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SF-36简明健康问卷在几种骨关节疾病患者中的应用研究 [点此下载全文](#)

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摘要:

**摘要 目的:** ①明确SF-36简明健康问卷在颈椎病、常见腰椎疾病、膝骨性关节炎、老年性骨质疏松症等疾病患者生存质量(QOL)评价中的适用性; ②了解颈椎病、常见腰椎疾病、膝骨性关节炎、老年性骨质疏松症等几种疾病患者的QOL。 **方法:** 2009年4月—2011年4月间随机抽取在我科就诊的明确诊断为颈椎病、常见腰椎疾病(腰椎间盘突出症、腰椎管狭窄症、脊柱椎弓峡部裂、腰椎脊柱滑脱)、膝骨性关节炎、老年性骨质疏松症患者各50例, 同时抽取居住在北京军区总医院家属区的本院退休健康职工50例作为对照组, 利用SF-36量表对其QOL进行对照研究; 分别采用内部一致性信度、结构效度和判别效度对其信度、效度进行评价。 **结果:** ①除老年性骨质疏松症组外, 其他各组SF-36总分明显低于对照组; 各组对QOL的影响主要涉及反应生理健康的生理功能、生理职能、总体健康、躯体疼痛维度, 且各组受损维度受损程度不一; 其中, 颈椎病患者QOL受损维度最多, 包括生理功能(PF)、生理职能(RP)、总体健康(GH)、活力(VT)和社会功能(SF)维度; 腰椎疾病组受损维度包括PF、RP、GH和躯体疼痛(BP)维度, 以BP维度受损最明显; 膝骨性关节炎组主要涉及PF、RP、GH维度; 老年性骨质疏松症组生存质量受损较小, 仅涉及GH维度。 ②SF-36用于评价上述患者时总的内部信度为0.726, PF、BP、GH、情感职能(RE)维度的Cronbach'  $\alpha$ 系数>0.7; RP、活力(VT)、社会功能(SF)、精神健康(MH)维度的Cronbach'  $\alpha$ 系数>0.6, 各维度间除PF、RE及MH与PF相关性无显著性意义外, 各维度均具有良好的相关性(具有显著性差异)。 **结论:** ①老年性骨质疏松症、颈椎病、常见腰椎疾病(腰椎间盘突出症、腰椎管狭窄症、腰椎脊柱椎弓峡部裂、腰椎脊柱滑脱)、膝骨性关节炎患者QOL出现不同程度下降, 主要表现在反应生理健康的维度评分下降; ②SF-36简明健康问卷中文版用于评价上述常见骨关节病患者时具有良好的信度、效度和适用性。

**关键词:** [SF-36简明健康问卷](#) [信度](#) [效度](#) [生存质量](#)

Research on the application of short form-36 health survey in patients with some kinds of bone and joint disease [Download Fulltext](#)

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Abstract:

**Abstract Objective:** To explore quality of life(QOL) in patients with senile osteoporosis, cervical spondylosis, lumbar degenerative diseases, knee osteoarthritis and to identify the usefulness of Chinese version of short form-36 health survey (SF-36) in these patients above mentioned. **Method:** A total of 200 patients, respectively with senile osteoporosis, cervical spondylosis, lumbar degenerative diseases (each 50 cases) were recruited. SF-36 was used to evaluate QOL in these patients. Fifty community-dwelling elderly healthy person matched in age as control group were evaluated with SF-36. The reliability and validity were evaluated for the Cronbach's alpha coefficient, correlation coefficient respectively. **Result:** ①Compared to the healthy elderly population, the total scores of SF-36 reduced in all patients except the patients with senile osteoporosis; the scores of physical functioning (PF), role limitation because of physical health (RP), general health perception (GH), vitality(VT) and social functioning(SF) decreased in patients with cervical spondylosis; while PF,RP,GH, bodily pain (BP) scores reduced in patients with lumbar degenerative diseases; PF RP, GH scores reduced in patients with knee osteoarthritis; only GH score reduced in patients with senile osteoporosis. ②The total internal consistency of SF-36 was 0.726. Cronbach's alpha coefficient in PF, BP, GH, role limitation because of emotional health problem (RE) was above 0.7; in RP, VT, SF and mental health (MH) was above 0.6. All the correlation of coefficient of PF、BP、GH、RE、RP、VT、SF、MH were below Cronbach's alpha coefficient. Except the PF and RE, PF and MH, RE and MH, all the dimensions were correlated each other. **Conclusion:** QOL in patients with senile osteoporosis, cervical spondylosis, lumbar degenerative diseases, knee osteoarthritis were damaged in different severity, mainly in dimensions of PF, BP, GH, RP, VT. The SF-36 showed well reliability, validity, and usefulness for evaluation patients with senile osteoporosis, cervical spondylosis, lumbar degenerative diseases, knee osteoarthritis.

**Keywords:** [short form-36 health survey](#) [reliability](#) [validity](#) [quality of life](#)

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