

# 心理虐待对儿童认知情绪调节策略的影响： 人格特质的中介作用\*

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**摘要** 采用儿童认知情绪调节问卷、儿童版艾森克人格问卷、儿童心理虐待量表对 405 名 8~12 岁儿童进行研究, 考察人格特质在心理虐待与认知情绪调节策略间的中介作用。结果发现: (1) 受心理虐待儿童与不适应性认知情绪调节策略呈显著正相关; 儿童神经质与不适应性认知情绪调节策略呈显著正相关, 儿童外倾性与适应性认知情绪调节策略呈显著正相关; (2) 神经质在心理虐待与儿童不适应性认知情绪调节策略关系间起到完全中介作用; (3) 该中介模型具有性别和年龄的测量等值性。受心理虐待儿童可以通过神经质的中介作用影响不适应性认知情绪调节策略。

**关键词** 心理虐待 认知情绪调节策略 人格特质 儿童

## 1 问题提出

认知情绪调节是指个体对情绪性事件的认知反应, 包括有意识或无意识地试图改变个体情绪体验或事件本身的程度或情绪类型 (Aldao & Nolen-Hoeksema, 2010)。认知情绪调节是儿童早期社会情绪性发展的重要方面。环境因素和个体因素对其影响通常是研究者考察的重点 (John & Gross, 2004; Kiel & Kalomiris, 2015)。

Morris, Silk, Steinberg, Myers 和 Robinson (2007) 提出的家庭环境影响儿童情绪调节的三元模型 (Tripartite Model) 指出, 良好的家庭环境会促进儿童情绪理解以及情绪调节能力。反之, 长期处于负面家庭环境的儿童经常在调节情绪时出现困难, 在调节负性情绪时更多地依赖不适应性情绪调节策略。Gross (1998) 的情绪调节过程模型也指出, 外界环境会影响个体的情绪调节方式, 个体通过接近或避开某些事件来避免负性情绪的产生。对儿童来说, 他们在情景选择时通常要借鉴父母的观点和看法, 如果此时父母没有给予很好的支持, 则会削弱儿童的情绪调节能力。

近年来研究者开始关注诸如心理虐待这样极端不利的家庭环境对儿童认知情绪调节的影响 (Kim-Spoon, Cicchetti, & Rogosch, 2013)。心理虐待是指

对儿童有责任义务、关系密切的人, 对儿童施以持续、重复、不适当的养育行为, 极大地损害了儿童的认知、情感以及社会性的发展, 但并不涉及对儿童身体和性的接触 (潘辰, 邓云龙, 管冰清, 罗学荣, 2010; Barlow, Turow, & Gerhart, 2017; McCrory, Gerin, & Viding, 2017)。一项以健康青少年为被试的研究表明: 之前经历情感虐待的青少年在情绪调节中更多地采用过度评价等不适应性调节策略, 而未受虐待青少年则更多选用认知重评等适应性调节策略 (Garnefski & Kraaij, 2016)。纵向研究也表明, 较好的情绪调节能力能够预测 6~12 岁儿童一年之后的同伴接纳, 其内化问题也明显减少, 反之, 那些经历虐待的儿童更多地采取不适应性调节策略, 且更容易引起自身的情绪失调 (Kim & Cicchetti, 2010)。进一步研究发现, 不论是健康儿童还是病理性儿童, 情绪调节策略的选择均与儿童期遭受的心理虐待有关, 儿童期的情感忽视与回避性行为有关, 辱骂与沉思相关 (Maughan & Cicchetti, 2002; O' Mahen, Karl, Moberly, & Fedock, 2015)。对于其中存在的机制, Cicchetti (2016) 指出, 儿童情绪调节能力来源于早期的亲子关系, 心理虐待严重损害了良好亲子关系的建立, 导致受虐待儿童经常体验较高的情绪唤醒, 以及采取较差的应对方式, 在遭受情绪问题时不能得到父母的支持, 因而在调节情绪时更依赖不适应

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性策略。

在考察个体因素对认知情绪调节的影响时,研究发现不同的人格特质与特定的情绪调节策略联系密切(Matsumoto, 2006; Yuan et al., 2012)。外倾性水平较高的个体往往具有更多的正性体验(Ashton, Lee, & Paunonen, 2002),内倾性水平较高的个体则会试图避免诱发消极情绪的情境,或者选择离开消极情境(Tamir, 2009)。相似的结果在儿童群体中也得到证实,气质中情绪反应性较差的儿童在调节情绪时出现困难,且更容易焦虑(Zalewski, Lengua, Wilson, Trancik, & Bazinet, 2011)。近期研究也表明,高神经质水平导致了儿童抑郁的出现,且与不适应性认知情绪调节策略呈正相关(Andrés, Richaud de Minzi, Castañeiras, Canet-Juric, & Rodríguez-Carvajal, 2016)。

儿童期是人格发展的重要时期(刘文,杨丽珠, 2001),然而心理虐待使其人格发展偏离了正常的发展轨道(Cicchetti, 2016)。Rogosch 和 Cicchetti (2004)发现,相较正常环境下成长的儿童,受虐待儿童在宜人性、尽责性、开放性维度上得分较低,而神经质维度上得分较高。近期研究也发现,遭受心理虐待儿童更容易形成神经质人格(Lin et al., 2017)。因此,Rogosch 和 Cicchetti (2004)指出,长期遭受心理虐待的儿童在生活中容易产生负性情绪偏向,从而形成神经质人格。而过于敏感的人格又会促使个体在情绪调节过程中采用不适当的调节策略(Andrés et al., 2016)。近期亦有研究考察了神经质人格在儿童期情感虐待与抑郁间的中介作用(Hovens, Giltay, van Hemert, & Penninx, 2016),结果表明情感虐待经历造成了个体的高神经质特点,对生活事件更多地采取消极评价,因而更易产生情绪问题。可见神经质可以作为中介变量对心理虐待和情绪问题产生影响。

研究发现,受心理虐待的女生与较低的自尊水平呈正相关,而在男生中则并未发现这一结果(Jezl, Molitor, & Wright, 1996),而在另一项儿童情感虐待调查的研究中并未发现情感虐待检出率的性别差异(Theoklitou, Kabitsis, & Kabitsi, 2012)。类似地,在考察心理虐待与情绪调节的关系时,有研究发现了不同年龄儿童在情绪调节策略选择上的差异(Kim & Cicchetti, 2010),而另外的研究中并未发现两者在年龄上的差异(Maughan & Cicchetti, 2002; Tran, Alink, van Berkel, & van Ijzendoorn, 2017)。为解决上述争议,研究试图考察心理虐待对儿童认知情绪调节策略的影响是否存在年龄和性别差异。

基于以上论述,研究考察人格特质在心理虐待和认知情绪调节策略之间是否存在中介作用,同时探讨心理虐待对认知情绪调节策略的影响是否存在跨年龄和性别的一致性。研究将有助于揭示心理虐待对儿童情绪调节的影响机制,为后续开展科学有效的心理干预提供理论支持和科学依据。

## 2 研究方法

### 2.1 研究对象

研究采用整群抽样的方法,选取某省两座城市三所公办小学3~6年级共计1144名小学生,其中每个年级随机抽取3个班施测,最终筛选出符合心理虐待儿童450人,剔除无效问卷17份,最终得到有效样本405人(8岁儿童73人、9岁儿童83人、10岁儿童82人、11岁儿童102人、12岁儿童65人),其中男生213人, $M=10.01$ , $SD=1.31$ ,女生192人, $M=9.95$ , $SD=1.38$ 。所有被试儿童均智力正常,心理健康。

### 2.2 研究工具

#### 2.2.1 儿童认知情绪调节问卷(The Kid Version of Cognitive Emotion Regulation Questionnaire, CERQ-k)

由Garnefski和Kraaij(2007)在CERQ的基础上发展而成。问卷包含九种情绪调节策略:每种策略分量表包含4个项目,分别涉及儿童经历威胁或有压力的应激性生活事件后的想法。无反向计题,得分越高表明越有可能使用相应的认知情绪调节策略。原量表的信度为.62~.79,适用于儿童。本研究采用修订后的CERQ-k问卷(Liu, Chen, & Tu, 2015),九个分量表的内部一致性系数为.67~.87。其中,自责、责难他人、沉思、灾难化,接受属于不适应性调节策略;积极重新关注、重新关注计划、积极重新评价,理性分析属于适应性调节策略。各量表计分方式为总分除以题目数。本次研究的信度为.70~.83。

#### 2.2.2 儿童版艾森克人格问卷(Chinese Child version of Eysenck Personality Questionnaire, EPQ-CC)

由龚耀先(1984)修订,含有88个项目,包括P、E、N和L四个量表,主要调查内外向(E,含18个项目)、神经质(N,含25个项目)和精神质(P,含23个项目)三个维度,L量表(含18个项目)考查受试者的“掩饰”倾向。研究主要考查N、E分量表,本次研究分量表的内部一致性系数为.84和.80。

#### 2.2.3 儿童心理虐待量表(Child Psychological

Maltreatment Scale, CPMS-C)

由潘辰等(2010)修订,含23个项目,其中包含恐吓(含7个项目)、忽视(含6个项目)、贬损(含4个项目)、干涉(含4个项目)、纵容(含2个项目)五个维度。量表采用李克特四点计分,最终挑选任一项目超过4分的被试作为研究对象。此次研究中心心理虐待分量表的内部一致性系数为.67~.78。

### 2.3 研究程序

由主试配合班主任完成施测,主试讲解指导语,学生理解后开始答题,答完后统一回收问卷。

### 2.4 统计方法

研究采用Mplus 7.0构建结构方程模型,考察人格特质在心理虐待和认知情绪调节策略关系间的中介作用。另外借鉴Harman的单因素检验方法(周浩,

龙立荣,2004),数据分析结果表明,共抽取34个因子,特征根均大于1,首因子解释率为12.46%。因此,研究不存在明显的共同方法偏差。

## 3 结果

### 3.1 初步分析

以性别和年龄为协变量,对各变量进行偏相关分析。外倾性、神经质、不适应性情緒调节策略、心理虐待的描述统计及各变量间的相关系数如表1所示。心理虐待与不适应性认知情绪调节策略呈显著负相关,不适应性认知情绪调节策略与外倾性显著负相关,与神经质显著正相关。进一步分析结果显示,心理虐待与适应性认知情绪调节策略相关不显著( $r=.021, p=.678$ ),因而接下来的中介模型中不

表1 各变量的平均数、标准差及相关系数

变量	$M \pm SD$	1	2	3	4	5	6	7	8	9
1 外倾性(E)	.746±.171	1								
2 神经质(N)	.336±.219	-.382***	1							
3 自责	2.625±.820	-.156**	.216***	1						
4 接受	2.809±.932	-.083	.319***	.294***	1					
5 沉思	3.311±.933	.185***	.088	.227***	.300***	1				
6 灾难化	2.262±.960	-.210***	.455***	.242***	.365***	.138**	1			
7 责难他人	2.052±.834	-.169***	.351***	-.016	.258***	.021	.387***	1		
8 不适应策略	10.250±2.194	-.135**	.451***	.577***	.498***	.587***	.733***	.549***	1	
9 心理虐待	.810±.600	-.195***	.412***	.239***	.176***	.083	.317***	.228***	.351***	1

注: E: 内外倾, N: 神经质 \*\*\* $p < .001$ , \*\* $p < .01$ , \* $p < .05$

考虑适应性情绪调节策略。

为进一步探讨儿童性别和年龄是否为调节变量,进行性别与年龄的调节变量检验。在先前研究中发现认知情绪调节策略的发展在儿童11岁时出现显著升高趋势,因此研究将年龄划分为低年龄组(8~10岁)和高年龄组(11~12岁)(Liu et al., 2015),把性别与年龄转换为虚拟变量(0/1计分)。然后,性别与年龄的虚拟变量分别与神经质和内外倾的标准分( $Z$ 神经质、 $Z$ 内外倾)相乘,生成交互项。以性别、年龄、神经质、内外倾为自变量、不适应性认知情绪调节策略为因变量进行多组分层回归分析,第一层引入性别、年龄、神经质、内外倾(采用ENTER法),第二层引入交互项(采用STEPWISE法)。结果表明,神经质对不适应性认知情绪调节策略的影响显著( $\beta = .517, p < .001$ );神经质对适应性认知情绪调节策略的影响不显著( $\beta = .001, p > .05$ )。

### 3.2 中介模型检验

将心理虐待作为模型自变量,神经质、内外倾

作为模型的中介变量,不适应性认知情绪调节策略作为模型的因变量。采用Mplus 7.0建构结构方程模型,模型的拟合指数及各变量间的路径系数见图1。考虑到神经质和内外倾分量表的项目数较多,为简化模型测量部分的结构,研究根据题目打包理论将神经质量表的23个题目进行打包处理(吴艳,温忠麟,2011)。首先对神经质分量表进行单维度的验证性因素分析,根据各题目的因素载荷大小,按照每个包题目因素负荷均衡的原则进行题目打包,计算每个包内所含题目得分的平均分。因此,把神经质和内外倾分量表各打成4个项目包,作为神经质和内外倾的观测指标。结果表明,直接作用模型拟合不理想( $TLI=.851, CFI=.887, RMSEA=.084, SRMR=.058$ )。神经质、内外倾中介作用模型拟合良好( $TLI=.900, CFI=.914, RMSEA=.060, SRMR=.077$ )。

结果表明,心理虐待可以独立地正向预测不适应性认知情绪调节策略, $\beta = .493 (p < .01)$ 。从神经质、内外倾中介作用模型来看,心理虐待对神经质有显



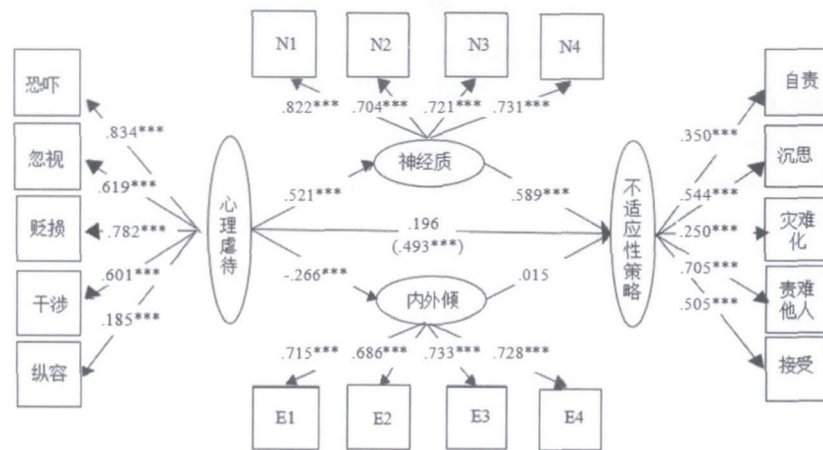


图1 以神经质、内外倾为中介变量的儿童心理虐待与不适应性认知情绪调节策略关系模型

(注：括号中的值为心理虐待直接影响不适应性认知情绪调节策略的路径系数)

著的正向预测作用,  $\beta = .521$  ( $p < .001$ ); 对内外倾有显著的负向预测作用,  $\beta = -.266$  ( $p < .001$ ); 神经质对不适应性认知情绪调节策略具有显著的正向预测作用,  $\beta = .589$  ( $p < .001$ ); 内外倾对不适应性认知情绪调节策略作用不显著,  $\beta = .015$  ( $p > .05$ ), 心理虐待对不适应性认知情绪调节策略作用不显著,  $\beta = .196$  ( $p = .061$ )。在模型中引入内外倾和神经质后, 心理虐待对儿童不适应性认知情绪调节策略的直接预测作用大小从 .493 降到 .196, 且显著性转为不显著 ( $p > .05$ ), 表明神经质在心理虐待与不适应性认知情绪调节策略的关系中起完全中介作用, 内外倾在其他两者的关系中不起中介作用。

采用偏差校正的非参数百分位 Bootstrap 方法检验潜变量模型的中介效应, 求取 95% 的置信区间。神经质的 Bootstrap 置信区间为 (.072, .202), 置信区间不包括 0, 表明中介效应显著。效果量采用中介效应与总效应之比, 计算得出神经质的效果量为 62.25%。

### 3.3 性别和年龄的测量等值性检验

以往研究发现认知情绪调节策略具有性别和年龄上的差异, 但是在引入中介模型后, 是否还同样存在差异有待考察。本研究采用多群组验证性因素分析进行检验, 将年龄变量分为低年龄组 (8~10 岁) 和高年龄组 (11~12 岁), 分别考察差异不变性。通过比较基线模型和嵌套模型之间的差异来实现测量等值性的检验, 当  $\Delta CFI < .01$ 、 $\Delta RMSEA < .015$  时, 表示模型组间具有等值性 (Cheung & Rensvold, 2002)。研究结果表明, 性别检验的模型拟合指标 ( $\Delta CFI = .001$ ,

$\Delta RMSEA = .001$ ); 年龄检验的模型拟合指标 ( $\Delta CFI = .002$ ,  $\Delta RMSEA = .001$ )。说明该中介模型具有性别和年级测量等值性。

## 4 讨论

### 4.1 心理虐待对儿童认知情绪调节策略的消极影响

研究结果表明, 心理虐待与适应性认知情绪调节策略呈负相关, 与不适应性策略呈正相关, 与以往的研究结论相一致 (Cicchetti, 2016; Kim-Spoon et al., 2013)。从大脑发育的角度看, Ayoub 等人 (2006) 认为, 早期恶劣的养育加速了受虐待儿童大脑负性情感回路的发展, 一旦形成“负性偏向”, 儿童在处理情绪问题时便倾向采用不适当的策略。神经影像学研究也表明, 情感虐待损害了儿童大脑感觉系统以及情感回路的发展, 而这些脑区被认为与情绪调节密不可分 (Teicher, Samson, Anderson, & Ohashi, 2016)。元分析结果也显示, 长期的心理虐待会导致儿童情绪功能受损, 因而不能进行正常的情感表达和交流, 出现对他人的情绪体验困难等问题 (Stoltenborgh, Bakermans-Kranenburg, & van IJzendoorn, 2013)。由于个体调节情绪的能力来自早期的亲子关系, 心理虐待作为一种不利的家庭环境损害了健康亲子关系的建立, 影响了儿童情绪调节的正常发展。

### 4.2 神经质在心理虐待与儿童不适应性认知情绪调节策略关系间的中介作用

结果显示, 神经质在心理虐待与儿童不适应性认知情绪调节策略关系中起到完全中介作用。心理虐待对情绪调节策略选择的间接影响是通过神经质人格个

体较强的情绪感知以及情绪反应实现。由于构成早期情绪调节刺激的不适应性加工奠定了日后情绪调节困难的基础,神经质儿童在面对情绪问题时更倾向采用不适应性情绪调节策略。究其原因,艾森克指出神经质是交感神经系统和边缘系统高度激活的结果,因此高神经质个体在面对负性事件时更容易自动唤醒。由于边缘系统参与调节愤怒、焦虑、悲伤等情绪,因此这类个体对负性情绪更为敏感,导致了较差的情绪调节方式 (McLaughlin & Eysenck, 1976; Wang, Shi, & Li, 2009)。

研究结果还显示,外倾性在心理虐待与儿童不适应性认知情绪调节策略关系中并未起到中介作用。这与以往的研究一致 (Robinson, Lopez, & Ramos, 2014)。探究其原因, Rogosch 和 Cicchetti (2004) 认为,从个体——环境的交互理论来看,内外倾特质是一种稳定的特质类型,更不容易受到诸如心理虐待等不利环境的影响发生改变。以往研究通常认为外倾性人群有更多的积极情绪体验,他们对奖励等积极情绪事件感受性更强 (姜熠雪, 蔡阿燕, 杨洁敏, 袁加锦, 2014)。本研究中,外倾性对适应性策略的回归系数 ( $\beta = .32, p < .001$ ) 及不适应性认知情绪调节策略的回归系数 ( $\beta = .90, p > .05$ ) 表明,外倾性人格特质可能与适应性认知情绪调节策略有关,与不适应性情绪调节策略无关。

Dragow (1984) 指出,对不同群组心理现象的比较必须以测量等值性作为前提,否则很难确定比较的结果是由于心理现象本身还是测量不等值造成的。因此需要进行测量等值性检验。由于以往研究对心理虐待在儿童群体中是否存在性别和年龄差异并未得出一致结论 (Kim & Cicchetti, 2010; Theoklitou et al., 2012), 因而对年龄、性别进行等值性检验, 结果发现该中介作用具有性别和年龄的测量等值性, 表明心理虐待导致了不同年龄和性别的儿童在不适应性认知情绪调节策略上的一致变化。究其原因, 研究者发现实施心理虐待的儿童父母难以改变自身与儿童的相处方式, 儿童在发展过程中经常遭受诸如忽视, 辱骂等心理虐待, 这些负面效应不仅体现在儿童期, 还会延至成年生活 (Kim & Cicchetti, 2010; Rogosch & Cicchetti, 2004)。这一结果也与日常实际生活中的观察一致, 父母为了实现自己未完成的愿望或高期望等原因对儿童采取一些极端的方法, 造成了儿童心理上的创伤, 而其并未意识到自己的言行对儿童造成了伤害, 甚至是永久性的创伤。这也提示家庭成员特别是看护者需要给儿童提供温馨、健康的家庭环境,

减少心理虐待的产生。

## 5 结论

(1) 8~12 岁儿童心理虐待与不适应性认知情绪调节策略呈显著正相关; 8~12 岁儿童神经质与不适应性认知情绪调节策略呈显著正相关。

(2) 8~12 岁儿童神经质在心理虐待与儿童不适应性认知情绪调节策略关系间起完全中介作用; 儿童人格的外倾性在心理虐待与儿童不适应性认知情绪调节关系间不起中介作用; 性别和年龄在中介作用中存在测量等值性。

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# The Mediating Role of Personality Traits between Childhood Psychological Maltreatment and Maladaptive Cognitive Emotion Regulation Strategies

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**Abstract** Psychological maltreatment is defined as impeding the mental and moral faculties and it involves the continuous, repetitive and inappropriate parenting behaviors, but without physical and sex contact, which greatly damage the children's cognitive, emotional and social development. Cognitive emotion regulation refers to the activation of a goal to regulate either the magnitude or duration of the emotional response; this process requires the involvement of cognitive control. However, little research addresses the relationship between psychological maltreatment and cognitive emotion regulation strategies in China, especially whether personality can be a mediator variable between psychological maltreatment and cognitive emotion regulation strategies. The present study, from the perspective of environment and personality, provides the basis for intervention for the healthy growth of children. We hypothesized that personality traits (neuroticism and extroversion) play a mediation role between psychological maltreatment and cognitive emotion regulation strategies. The sample in this study consisted of 405 children, ranged in age from 8 to 12 years old. The instruments were the Scale of The kid Version of Cognitive Emotion Regulation Questionnaire, the Chinese Child version of Eysenck Personality Questionnaire and the Child Psychological Maltreatment Scale. The structural equation model was employed to test the mediation effect of personality. The results showed that (1) psychological maltreatment had positive correlations with self-blame ( $p < .01$ ), acceptance ( $p < .01$ ) and catastrophizing ( $p < .01$ ) and other-blame ( $p < .01$ ); psychological maltreatment had significantly negative correlations with Positive Reappraisal ( $p < .05$ ), Positive Refocusing Planning ( $p < .05$ ) and Rational Analysis ( $p < .05$ ), but had non-significant correlations with adaptive cognitive emotion regulation strategies; (2) neuroticism had a direct effect on maladaptive cognitive emotion regulation strategies ( $\beta = .589$ ), but extroversion had non-significantly indirect effect on maladaptive cognitive emotion regulation strategies; (3) the psychological maltreatment had a significant direct effect on maladaptive cognitive emotion regulation strategies ( $\beta = .493$ ), neuroticism ( $\beta = .521$ ), extroversion ( $\beta = -.266$ ), but psychological maltreatment had non-significant indirect effect on maladaptive cognitive emotion regulation strategies through neuroticism and extroversion ( $p > .05$ ). These results indicated that neuroticism served as a full mediator effect between psychological maltreatment and maladaptive cognitive emotion regulation strategies. Additionally, we used the multiple-group confirmatory factor analysis to investigate the difference in gender and age of this model. The results also showed that the mediation model has gender and grade measurement equivalence ( $\Delta CFI < .01$ ,  $\Delta RMSEA < .015$ ).

Psychological maltreatment is more subtle, so it is not easy to detect, but it can cause serious psychological and emotional harm to the individual. Children who suffered from psychological maltreatment would exhibit difficulty in emotion regulation and neurotic children are more likely to use maladaptive cognitive emotion regulation strategies when they have suffered psychological maltreatment. However, extraverted children are less vulnerable to psychological maltreatment; maybe extroversion is a kind of stable trait, which is not susceptible to adverse environment. Additionally, as a kind of adverse environment, psychological maltreatment is more subtle, would cause significant harm to the children's development and this harm extends into adult life regardless of boys and girls. A practical implication of this study is that parents need to act as a "careful caregiver" in the daily life of their children, actively provide a comfortable parenting style, which enhances the child's self-esteem and improves the quality of life. Future research may proceed from longitudinal studies and intervention studies.

**Key words** psychological maltreatment, cognitive emotion regulation, personality traits, children