

焦虑敏感认知关注、抑郁与自杀意念的关系

陈伟^{1,2}, 程诚^{1,2}, 杨丽^{1,2}, 刘新春^{1,2}, 刘海玲^{1,2}

(1.天津大学应用心理研究所,天津300350;2.天津大学教育学院,天津300350)

【摘要】 目的:在大学生样本中探讨焦虑敏感认知关注、抑郁与自杀意念的关系。方法:采用Beck自杀意念量表、Beck抑郁问卷及焦虑敏感指数量表3版对1024名大学生进行集体施测,用SPSS22.0、Lisrel8.70进行数据分析。结果:焦虑敏感认知关注与抑郁和自杀意念显著正相关,抑郁在焦虑敏感认知关注和自杀意念间起完全中介作用。结论:焦虑敏感认知关注通过增强抑郁水平间接影响自杀意念。

【关键词】 焦虑敏感;焦虑敏感认知关注;自杀意念;抑郁

中图分类号:R395.2

DOI: 10.16128/j.cnki.1005-3611.2016.05.014

Relationship between Anxiety Sensitivity Cognitive Concerns, Depression and Suicidal Ideation

CHEN Wei^{1,2}, CHENG Cheng^{1,2}, YANG Li^{1,2}, LIU Xin-chun^{1,2}, LIU Hai-ling^{1,2}

¹Institute of Applied Psychology, Tianjin University, Tianjin 300350, China;

²School of Education, Tianjin University, Tianjin 300350, China

【Abstract】 Objective: To explore the relationship between anxiety sensitivity cognitive concerns, depression and suicidal ideation in undergraduate students. Methods: Beck Scale for Suicide Ideation-Chinese Version (SSI-CV), Beck Depression Inventory (BDI), Anxiety Sensitivity Index-3 (ASI-3) were administrated to 1024 undergraduate students. Results: Anxiety sensitivity cognitive concerns were significantly and positively correlated with depression and suicidal ideation. Depression fully mediated the relationships between anxiety sensitivity cognitive concerns and suicidal ideation. Conclusion: Anxiety sensitivity cognitive concerns may influence suicidal ideation via depression.

【Key words】 Anxiety sensitivity; Anxiety sensitivity cognitive concerns; Suicidal ideation; Depression

Beck等认为自杀意念是指当前有想要自杀的计划和愿望,但没有进行任何自杀尝试^[1]。既往研究发现自杀意念是评估自杀风险的重要指标^[1,2]。

Reiss最早提出焦虑敏感(Anxiety Sensitivity, AS),他认为焦虑敏感是指个体相信焦虑相关的感觉唤醒会对自身产生不良影响,如死亡、精神失常和社会拒绝,进而产生对这种感觉唤醒的恐惧^[3,4]。焦虑敏感是一种相对稳定的人格特质^[5,6],最初被看做是单维结构,后继研究表明其为多维结构^[7,8]。大多数学者通过因素分析发现焦虑敏感为三维结构,包含焦虑敏感认知关注、焦虑敏感身体关注和焦虑敏感社会关注^[9]。焦虑敏感认知关注(Anxiety Sensitivity Cognitive Concerns, ASSC)是指个体在面临压力或焦虑时,对认知失控或心理无能感的恐惧,如“当我的思维加速时,我担心自己可能会发疯”“不能集中注意在工作上使我害怕”。焦虑敏感身体关注(Anxiety Sensitivity Physical Concerns, ASPC)是指个体对焦虑引发的身体感觉的恐惧,如“心跳加快会使我害怕”。焦虑敏感社会关注(Anxiety Sensitivity Social

Concerns, ASSC)是指个体对自身的焦虑反应被他人观察到的恐惧,这种恐惧可能会导致社会拒绝或嘲笑,如“我担心其他人可能会注意到我的焦虑,如脸红、流汗”^[4]。作为精神障碍的认知易感性因素^[10],焦虑敏感最初被看作焦虑障碍的风险因素,后继的实证研究表明焦虑敏感还与非焦虑障碍如抑郁、物质滥用和自杀相关^[5,11,12]。

研究者在考察焦虑敏感与自杀意念的关系时发现,焦虑敏感认知关注与自杀意念显著正相关^[6,10,13-15],焦虑敏感社会关注和焦虑敏感身体关注与自杀意念的关系不稳定^[6,10,15,16]。Capron等在HIV阳性患者^[17]、吸烟者^[13]、PTSD患者^[18]、大学生^[19]等样本中的研究均表明焦虑敏感认知关注能显著预测自杀意念。Taylor等认为焦虑敏感认知关注可能是焦虑敏感与抑郁相关的特定因子^[20]。不同样本中的研究均表明焦虑敏感认知关注与抑郁显著正相关^[14,21,22],焦虑敏感认知关注可以显著正向预测抑郁^[23-25]。此外,大量实证研究表明抑郁与自杀意念显著正相关^[12,26],抑郁可以显著正向预测自杀意念^[27,28]。

近年来,焦虑敏感认知关注对自杀意念的作用机制越来越引起研究者的关注^[29,30]。Capron等在门

【基金项目】 国家社会科学基金重点项目(14AZD111)

通讯作者:程诚

诊临床样本中探索抑郁在焦虑敏感认知关注和自杀意念间关系时发现,焦虑敏感认知关注与抑郁的交互作用可以显著预测自杀意念,抑郁水平较高时,焦虑敏感认知关注对自杀意念的预测作用越强^[21]。Capron等在青少年^[12]、当前有自杀意念的大学生^[19]、男性物质滥用患者^[29]等多样本中证实抑郁是焦虑敏感认知关注和自杀意念间的调节变量,抑郁水平较高时焦虑敏感认知关注对自杀意念的影响要大于抑郁水平较低时焦虑敏感认知关注对自杀意念的影响。然而,Allan等在门诊临床样本中的研究发现,控制抑郁后,焦虑敏感认知关注对自杀意念的预测作用不再显著^[15]。Allan等认为焦虑敏感认知关注可以显著预测抑郁^[24],而抑郁是自杀意念的风险因素^[21],焦虑敏感认知关注可能通过抑郁影响自杀意念^[15]。Norr和Allan等以门诊临床样本为被试,研究发现抑郁不是焦虑敏感认知关注和自杀意念间的调节变量,而是焦虑敏感认知关注和自杀意念间的完全中介变量^[22]。

综上,既往对焦虑敏感认知关注、抑郁和自杀意念间关系的研究结果尚存在不一致,抑郁在焦虑敏感认知关注和自杀意念间起调节作用还是中介作用有待于进一步研究。本研究将在以往研究基础上,在中国文化背景下,在大学生样本中,初步探讨焦虑敏感认知关注、抑郁与自杀意念的关系,以加深焦虑敏感认知关注对自杀意念作用机制的了解。

1 对象与方法

1.1 被试

采取整群抽样的方式从天津某大学选取大学生被试,共发放问卷1024份,剔除明显乱答或漏答的问卷后,得到有效问卷982份,有效率为95.9%。其中男生530名,女生452名;年龄16-25岁(M=18.62, SD=0.80),汉族884名,少数名族98名。

1.2 研究工具

1.2.1 Beck自杀意念量表中文版(Beck Scale for

Suicide Ideation-Chinese Version, SSI-CV) 由李献云等于2010年在自我报告的Beck自杀意念量表的基础上修订完成^[31]。该量表共19个条目,采用3级计分。得分越高,自杀意念越强烈,自杀危险越高。前5项为筛选项,第4(主动自杀念头)或5项(被动自杀念头)的答案为“弱”或“中等强烈”时(即不为0)为有自杀意念者。在本研究中,该量表 α 系数为0.732。

1.2.2 焦虑敏感指数量表3版(Anxiety Sensitivity Index-3, ASI-3)中文版

焦虑敏感指数量表3版中文版由朱熊兆等于2014年修订完成^[32]。该量表共18个条目,包括认知关注、身体关注和社会关注3个分量表,每个分量表6个条目,采用5级计分,在某个条目的得分越高,表明其焦虑敏感水平越高。在本研究中,焦虑敏感总量表 α 系数为0.902,认知关注、身体关注和社会关注分量表 α 系数分别为0.810, 0.804, 0.785。

1.2.3 Beck抑郁问卷(Beck Depression Inventory, BDI)中文版

共有21个项目,每个项目描述了一种抑郁症状。量表采用4级计分,得分越高表明个体的抑郁症状越严重^[33]。在本研究中,该量表 α 系数为0.881。

1.3 研究程序

每位被试自愿参加测试,并签署知情同意书,测试后送一份小礼物作为答谢。本研究采用集体施测,测试时间约为20分钟,问卷当场收回。采用SPSS 22.0、Lisrel8.70统计软件进行数据整理与分析。

2 结 果

2.1 描述性统计及相关分析

在本研究中,大学生样本中有自杀意念者为219名,自杀意念检出率为22.30%。

采用皮尔逊相关法,对焦虑敏感、抑郁和自杀意念进行相关分析,结果见表1。

表1 焦虑敏感、抑郁和自杀意念间的相关系数及描述统计(n=982)

	1	2	3	4	5	6	M±SD
1 焦虑敏感	1						20.09±11.09
2 焦虑敏感认知关注	0.889**	1					5.62±4.19
3 焦虑敏感身体关注	0.869**	0.716**	1				5.28±4.01
4 焦虑敏感社会关注	0.851**	0.612**	0.575**	1			9.20±4.57
5 抑郁	0.357**	0.396**	0.267**	0.269**	1		6.38±6.66
6 自杀意念	0.118**	0.156**	0.102**	0.054	0.350**	1	1.11±2.05

注: * $P<0.05$, ** $P<0.01$, *** $P<0.001$,下同。

2.2 抑郁在焦虑敏感认知关注和自杀意念间的调节效应分析

本研究将焦虑敏感认知关注当做自变量,自杀意念为因变量,抑郁为调节变量。为检验焦虑敏感认知关注和抑郁的交互项对自杀意念的作用,首先建构出如图1所示的假设模型 M_1 。将自变量和调节变量中心化后,使用Lisrel 8.70软件,采用最大似然法进行模型估计,检查模型中各条路径的标准化路径系数,结果发现:焦虑敏感认知关注到自杀意念的路径(0.01)及焦虑敏感认知关注和抑郁的交互项到自杀意念的路径(0.04)不显著,表明抑郁在焦虑敏感认知关注和自杀意念间的调节效应不显著。

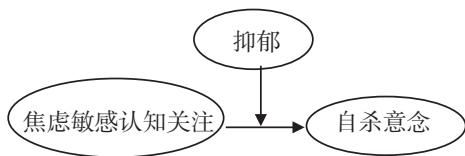


图1 抑郁在焦虑敏感认知关注和自杀意念间的调节模型 M_1

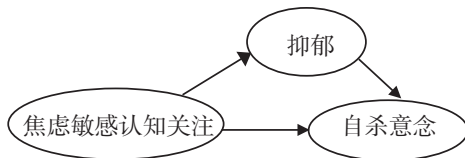


图2 抑郁在焦虑敏感认知关注和自杀意念间的中介效应分析的假想结构模型 M_2

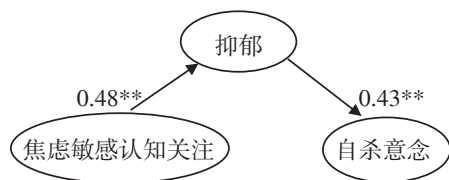


图3 抑郁在焦虑敏感认知关注和自杀意念间的修正模型 M_3

2.3 抑郁在焦虑敏感认知关注和自杀意念间的中介效应分析

本研究将焦虑敏感认知关注当做自变量,自杀意念为因变量,抑郁为中介变量。为检验抑郁在焦虑敏感认知关注和自杀意念间的中介效应,首先建构出如图2所示的假设模型 M_2 。使用Lisrel8.70软件,采用最大似然法进行模型估计,检查模型中各条路径的标准化路径系数,结果发现:焦虑敏感认知关注到自杀意念的路径不显著,删除无统计学意义的路径进行重新拟合,得到如图3所示的模型 M_3 。 M_3 各项拟合指标分别为: $\chi^2/df=1.78$ 、 $RMSEA=0.028$ 、 $NNFI=1.00$ 、 $NFI=0.99$ 、 $GFI=0.99$,此模型拟合良好,表明抑郁在焦虑敏感认知关注和自杀意念间起完全

中介作用。

3 讨 论

本研究结果显示,焦虑敏感认知关注、焦虑敏感身体关注与自杀意念显著正相关,这与Capron在新兵样本中的研究结果一致^[18];焦虑敏感社会关注与自杀意念不相关,与其在俄罗斯居民中的研究结果一致^[10]。本研究发现焦虑敏感认知关注、抑郁和自杀意念三者显著正相关,这与Capron等^[12]和Allan等^[15]的研究结果一致。

本研究结果显示,抑郁在焦虑敏感认知关注和自杀意念间的调节效应不显著,而完全中介了焦虑敏感认知关注和抑郁的关系,这与Norr等^[22]的研究结果一致。Norr和Allan等认为焦虑敏感认知关注可以通过增加抑郁的认知症状产生自杀意念,调节模型不能精确阐述焦虑敏感认知关注和自杀意念的关系^[22]。既往研究表明焦虑敏感认知关注可以增强抑郁^[24],高焦虑敏感认知关注的个体认为抑郁症状,如注意力下降,决策困难会导致精神失常或心理无能感,这些症状会引发该个体较高的痛苦,从而会进一步增强情绪低落和绝望感等^[20]。上述结果提示高焦虑敏感认知关注的个体在压力或焦虑情境下,可能会将死亡看做是应对认知恐惧的方式^[6],通过影响抑郁水平^[25],进而产生自杀意念。

焦虑敏感是一种相对稳定的人格特质^[34],具有可塑性,可以通过心理教育、暴露训练等方式进行干预^[17,35]。Schmidt等在随机对照试验中发现对焦虑敏感认知关注的干预,可以降低个体的焦虑敏感认知关注水平,进而降低个体的抑郁和自杀意念^[36]。高校心理健康教育工作者和临床心理工作者在危机干预中,不仅要关注和改善自杀意念者的抑郁水平,还要关注和降低其焦虑敏感认知关注水平。

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