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老年抑郁症患者自杀意念与生活事件、家庭功能 及多导睡眠图参数的关系研究*

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摘要 目的:研究老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的关系并予以分析。**方法:**选取从2019年1月~2020年10月期间我院收治的154例老年抑郁症患者纳入研究。将其按照是否存在自杀意念分作自杀意念组83例和无自杀意念组71例。比较分析两组生活事件、家庭功能及多导睡眠图参数等方面的差异,并以Spearman相关性分析明确老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的关系。**结果:**自杀意念组阳性事件、负性事件评分均高于无自杀意念组(均 $P<0.05$)。自杀意念组各项家庭功能评分均高于无自杀意念组(均 $P<0.05$)。自杀意念组N3期非快速眼动睡眠时间以及N3期非快速眼动睡眠占比均低于无自杀意念组(均 $P<0.05$)。经Spearman相关性分析可得,老年抑郁症患者自杀意念与各项生活事件评分、家庭功能评分均呈正相关,而与N3期非快速眼动睡眠时间以及N3期非快速眼动睡眠占比呈负相关(均 $P<0.05$)。**结论:**老年抑郁症自杀意念与生活事件、家庭功能及多导睡眠图参数密切相关,临床可通过对这些方面的观测来评估老年抑郁症的病情,以预防和减少老年抑郁症患者自杀行为的发生。

关键词:老年;抑郁症;自杀意念;生活事件;家庭功能;多导睡眠图

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The Relationship Study between Suicidal Ideation and Life Events, Family Function and Polysomnogram Parameters in Elderly Patients with Depression*

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ABSTRACT Objective: To study and analyze the relationship between suicidal ideation and life events, family function and polysomnogram parameters in elderly patients with depression. **Methods:** A total of 154 elderly patients with depression who were admitted to our hospital from January 2019 to October 2020 were included in this study. According to whether there were suicidal ideation or not, they were divided into the suicidal ideation group with 83 cases and the non-suicidal ideation group with 71 cases. The differences in life events, family functions and polysomnogram parameters between the two groups were analyzed, and Spearman correlation analysis was used to clarify the relationship between suicidal ideation and life events, family functions and polysomnogram parameters in elderly patients with depression. **Results:** The scores of positive events and negative events in suicidal ideation group were higher than those in non-suicidal ideation group (all $P<0.05$). The scores of family functions in the suicidal ideation group were higher than those in the non-suicidal ideation group (all $P<0.05$). The N3 stage non rapid eye movement sleep time and N3 stage non rapid eye movement sleep proportion in the suicidal ideation group were lower than those in the non-suicidal ideation group (all $P<0.05$). Spearman correlation analysis showed that suicidal ideation was positively correlated with life event score and family function score, while negatively correlated with N3 stage non rapid eye movement sleep time and N3 stage non rapid eye movement sleep proportion (all $P<0.05$). **Conclusion:** Suicidal ideation in elderly depression is closely related to life events, family function and polysomnography parameters, clinical observation of these aspects can be used to evaluate the condition of elderly depression, so as to prevent and reduce the occurrence of suicidal behavior in elderly depression patients.

Key words: Elderly; Depression; Suicidal ideation; Life events; Family function; Polysomnogram

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前言

抑郁症属于临床上较为常见的一种严重精神疾病,主要表

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现特征包括情绪低落、兴趣减退、快感缺失等,病情严重患者甚至可能出现自杀意念以及行为^[1-3]。根据世界卫生组织报道显示,全世界范围内约有 3.5 亿人罹患抑郁症,且每年因抑郁症自杀的人数突破 100 万^[4]。由于受生理以及社会心理因素的影响,抑郁症已成为老年人群最为常见的一种精神疾病,给患者家庭以及社会造成巨大的负担^[5,6]。相关研究报道表明,自杀行为是抑郁症患者较为常见的症状,亦是抑郁症患者重要死亡原因,抑郁症患者的自杀率远远高于正常人群^[7,9]。由此可见,及时发现以及有效监测老年抑郁症患者的自杀观念以及自杀行为显得尤为重要。鉴于此,本文通过研究老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的关系并予以科学的数据分析,旨在为临床老年抑郁症患者自杀意念的预防、监测以及治疗提供参考依据,现作以下报道。

1 对象与方法

1.1 一般资料

选取从 2019 年 1 月~2020 年 10 月期间我院收治的 154 例老年抑郁症患者纳入研究。其中男性 67 例,女性 87 例;年龄 61~79 岁,平均(65.23±3.24)岁;受教育程度:初中及初中以下 70 例,高中或中专 51 例,大专及以上 33 例。纳入标准:(1)所有入选对象均符合《中国精神疾病防治指南》^[10]中的相关诊断标准;(2)年龄≥60 岁;(3)汉密尔顿抑郁量表(HAMD)17 项版评分^[11]≥14 分;(4)入选研究前两周内未服用相关抗抑郁药物。排除标准:(1)合并基础疾病或严重感染性疾病、自身免疫性疾病、系统性疾病者;(2)既往有物质依赖或滥用史者;(3)精神发育迟滞或(和)严重精神性疾病症状者;(4)有自杀未遂史;(5)正参与其他研究者。本研究与《赫尔辛基宣言》相关要求相符,所有患者均知情且签署知情同意书。

1.2 研究方法

(1)分组方式:通过 Beck 抑郁问卷^[12]条目对所有患者实施

自杀意念评估,将量表评分≥1 分患者归为自杀意念组,共 83 例,将量表评分为 0 分患者归为无自杀意念组,共 71 例。(2)生活事件的评估主要是通过生活事件量表(LES)^[13]实现:主要包括正性事件以及负性事件两个分量表,共有 65 个项目,根据“是”“否”进行两级评分。(3)家庭功能的评价主要是通过家庭功能评定量表(FAD)^[14]实现:主要包括下述 7 个分量表:①问题解决;②沟通;③角色;④情感反应;⑤情感介入;⑥行为控制;⑦总的功能。共有 60 个条目,每个分量表得分越高预示家庭存在的问题越严重。(4)多导睡眠图监测^[15]:所有患者均通过 Tackit 32/0 型动态脑电多导睡眠图仪(购自英国 Lifelines Limited 公司)完成多导睡眠图监测。由同一名医师完成睡眠分期的判读,去除伪差,分析睡眠进程、睡眠结构、呼吸、肢体运动等指标。包括睡眠效率、入睡后觉醒时间、总睡眠时间、快速眼动睡眠潜伏期、快速眼动睡眠占比以及 N1、N3 期非快速眼动睡眠时间、非快速眼动睡眠占比。

1.3 观察指标

分析两组生活事件、家庭功能及多导睡眠图参数等方面的差异,以及老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的相关性。

1.4 统计学处理

数据处理软件为 SPSS 22.0,计数资料以%表示,实施 χ^2 检验;计量资料以($\bar{x} \pm s$)表示,实施 t 检验。以 Spearman 相关性分析明确老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的关系。 $P < 0.05$ 表示差异有统计学意义。

2 结果

2.1 两组生活事件比较

自杀意念组正性事件、负性事件评分均高于无自杀意念组(均 $P < 0.05$),见表 1。

表 1 两组生活事件比较($\bar{x} \pm s$, 分)

Table 1 Comparison of life events between the two groups($\bar{x} \pm s$, scores)

Groups	n	Positive events	Negative events
Suicidal ideation group	83	2.63±0.48	7.12±2.05
Non-suicidal ideation group	71	2.38±0.44	6.04±1.97
t	-	3.347	3.318
P	-	0.001	0.001

2.2 两组家庭功能比较

自杀意念组各项家庭功能评分均高于无自杀意念组(均 $P < 0.05$),见表 2。

2.3 两组多导睡眠图参数比较

自杀意念组 N3 期非快速眼动睡眠时间以及 N3 期非快速眼动睡眠占比均低于无自杀意念组(均 $P < 0.05$),而两组睡眠效率、入睡后觉醒时间、总睡眠时间、快速眼动睡眠潜伏期、快速眼动睡眠占比、N1 期和 N2 期非快速眼动睡眠时间、N1 期和 N2 期非快速眼动睡眠占比比较无明显差异(均 $P > 0.05$),见表 3。

2.4 老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的相关性分析

经 Spearman 相关性分析可得,老年抑郁症患者自杀意念与各项生活事件评分、家庭功能评分均呈正相关,而与 N3 期非快速眼动睡眠时间以及 N3 期非快速眼动睡眠占比呈负相关(均 $P < 0.05$),见表 4。

3 讨论

近几年来,抑郁症患者的自杀现象屡见不鲜,在所有自杀死亡患者中,抑郁症患者占比高达 38%左右^[16,17]。2000 年我国

表 2 两组家庭功能比较($\bar{x} \pm s$, 分)

Table 2 Comparison of family function between the two groups($\bar{x} \pm s$, scores)

Items	Suicidal ideation group (n=83)	Non-suicidal ideation group (n=71)	t	P
Problem solving	14.83± 3.51	13.45± 2.30	2.833	0.005
Communicate	20.02± 5.06	14.85± 2.91	7.599	0.000
Role	27.48± 5.22	20.04± 5.10	8.911	0.000
Emotional response	14.72± 3.91	12.74± 3.51	3.283	0.001
Emotional intervention	17.73± 3.22	13.56± 3.72	7.457	0.000
Behavior control	20.01± 4.32	18.42± 4.96	2.126	0.035
General function	28.45± 7.25	24.30± 6.22	3.778	0.000

表 3 两组多导睡眠图参数比较($\bar{x} \pm s$)

Table 3 Comparison of polysomnogram parameters between the two groups($\bar{x} \pm s$)

Items	Suicidal ideation group (n=83)	Non-suicidal ideation group(n=71)	t	P
Sleep efficiency(%)	69.19± 13.22	71.50± 12.48	1.109	0.269
Wake up time after sleep(min)	173.24± 45.93	170.55± 43.22	0.372	0.710
Total sleep time(min)	387.45± 73.11	400.12± 70.58	1.089	0.278
Rapid eye movement sleep latency(min)	167.39± 53.22	174.62± 52.10	0.849	0.398
Rapid eye movement sleep proportion(%)	11.42± 3.25	10.75± 3.79	1.181	0.239
Non rapid eye movement sleep time (min)	N1 stage 44.32± 14.34 N2 stage 211.59± 61.33 N3 stage 55.35± 11.39	43.01± 13.56 212.05± 60.57 106.32± 27.38	0.579 0.047 15.473	0.563 0.963 0.000
Non rapid eye movement sleep proportion(%)	N1 stage 12.32± 3.21 N2 stage 55.48± 13.22 N3 stage 15.35± 4.39	11.65± 2.87 53.49± 13.45 25.29± 7.34	1.355 0.924 10.353	0.177 0.357 0.000

表 4 老年抑郁症患者自杀意念与生活事件、家庭功能及多导睡眠图参数的相关性分析

Table 4 Correlation analysis of suicidal ideation with life events, family function and polysomnogram parameters in elderly patients with depression

Relevant indicators	Suicidal ideation	
	r	P
Positive events	0.535	0.017
Negative events	0.611	0.000
Problem solving	0.579	0.009
Communicate	0.552	0.012
Role	0.530	0.018
Emotional response	0.510	0.021
Emotional intervention	0.548	0.014
Behavior control	0.504	0.023
General function	0.619	0.000
N3 stage non rapid eye movement sleep time	-0.622	0.000
N3 stage non rapid eye movement sleep proportion	-0.631	0.000

已进入老年化社会,到 2040 年我国的老年人口预计约占总人口的 25%,而在老年健康问题中,抑郁是最常见的促发老年人

自杀和精神障碍的因素^[18]。自杀行为是一个从自杀意念到自杀死亡的连续体,虽然不一定连续,但反应了个体某个时期的消

极思想动态^[19]。因此,如何有效预防抑郁症患者自杀是目前临床医务人员亟待解决的重要问题之一,然而,迄今为止尚无有效预测抑郁症患者自杀行为的指标。随着近年来相关研究的日益深入,越来越多的学者发现社会心理因素可能是影响抑郁症患者自杀意念的关键,其中社会支持不良的人群罹患抑郁症以及出现自杀意念的风险高于正常人群^[20-22]。生活事件以及家庭功能属于社会支持的重要组成部分,其可能和抑郁症患者自杀意念密切相关,具有预测抑郁症患者自杀意念的潜在价值。另有研究发现^[23-25],睡眠紊乱可能和精神疾病患者自杀有关,亦是自杀成功的危险因素,其中睡眠脑电图参数可作为评估睡眠状态的有效手段,可能为老年抑郁症患者自杀意念的预防提供帮助。

本研究通过研究比较发现,自杀意念组正性事件、负性事件评分均高于无自杀意念组。这表明生活事件和老年抑郁症患者的自杀意念密切相关,即无论是积极的生活事件亦或是消极的生活事件均可能导致抑郁症患者出现自杀意念。考虑原因可能是无论是正性亦或是负性生活事件,均可能通过个体的主观感受引起精神紧张或疾病的发生,继而导致患者出现自杀意念。此外,自杀意念组各项家庭功能评分均高于无自杀意念组。提示家庭功能和抑郁症患者的自杀意念相关。原因可能是由于家庭功能越差的老年抑郁症患者的抑郁情绪随之加重,继而导致自杀意念的产生^[26-28]。因此,在临床实际工作中可通过相关干预措施提高患者的家庭功能,继而达到预防自杀行为产生的目的。另外,本文研究结果还显示,自杀意念组 N3 期非快速眼动睡眠时间以及 N3 期非快速眼动睡眠占比均低于无自杀意念组。这说明自杀意念组患者普遍存在睡眠效率低下及睡眠质量欠佳等现象,继而可能促使患者出现一系列负性情绪,增加自杀风险^[29]。因此,如何有效提高老年抑郁症患者的睡眠质量显得尤为重要,而这也可能是预防自杀意念出现的重要手段。本研究还通过 Spearman 相关性分析发现,老年抑郁症患者自杀意念与各项生活事件评分、家庭功能评分均呈正相关,而与 N3 期非快速眼动睡眠时间以及 N3 期非快速眼动睡眠占比呈负相关。其中主要原因可能在于,无论是正性亦或是负性生活事件,均会在一定程度上促使老年抑郁症患者出现无助感以及绝望感,继而产生以自杀摆脱痛苦的念头。而家庭功能主要是通过间接影响抑郁情绪,进一步对自杀行为产生影响。随着 N3 期非快速眼动睡眠时间以及 N3 期非快速眼动睡眠占比的降低,会导致患者消极情绪持续存在的时间延长,继而增加了自杀风险。国外 Ballard 等的报道结果也佐证了这一结论^[30]。

综上所述,老年抑郁症自杀意念与生活事件、家庭功能及多导睡眠图参数密切相关,临床实际工作中可通过评估老年抑郁症患者的生活事件、家庭功能及多导睡眠图参数情况,继而有效预测其自杀意念,为临床自杀意念的监测以及治疗提供参考依据。

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