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脑梗死后抑郁症状综合康复治疗的疗效及其对血小板5-羟色胺水平的影响 [点此下载全文](#)

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摘要:

目的: 观察综合康复治疗(抗抑郁药物联合心理干预)对脑梗死后抑郁症状的临床疗效及对血小板5-羟色胺(5-HT)的影响。方法: 66例脑梗死后抑郁症状患者随机分为两组, 治疗组34例给予药物(帕罗西汀)联合心理干预治疗6周, 对照组32例, 未接受上述治疗, 所有患者在治疗前后均进行Zung量表评分, HAMD评分, ADL评分及血小板5-羟色胺测定。结果: 两组Zung量表、HAMD评分治疗后减分明显, ADL评分明显增加且有非常显著性差异($P < 0.01$), 治疗组ADL评分增加更明显, 且有非常显著性差异($P < 0.01$)。伴抑郁症状的脑梗死患者血小板5-HT含量较低。应用联合治疗后, 脑梗死患者抑郁症状改善的有效率为70%以上, 血小板5-HT含量进一步下降。结论: 综合康复治疗对脑梗死后抑郁症状有较好的疗效。血小板5-HT含量可作为早期诊断抑郁症状的实验室筛查指标。

关键词: [脑梗死](#) [抑郁症状](#) [5-羟色胺](#) [心理治疗](#) [帕罗西汀](#)

The rehabilitation therapy of cerebral infarction with depressive symptom and its effect on platelet serotonin level [Download Fulltext](#)

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Abstract:

Objective: To discuss the effect of combined therapy of anti-depression medicines and psychotherapy on the rehabilitation of the cerebral infarction patients with depressive symptom. And to observe its effect on platelet serotonin. Method: Sixty-six patients of cerebral infarction with depressive symptom were randomly divided into two groups. Thirty-four patients in treatment group were treated with paroxetine and psychotherapy for six weeks, 32 patients in control group. All patients were measured with Zung/HAMD and ADL score and platelet 5-HT concentration before and after treatment. Result: After treatment, Zung scores and HAMD scores in these two groups were decreased significantly, ADL scores increased significantly ($P < 0.01$). Patients in treatment group got statistically significant improvement in ADL scores ($P < 0.01$). It was found that cerebral infarction patients with depressive symptoms had a lower level of platelet 5-HT concentration than normal ($P < 0.01$). After six weeks of combined treatment, symptoms of depression were significantly better than before ($P < 0.01$). The level of platelet 5-HT concentration after treatment was lower than before. Conclusion: It is suggested that combined rehabilitation treatment was an available therapy in cerebral infarction patients with depressive symptom. Platelet 5-HT concentration would be used as an early screening mark of patients with depressive symptom.

Keywords: [cerebral infarction](#) [depressive symptom](#) [serotonin](#) [psychotherapy](#) [paroxetine](#)

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