

[1]刘耀,况利,艾明,等.生活事件、社会支持及生命质量与大学生自杀未遂的关系[J].第三军医大学学报,2014,36(11):1138-1141.

Liu Yao,Kuang Li,Ai Ming,et al.Correlation of life events, social support and quality of life with suicide attempts among college students[J].J Third Mil Med Univ,2014,36(11):1138-1141.

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生活事件、社会支持及生命质量与大学生自杀未遂

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Title: Correlation of life events, social support and quality of life with suicide attempts among college students

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关键词: [自杀未遂](#); [生活事件](#); [社会支持](#); [生命质量](#); [大学生](#)

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摘要: **目的** 从社会层面探讨生活事件、社会支持及生命质量与大学自杀未遂之间的关系。**方法** 采用分层整群随机抽样方法对重庆市9 808名在校大学生进行问卷调查,了解重庆市大学生自杀未遂的发生情况以及与生活事件、社会支持和生命质量之间的关系。**结果** 自杀未遂的大学生有影响的负性生活事件所占比例明显多于无自杀未遂组,其中学习问题,恋爱或结婚问题,恋人或夫妻之间发生矛盾,与家庭成员发生矛盾,与其他人发生矛盾,亲友患病或去世,患急、重病或外伤方面差异具有统计学意义($P<0.05$),而其社会支持及生命质量评分均明显低于无自杀未遂组($P<0.01$)。通过多因素Logistic回归分析发现心理健康状况差($OR=1.422,95\%CI 1.153\sim 1.754$)、躯体健康状况差($OR=1.336,95\%CI 1.087\sim 1.641$)、客观支持评分低($OR=1.020,95\%CI 1.002\sim 1.038$)、主观支持评分低($OR=1.018,95\%CI 1.006\sim 1.030$)、与家庭成员之间发生矛盾($OR=0.579,95\%CI 0.379\sim 0.886$)、恋爱或结婚问题($OR=0.483,95\%CI 0.321\sim 0.723$)及恋人或夫妻之间发生矛盾($OR=0.370,95\%CI 0.257\sim 0.534$)是大学生自杀未遂的危险因素。**结论** 自杀未遂的大学生遭遇了更多的负性生活事件,社会支持系统差、生命质量评分低。自杀未遂的危险因素为:恋人或夫妻之间发生矛盾、恋

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[本期目录/Table of Contents](#)

[下一篇/Next Article](#)

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爱或结婚问题及与家庭成员之间发生矛盾、社会支持中主观及客观支持评分低、心理健康状况及躯体健康状况差。

Abstract: **Objective** To investigate the correlation of life events, social support and quality of life (QOL) with suicide attempts among college students.
Methods A total of 9 808 college students were subjected by stratified and cluster sampling in Chongqing and then surveyed to investigate the data on suicidal attempts, so as to analyze its association with life events, social support and QOL. **Results** The students with suicide attempters had more significant negative life events than the control, and among these events, study problem, love or marriage problem, conflicts among lovers/couples, family members or others, and passaway, acute/severe illness or trauma in family or friends were most significant ($P<0.05$). However, they had significantly lower scores in social support and QOL than the control ($P<0.05$). Multiple logistic analysis showed that the risk factors for suicide attempts were poor mental health ($OR=1.422$, 95% CI 1.153 to 1.754), poor physical health status ($OR=1.336$, 95% CI 1.087 to 1.641), lower objective support score ($OR=1.020$, 95% CI 1.002 to 1.038), lower subjective support score ($OR=1.018$, 95% CI 1.006 to 1.030), the conflict between family members ($OR=0.579$, 95% CI 0.379 to 0.886), love or marriage problem ($OR=0.483$, 95% CI 0.321 to 0.723) and the conflict between lovers or couples ($OR=0.370$, 95% CI 0.257 to 0.534). **Conclusion** The students with suicide attempters have experienced more stressful life events, and had lower social support and poor QOL. The risk factors for suicide attempters are negative life events such as the conflicts among lovers/couples, and family members, and the problems in love and marriage, lower subjective and objective support scores, and poor mental and physical health status.

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