ㄲ【夼■ 剠劉咪ㄺ憙圁她㈐怫蟄ㄴ╝ 号亂夼■ 俑剢⇐入㎮嫽┬ 六失堳└ 彙墇蟄【夼■ 峎佬└ 墇偳屾孳蟄兎ㄸ夼■ 号亂└ 宇嗓ナ拡怗忒姖蟄兎ㄸナ扇㝵忒姖蟄忓嫌咪忒姖姮嗓夔噱慶二供叡× 嬔㈚她└☞ㅁㅅ⇑

寬┐ 勍甜蟄忓嫌咪忒姖姮嗓噤夔伉孤婧ㄛ彷失噤夔┫ 偳否叼哖☞写蟄嗔吤唤nA号亂┳ 六失堳蟄庣撣噤夔叼哖蟄嗔噤夔吤唤へ澤┳ 六关壨└ 呮㊦⇑

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