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心理护理干预对焦虑症患者睡眠质量的影响

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【摘 要】暺妛她呖傚埔庬失匊尉冗僈处墠勿墠慮媝┤ 罊徼哑傚ナ姃妮恺扉、 罐她凅中⇑ 伉啊(ㄖ)掂噤夔她埔庬失匊尉┆ テ咕 84 fm罊傚慷╦ 匊尉× ┳ 嗔嗂卹媲妛啥罊掫咪傚ナ乙┳ 勿墠宦丆兑循宦罊嗷┤ 儀宦■ Gy咕 42 fm罊兑循宦匊尉冗僈兑循勿墠兟揯罊扇勿墠宦匊尉冗僈她呖兑循勿墠丆处墠勿墠妠家μℓ她┆ 嫊喤窆罊傚勿墠宦丆兑循宦匊尉她姃妮恺扉⇐埔庬剝儿丆勿墠均劂鼻甍彐傚嗺⇑ 呱宫毘澤她家哖傚嗺勿墠宦匊尉伉姃妮呀挽⇐掙娭丆奶侨ㄒ峎嫽GHz吤揖忯乙罊慷╦ 忯乙懿徥嗺兑循宦揮罊┣ 宦┻ 挽儰写咕寁忏偕劂┻ 暨P<0.05暩暻傚┛ 勿墠宦扃忀罊慷╦ 匊尉她埔庬▾ ㊦勲懧忯乙懿徥嗺兑循宦♫暻kℓ呀ナ勿墠均劂塺慱ㄷ┐ 95.24%罊ナ均劂鼻吳呜徥嗺兑循宦她均劂鼻揮罊┣ 宦┻ 挽她傚嗺儰写咕寁忏偕劂┻ 暨P<0.05暩⇑ 家忾呖傚埔庬失匊尉冗僈处墠勿墠兟揯┻ nm峎侺哈俍傚ナ姃妮恺扉厄揮罊慷揹兟揯卿否二咕慆揮关壨◐ 入罊傚匊尉她夼失号亂咕妻媔哌即�near× 壨⇑

【关键词】: 埔庬失暻处墠勿墠兟揯暻姃妮恺扉

Effects of Psychological Care Intervention on Sleep Quality in Patients with Anxiety Disorders

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Abstract: The purpose is to analyze the impact on the sleep quality in the process of psychological nursing for anxiety patients. In a hospital treatment of anxiety patients with a total of 84, these patients as the inquiry target, randomly divided into nursing group and routine group, each team has 42, routine group of patients with routine nursing intervention, and nursing group patients is a model of combining routine nursing and psychological nursing and routine patients' sleep quality, anxiety and nursing satisfaction. The final results were compared with their scores in sleep time, impairment and daytime function, which were higher than the conventional group, with a significant difference between the two groups(P<0.05); For the nursing group, these patients' anxiety and depression scores were lower than that of the conventional group; and their nursing satisfaction rate reached 95.24%, which was significantly higher than that of the conventional group. The comparative difference between the two groups was significant(P<0.05). The conclusion is that the psychological nursing intervention for anxiety disorder patients can better improve their sleep quality, which has high application value and actively promotes the improvement of patients' symptoms.

Keywords: Anxiety; Psychological nursing intervention; Sleep quality

埔庬失× ┳ ┆ 嫊处墠夬夼罊伉┳ 六┐ 湊俩懿♂傚慷嫊夼失乙┳ 刚刜▾ ㊦劒刜埔庬失罊暺兑扁禲罊奏俩埔庬失匊尉杗兑♂ 丅墇侮妮失堳罊傚ナ憤励湊侧价勸罊奏俩懿彙墇┳ 付啄俩罊姃徯慮媝┤ 影剢户罊湊採夕姃嫽罊抄咱俏嗔┆ 偯♂傚埔庬失匊尉她孤婧剝儿憤励┐ └凅中罊翦崠湊俩埔庬失匊尉丅墇孤婧堳分┐ 《她剝儿罊│ 扁—侧ナ夼剝噤夔採鼻罊慷呖妛ㄟ┬ 六扇垱デ噻她夼失罊勍▾ 傚埔庬匊尉愻彐噤夔慮媝┤ 罊ナ扇垱┳ 徥揚┤ 伉姃妮恺扉吤揖她号亂⇑ 仱嗔嗔嗂卹媲┤ ┗ 挲扚傚埔庬失匊尉冗僈吵兑勿墠慮媝┤ 慱壨处墠勿墠兟揯卹忖罊慷╦ 匊尉姃妮号亂剝儿▾ ㊦埔庬剝寋堳儿⇐勿墠均劂鼻嫽⇑

1 基本资料和护理干预

/,/ 佢咤悚吗

憔匪伉(ㄖ)掂愻彐噤夔她埔庬失匊尉 62 fm× ┳ 嗔嗂卹媲妛啥罊扃壨掫咪吤噱傚慷╦ 匊尉乙┳ 勿墠宦丆兑循宦罊嗷儀宦■ Gy咕 20 fm⇑ 勿墠宦埔庬匊尉冶┤ 壳刜丆佶刜嗺 ⎤ 乙ㄟ呖 0.800⇑ 慷╦ 匊尉她兡斃伉 0/+25 僖罊挑优兡斃伉暨06,52¤ 1,25暩僖罊埔庬失匊尉噤夔她呱姷呀挽咕┏ ┤ 咔罊呱抄呀挽悻ㄷ仞兡罊挑优夼媝伉暨/,2/¤ .,23暩兡暻伉兑循宦冶┤ 她埔庬失匊尉┤ 罊壳刜丆佶刜她嗺 ⎤ 伉0/80/罊慷╦ 匊尉兡斃伉 /7+25 僖罊挑优兡斃悻ㄷ暨06,41¤ 1,3/暩僖罊慷┤ 儀宦┤ 她埔庬失匊尉呱姷她夼 ⎤ 伉仞┤ 咔罊呱抄她夼媝伉仞兡罊挑优伉暨/,04¤ .,3/暩兡⇑ 傚▾ ┐ ┣ 宦埔庬失匊尉佢咤悚吗愻彐傚嗺乙哑罊ㄚ噔咕寁忏偕劂┻ 罊N<.,.3罊慷┣ 宦┻ 挽二咕nA嗺刜⇑

/,0 勿墠兟揯

兑循宦埔庬失匊尉冗僈她呖兑循勿墠兟揯罊伉埔庬失匊尉愻彐ｂ掂慮媝┤ 罊具嚥┗ ┣ 勿墠■ Gy妒姅ナ▀刻丆咘巡罊娊ㄈ匊尉咕惋侺她姃妮呀挽暻┗ 嗔kℓ呀罊徥嘪匊尉嗷吵厹夕她廛奶恺丆寔攉學radⅤ扉┆ 偯徥悻ㄷ■ ⊡勍搵徥嘪罊

娊こナ■ ⊡咪崀┓ ⺮ㄷ孤婧剝儿凅中⇑

傚勿墠宦埔庬失勢尉甍彐勿墠慮媝┤ 呖▾ 兑循勿墠 兟揯家μℓ处墠勿墠兟揯┳ 丈厁⇑埔庬失勢尉懿♂ ◇掫别剭处墠翳伶嗔傚ナ处墠吤揖甍彐勿墠呀翳勿墠■ Gy徥こ怦勢尉伉ｂ掂┻ nm㊦呀傚(ㄖ)掂墆侁甍彐┓ 徼翳━傥勢尉伉ｂ掂慮媝┤ 伶┳ 墆侁伶學凅中屙、 攉┤ 扇她别剭处墠翳| 屙勷北成μℓ噤夔丁勿墠翳慷唗傲♂ ━侧勢尉夼剝暻伉嗔摘嗯┤ 徥嘪勿墠■ Gycm勢尉捗憩(ㄖ)掂墆侁呀聾夔徥傚勢尉她剝寋ㄊ艸甍彐復傒翳俏哖勢尉丁墇别剭剝寋翳徥扃壨乙合噻劂ㄟ她吤噱翳━愿ナ别剭处墠翳慷唗哈咕ㄴ┛ 勢尉伉ｂ掂┻ nm惡勿侒响冔嵑俍噓慄デ孳聾屙┘ 勿侒慶nA▾ 傚勢尉冗僈ゃ丹吃岡勿墠翳慷呖壯┛ 埔庬失勢尉壯┛ ⺮ㄷ夼失伶學凅中聾奏俩懿♂丁墇孤婧堳分┓ 《▾ ㊦处墠ゃ丹剝儿摭兑儳她掷搔翳伶嗔徥嘪勿侒傚慷吤揖厁揮扇徬翳媔哌┳ ㄶ惡勢尉┻ 挽甍彐噓慄╫ 嚦翳╗ 徼ナ夼剝翳kℓ呀慶徥kΩ忳勢尉妠デ夼失姬忱▾ ㊦噤夔恢壨丁噤夔慮媝┤ 搔徥噻劂她╙ 揹嫽暻戚咕娊ㄴ埔庬失伉╗ 徼慷╦ 佢娘她剝儿┓ 翳【ナ崀侇哈俍成μℓ噤夔丁勿墠儩× 翳兢┘ 慶崀ダ揖危厖丁勱卼崨慡剝寋翳慷唗崀侇哈俍傚ナ埔庬失她噤夔惀ㄈ┆ 偯媔哌× 壨⇑ 傚慷╦ 勢尉┤ ⊡剝儿甍彐勿墠慮媝┤ 慶徥密└ 二⊡处墠勿墠兟揯翳伉ダ揖╗ 徼丁噓慄╫ 嚦她剝儿┓ 翳扃壨冢傝她吤噱翳【勢尉崀侇傚崨慡她剝寋▾ ㊦劉⺮⇐处墠⺮艸剝儿彙墇丁咾翳勿墠■ Gy徥屜处傚勢尉勍厁丁咾她敻掷甍彐徼嬉翳kΩ姬勢尉徥嗓娊勳勹崨慡劉⺮丁剝寋翳▾ シ勢尉卼冝剝寋扃憤劢ナ夼剝惄咾惄┤ 扇⇑ ⺨ㄏ侠翳姃妮勿墠× ┳ 埔庬失勢尉呱デ拳她┆ 揹勿墠ピ傃┻ ┆ 翳┳ ╗ 哈俍娊こ埔庬失勢尉她姃妮呀挽翳伉循偯她巉佯ピ翳徥こ匷ナ夼勸墆侁脩ダ崭憵⇑扃壨取叹愿寰揲┼ 她吤噱傚勢尉她剝寋甍彐寰徼翳夼勸ピ慶nA▾ 家μℓ勢尉吵兑堅俍去叹┆ ╦ 僦埬● 翳勢尉伉崭憵她墆侁┓ 哈咕ㄴ┛ 噤夔曝⺨ㄏ侠┆ 吤揖翳伉吵兑冗僈囊ㄶ慮媝┤ 翳傑nA崀━傥勢尉卻徾売偾忿供翳勢尉nA▾ 娊‖ 勃尉完壺嫽翳挑揑ピ処剝寋翳寰徼埔庬翳俩め慱ㄶ翳慷唗哈咕ㄴ┛ 厁撣勢尉侣挽姃妮恺扉⇑

/,1 寁忏偕

傚嗔嗂卹媲┤ 她埔庬失勢尉、攉她同鹵甍彐剖家翳粟慮慱壨 QNQQ02,. 愚● 冗僈侚墠丁徼哑儩× 翳扃壨Y暨# 暩► 彙忏同悚吗翳忏同悚吗ººrad⁄s勿墠剖均劂奠匸啥翳kℓ呀慱壨 V⁰啌摽翳忏扉悚吗nA▾ 慱壨暨 $\bar{x} \pm s$ 暩► 彙ナ┤ ººrad⁄s姃妮恺扉▾ ㊦埔庬忯乙嫽GHz揹匸啥翳扃壨 r啌摽翳┣ 宦┻ 挽她匸啥同鹵nA▾ 壨 N: . ,. 3 ► 彙二咕娀媲◐ へ翳俏哖慱壨 N<. ,. 3 ► 彙翳儿噔咕娀媲劂┻ ⇑

2 结果

0,/ 嗺慆勿墠宦丁兑循宦姃妮恺扉忯乙家哖

俏彙 /翳傚嗺勿墠宦丁兑循宦姃妮恺扉忯乙家哖翳ナ勿墠宦她姃妮丁夕姃呀挽←奶侨ㄇ崀嫽忯乙懿徥嗺兑循宦揮翳┣ 宦┻ 挽她傚嗺儳写咕寁忏偕劂┻ 暨N: . ,. 3暩⇑

彙 / 嗺慆勿墠宦丁兑循宦姃妮恺扉忯乙家哖

Y暨 $\bar{x} \pm s$ 暩翳乙[

宦ㄴㄊ	l	姃妮呀挽	姃妮掙娭	夕姃呀挽	奶侨ㄇ崀
勿墠宦	20	/,. 0¤ . ,/ 1	/,. 4¤ . ,/ 6	/,/ 2¤ . ,02	. ,51¤ . ,0/
兑循宦	20	0,35¤ . ,. 5	0,10¤ . ,/ .	0,41¤ . ,04	0,5. ¤ . ,/ 2
r		12,. 1/	04,4/ 0	01,/ 44	11,22.
n		: . ,. . /	: . ,. . /	: . ,. . /	: . ,. . /

0,0 勿墠宦丁兑循宦勢尉埔庬丁勲懧忯乙家哖傚嗺

│彙 0┤ nA▾ 妧丁翳勿墠宦她埔庬丁勲懧忯乙懿徥嗺兑循宦♫翳┣ 宦┻ 挽她忯乙儳写剃凑侧翳扁┘ 二咕寁忏偕劂┻ 暨N: . ,. 3暩⇑

彙 0 勿墠宦丁兑循宦勢尉埔庬丁勲懧忯乙家哖傚嗺

Y暨 $\bar{x} \pm s$ 暩翳乙[

宦ㄴㄊ	l	埔庬忯乙	勲懧忯乙
勿墠宦	20	07,2/¤ . ,0/	1. ,30¤ . ,05
兑循宦	20	16,23¤ . ,40	20,54¤ . ,31
r		73,/ 20	
n		: . ,. . /	

0,1 嗺慆勿墠宦丁兑循宦勿墠剖均劂奠家哖

│彙 1 nA▾ 妧丁翳勿墠宦埔庬失勢尉她勿墠剖均劂奠 73,02# 徥嗺兑循宦剖均劂奠揮翳ナ寁忏偕她傚嗺儳写咕寁忏偕劂┻ ⇑

彙 1 嗺慆勿墠宦丁兑循宦勿墠剖均劂奠家哖Y暨# 暩[

宦ㄴㄊ	l	揓兑均劂	┆ 崹均劂	┓ 均劂	剖均劂塺
勿墠宦	20	01 &2,54'	/5 &2. ,25'	0 &2,54'	2. &73,02'
兑循宦	20	/1 暨1. ,73暩	0. 暨25,46暩	7 暨0/ ,21暩	11 暨56,35暩
V⁰					2,045
n					. ,. 14

3 讨论

墠摘嗯翳┳ 六┓ 傚埔庬失勢尉甍彐噤夔慮媝┤ 慄兑懿呖▾ 巡埬┳ ┳ 翳慷┣ 呖撑ゴ憔匪她噤夔吤噱翳│乙哑nA▾ 澤丁翳伶┳ 处墠剝儿♂傚勢尉噤夔nm叼哖憤励凑侧凅中翳勍▾ 傚勢尉甍彐巡埬噤夔慮媝┤ 翳勿墠■ Gy揾徥傚勢尉偳摠剝儿甍彐ダ揖╗ 徼翳┳ ナㄏ偯二咕扚傚刜她处墠勿墠兟揯卿否崀侇哈俍伐勢尉丁墇她┓ 嵑剝寋甍彐夏傝翳寰徼ナ┳ 六失堳翳【勢尉揯nm澤ㄷ咕叼号亂⇑ │咕デ吐塨匀kΩ冶

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┤ nA▾ 妧丅虋処墠冢傝× ┰ 処墠勿墠兟揯她扇徥ㄟ厒咽● 虋佢╝ 嗔虋┰ 埔庬剪屘冗僈処墠吤揖她兟揯虋偷⍝冢傝丁关刚侚墠卿否嫽虋峎侺咍俍伐剪屘她処墠密└ ┆ 偯史匷虋傚剪屘丅墇她㊉勲▾ ㊦囆哌冽窅戁彐寰徼虋匚忤ナ処剝こ匷狣丁虋傚剪屘她勿墠恺扉峎侺戁彐咕叼号亂虋│扁傚ナ后⊡噤夔叼哖厒撣⇑

埔庬失× ┰ ┆ 嫊婧寀孌夼失虋慷呖┆ 嫊寀兑丅墇兢┘偁㏑剃她夼失虋慷嫊夼失┰ 徥⊡墇┰ 慮╝ 匍処虋兢噔咕吳娊崣唅虋靖寀剃ㄇ峎侮怫勃屘丅墇伞嬓┓ 脩ㄣ傻搏嫽失堳虋ナ嗂虋峭哖剪屘她埔庬剝儿丁偶復偳捻剝儿┻ 挽咕凑侧她儳写勃屘寔匷凑捯呀挽虋伉嗔咽挽傲nA▾ ㄇ吡剪屘呖┆ 嫊夼墠剃她埔庬失虋惡壛墠剃她埔庬失甍彐傚嗺虋慷嫊夼失噤夔惀咾採異凑侧⇑墇掤嗯┰ 六吤揖兢噔咕傚慷嫊夼失她偳捻夼伶咕ダ揖╗ 徼虋慄兑懿呖俥慷嫊夼失惡懥⍝伶學⇐┓ 嵑壛囊┼ 剴▾ ㊦剪屘崨慡慡⊡夬夼嫽吤揖偊伉凑侧デ屾剃虋┰ 六吤揖儿呖傚失堳丁夼媝甍彐忴吡娊忴┻ nm她埔庬失剪屘┆ 崹懿呖慄慮慱壨巡堜甍彐噤夔虋慷╦ ■ Gy慄兑咘巡她呀挽悻ㄇ╗ ┣ 兡優cal⇑ 抄呀挽▾ 咾虋慷╦ 剪屘掃╗ 徥甍彐兑循勿墠兟揯卿否▾ 侠聾寢徥傚剪屘她咘巡▾ ㊦姃妮恺扉⇐呀挽丁撵搫嫽吤揖冗僈勿墠虋伉冗僈勿墠慮媝┥兑兑♂傚剪屘処墠堳分ᵗᵉᶰ艸剝儿刂处卯虋搦崠剪屘庹埘抄呀挽咘壨巡堜虋♩呖慷嫊失堳噔咕澤ㄇ咕叼号亂虋夼失俍愰她憣異凑劒虋剪屘她夼剝┣ 噔咕澤ㄇ寰徼⇑ 扁掀妻妛ㄟ㈱夔娪勴嚶兟她击憣㏑僈虋勿墠墠凿┣ 掀┻ ㏑壛ᵗᵉᶰ艸虋処墠勿墠兟揯╗ 憙圁冗俬傚剪屘别剭処墠她勿墠▾ ㊦や丹吃岡勿墠⇐堡嗣処墠丁姃妮恺扉吤揖冗僈勿墠虋【剪屘伉傚崨慡埔庬失堳甍彐╗ 徼她剝儿╗ 虋┰ ㄩ甍彐成μℓ噤夔虋慷唗┓ ▌ nA▾ 傚剪屘别剭処墠甍彐囆掃聾寢峎咕叼ᵗᵉᶰ艸ㄇ処墠ゃ丹虋ナ嗂虋【剪屘她姃妮恺扉澤ㄷ厒撣她剝儿╗ 虋【剪屘峎咕湊侧孤婧揖傚丁噤夔夬夼虋┆└╝ 剪屘吹垳悻丅埔庬失勍克咾她凅中⇑ │▾ ┐ 娀媲家哖┤ nA▾ 妧丅虋勿墠宧埔庬失剪屘┓ 嬝呖 │姃妮掙娭聾寢呖剪屘她夕姃呀挽▾ ㊦奶侨嫽吤揖懿徥嗺兑循宧撣聾鬲┘ 慷┤ 儀宧她埔庬丁勲懧忯乙徥嗺兑循宧♫虋壯嗔nA徨虋埔庬失剪屘伉処墠兟揯她剝儿╗ 虋峎哈俍傚ナ姃妮恺扉懥彐号亂虋└ 嗔kℓ呀慶峎寰徼ナ崨慡埔庬丁勲懧嫽恶揖剝寋暻ㄟ侠┆ 吤揖虋勿墠宧她埔庬失剪屘勿墠┤ 均劂異徥嗺兑循宧刽均劂異撣聾兮嗔惡兑循勿墠喤窅懥彐傚嗺咾怜虋冗僈処墠勿墠兟揯⇑ 峎侺哈俍傚剪屘勿墠均劂異厒撣聾耻撣剪屘她噤夔ㄩ │剃丁勿墠嚶兟虋一傥勿侒丁剪屘┻ 挽丅墇┓ 弧嚀她掷搔⇑

刽┻ 虋傚埔庬失剪屘冗僈処墠勿墠兟揯慮媝┤ 虋峎侺咕叼傚ナ夼失剝儿懥彐号亂虋兇こ剪屘咕惋侺她姃妮呀挽丁恺扉虋哈咕└╝ 剪屘击憣丹侜虋冗僈処墠勿墠兟揯虋哈一扇徬她呖剪屘剝寋吤揖号亂虋┳ ㄩ媔哌她剝寋┣ 呖号亂慷嫊夼失她扇徥伶學┻ ┆ 虋伉┆ 偯媝異┐ 峎侺厒撣剪屘傚勿墠儩× 她均劂異虋兢┘ 咕妻揓兑撣她┰ 六关壨◐ へ⇑

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