

自杀意念的影响研究

Study on the influence of impulsive trait and emotion regulation on suicidal ideation of depressive patients

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摘 要

抑郁障碍是高患病率、高复发率、高自杀风险的一类情感性心境障碍，是自杀死亡最常见的精神障碍。自杀意念在抑郁障碍患者中普遍存在，是自杀企图和自杀行为的预测因素和危险因素。本研究着眼于自杀意念的特异性因素和保护因素，探讨冲动性特质、情绪调节对抑郁障碍患者自杀意念的影响。

本研究以 129 位抑郁障碍患者为研究对象和 109 位普通人群作为正常对照组，测量被试的冲动性特质、情绪调节和自杀意念等因素，采用 t 检验、方差分析、相关分析、回归分析对数据进行分析和处理，探究两组被试在三因素上的差异程度、三因素间的关系及其余两者对自杀意念的预测作用。通过上述研究方法得出了以下结果：

1. 抑郁障碍患者与正常对照组在冲动性特质和自杀意念两者总分及各维度得分上呈显著差异；在情绪调节上，两者在认知重评维度上未见显著差异，而在表达抑制该维度上差异显著；
2. 抑郁障碍患者自杀意念水平在家庭氛围、健康状况上存在显著差异；
3. 抑郁障碍患者自杀意念与冲动性特质、表达抑制、抑郁程度呈显著正相关，与认知重评呈显著负相关；
4. 冲动性特质和消极的情绪调节方式能正向预测抑郁障碍患者的自杀意念，积极的情绪调节方式能负向预测抑郁障碍患者的自杀意念。

关键词： 抑郁障碍 冲动性特质 情绪调节 自杀意念

Abstract

Depression disorder is a kind of emotional mood disorder with high prevalence, high recurrence rate and high suicide risk, which is the most common mental disorder of suicide death. Suicidal ideation is common to patients with depressive disorders and is a precursor and risk factor of suicidal behavior. This study focuses on the risk factors and protective factors of suicidal ideation, and explores the impact on impulsive traits and emotion regulation on suicidal ideation in patients with depression.

In this study, 129 patients with depression were taken as the research object and 109 ordinary people were used as the normal control group. The impulsive traits, emotion regulation and suicidal ideation of the subjects were measured by T test, analysis of variance, correlation analysis, regression analysis were used. The data was analyzed and processed to explore the degree of difference between the two groups of subjects in the three factors, the relationship between the three factors, and the predictive effect of the other two on suicidal ideation. The following results were obtained through the above research methods:

1. The total scores of impulsivity and suicidal ideation and scores of each dimension were significantly different between the patients with depression and the control group. In terms of emotional regulation, there was no significant difference between the two in the dimension of cognitive reappraisal, but in the dimension of expression inhibition.
2. The levels of suicidal ideation in depressed patients were significantly different in family atmosphere and health status.

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