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综合医院“医学无法解释的躯体症状”患者症状特点及相关因素分析

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Characteristics and relevant factors of somatization symptoms in patients with “medically unexplained symptoms” in general hospital

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PDF (PC)

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摘要/Abstract

摘要： **目的** 探讨“医学无法解释的躯体症状 (MUS)”患者症状特点及相关影响因素。 **方法** 采用躯体化症状自评量表 (SSS)、简易解释性访谈问卷 (SEMI) 和特质应对方式问卷 (TCSQ) 分别对MUS患者组50例和对照组30例进行评定。 **结果** 与对照组比较, 患者组90%的症状严重程度

在重度范围；躯体化症状分和消极应对分（NC）平均数均高于对照组（ $P<0.01$ ），而积极应对（PC）分平均数低于对照组（ $P<0.01$ ）；68%的患者表现为超过6个月（最长5年）的慢性病程，就诊次数超过6次以上，涉及的症状在5种以上；96%的患者表达明显的疾病焦虑，坚信躯体症状提示有较严重的躯体疾病，同时流露明显的情绪反应如害怕死亡及功能丧失等。躯体症状严重程度与应对方式、疾病理念及就诊次数相关。**结论** MUS患者有特殊的躯体化症状特点及疾病理念，疾病理念和就诊次数是症状严重程度的重要预测因子。

关键词: [医学无法解释的症状](#), [躯体化症状](#), [疾病理念](#)

Abstract: Objective To explore the characteristics of somatization symptoms and the relevant factors in patients with medically unexplained symptoms (MUS) in general hospitals. **Methods** A total of 50 patients with MUS and 30 healthy controls were assessed with the Somatic Self-rating Scale (SSS), Trait Coping Style Questionnaire(TCSQ) and Short Explanatory Model Interview (SEMI). **Results** Compared with the controls, 90% of the patients had severe degree of somatization symptoms, and all patients had significantly higher scores of somatization symptoms and negative coping (NC), but significantly lower scores of positive coping (PC) ($P<0.01$); as many as 68% of the patients had been chronically ill for more than 6 months (ranging from 6 months to 5 years), with more than 5 symptoms and 6 or more doctor-visits over the past half a year. Up to 96% of the patients expressed significant illness worries, believing that their symptoms indicated serious diseases, and showing obvious fear for death or paralysis. There was significant relation among somatization symptoms, coping styles, illness perception model, and doctor-visits in patients with MUS. **Conclusion** The MUS patients present distinctive somatization symptoms and illness perception model. Illness perception model and doctor-visits are the important predicting factors for somatization symptoms.

Key words: [Medically unexplained symptoms](#), [Somatization symptoms](#), [Illness perception model](#)

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