

原著

# 妊産褥婦の精神身体症状の変化とその関連要因 — Zung 抑うつ尺度を用いて —

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## Changes of Psychosomatic Symptoms in Pregnant and Parturient Women and Related Factors: Study through Zung's Self-rating Depression Scale

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### Abstract

Pregnant and parturient women are apt to feel uneasiness, and it is thought that there are a number of factors causing such feelings. After studying 40 women with Zung's self-rating depression scale at the mid-term of the pregnancy, the fourth day in the lying-in-period and one month after childbirth, the following results were obtained: 1. Physical symptoms are the major symptoms in pregnant and parturient women. 2. A correlation was found between psychosomatic symptoms and the pregnancy and lying-in-periods. 3. A correlation was found between mental and physical symptoms appearing in pregnant and parturient women. 4. Past pregnancy-childbirth experiences and a client's family make-up are significantly related to the appearance of psychosomatic symptoms. From the above-mentioned viewpoint, it is possible to predict which psychosomatic symptoms will appear in the lying-in-period from the same symptoms that appeared in the pregnancy. The followings are possible: to prevent psychosomatic symptoms from appearing if a client is supported by her family, to determine physical symptoms earlier and to reduce the appearance of such symptoms.

要約

妊産褥婦はさまざまな不安を抱き、その発現にも多くの要因が考えられる。Zung 抑うつ尺度を用いて、妊娠中期、産褥4日、産後1か月に発現する精神身体症状とその関連を明らかにする目的で、40名に縦断的調査をおこない、次の結果を得た。1. 妊婦・褥婦は身体症状を主症状とする。2. 妊娠期と産褥期の精神身体症状には相関が認められた。3. 妊産褥婦が発現する精神症状と身体症状には相関が認められた。4. 精神身体症状の発現に関係が認められたのは、妊娠・出産の体験の有無、家族構成であった。以上のことから、妊娠中に発現する精神身体症状から、産褥期のそれを予測することは可能である。そして、家族などの支援を受けて、身体症状を早期に発見し、軽減できれば、精神症状の発現を予防することができるといえる。

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