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| 《症状自评量表（SCL－90）》由L.R.Derogatis于1975年编制，是进行心理健康状况鉴别及团体心理卫生普查时实用、简便而有价值的量表。该量表包括90个项目，包括感觉、思维、情感、行为、人际关系、生活习惯等内容，可以评定一个特定的时间，通常是评定一周以来的心理健康状况。分为五级评分（从0～4级），0＝从无，1＝轻度，2＝中度，3＝相当重，4＝严重；有的也用1～5级评分，但在计算实得总分时，应将所得总分减去90。该量表包括躯体性、强迫症状、人际关系敏感、抑郁、焦虑、敌对、恐怖、偏执、精神病性等9个症状因子。    **症状自评量表（SCL－90）**      指导语：以下表格中列出了有些人可能有的病痛或问题，请仔细阅读每一条，然后根据最近一星期以内（或过去）下列问题影响你自己或使你感到苦恼的程度，在方格内选择最合适的一格，划一个钩，如"√"。请不要漏掉问题。   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | 从无 | 轻度 | 中度 | 相当重 | 严重 | | 01．头痛 |  |  |  |  |  | | 02．神经过敏，心中不踏实 |  |  |  |  |  | | 03．头脑中有不必要的想法或字句盘旋 |  |  |  |  |  | | 04．头昏或昏倒 |  |  |  |  |  | | 05．对异性的兴趣减退 |  |  |  |  |  | | 06．对旁人责备求全 |  |  |  |  |  | | 07．感到别人能控制自己的思想 |  |  |  |  |  | | 08．责怪别人制造麻烦 |  |  |  |  |  | | 09．忘性大 |  |  |  |  |  | | 10．担心自己的衣饰整齐及仪态的端正 |  |  |  |  |  | | 11．容易烦恼和激动 |  |  |  |  |  | | 12．胸痛 |  |  |  |  |  | | 13．害怕空旷的场所或街道 |  |  |  |  |  | | 14．感到自己的精力下降，活动减慢 |  |  |  |  |  | | 15．想结束自己的生命 |  |  |  |  |  | | 16．听到旁人听不到的声音 |  |  |  |  |  | | 17．发抖 |  |  |  |  |  | | 18．感到大多数人都不可信任 |  |  |  |  |  | | 19．胃口不好 |  |  |  |  |  | | 20．容易哭泣 |  |  |  |  |  | | 21．同异性相处时感到害羞不自在 |  |  |  |  |  | | 22．受骗，中了圈套或有人想抓住 |  |  |  |  |  | | 23．无缘无故地突然感到害怕 |  |  |  |  |  | | 24．自己不能控制地大发脾气 |  |  |  |  |  | | 25．怕单独出门 |  |  |  |  |  | | 26．经常责怪自己 |  |  |  |  |  | | 27．腰痛 |  |  |  |  |  | | 28．感到难以完成任务 |  |  |  |  |  | | 29．感到孤独 |  |  |  |  |  | | 30．感到苦闷 |  |  |  |  |  | | 31．过分担忧 |  |  |  |  |  | | 32．对事物不感兴趣 |  |  |  |  |  | | 33．感到害怕 |  |  |  |  |  | | 34．我的感情容易受到伤害 |  |  |  |  |  | | 35．旁人能知道自己的私下想法 |  |  |  |  |  | | 36．感到别人不理解自己、不同情自己 |  |  |  |  |  | | 37．感到人们对自己不友好．不喜欢自己 |  |  |  |  |  | | 38．做事必须做得很慢，以保证做得正确 |  |  |  |  |  | | 39．心跳得很厉害 |  |  |  |  |  | | 40．恶心或胃部不舒服 |  |  |  |  |  | | 41．感到比不上他人 |  |  |  |  |  | | 42．肌肉酸痛 |  |  |  |  |  | | 43．感到有人在监视自己、谈论自己 |  |  |  |  |  | | 44．难以入睡 |  |  |  |  |  | | 45．做事，必须反复检查 |  |  |  |  |  | | 46．难以作出决定 |  |  |  |  |  | | 47．怕乘电车、公共汽车、地铁或火车 |  |  |  |  |  | | 48．呼吸有困难 |  |  |  |  |  | | 49．一阵阵发冷或发热 |  |  |  |  |  | | 50．因为感到害怕而避开某些东西、场合或活动 |  |  |  |  |  | | 51．脑子变空了 |  |  |  |  |  | | 52．身体发麻或刺痛 |  |  |  |  |  | | 53．喉咙有梗塞感 |  |  |  |  |  | | 54．感到前途没有希望 |  |  |  |  |  | | 55．不能集中注意 |  |  |  |  |  | | 56．感到身体的某一部分软弱无力 |  |  |  |  |  | | 57．感到紧张或容易紧张 |  |  |  |  |  | | 58．感到手或脚发重 |  |  |  |  |  | | 59．想到死亡的事 |  |  |  |  |  | | 60．吃得太多 |  |  |  |  |  | | 61．当别人看着自己或谈论自己时感到不自在 |  |  |  |  |  | | 62．有一些不属于自己的想法 |  |  |  |  |  | | 63．有想打人或伤害他人的冲动 |  |  |  |  |  | | 64．醒得太平 |  |  |  |  |  | | 65．必须反复洗手、点数目或触摸某些东西 |  |  |  |  |  | | 66．睡得不稳不深 |  |  |  |  |  | | 67．有想摔坏或破坏东西的冲动 |  |  |  |  |  | | 68．有一些别人没有的想法或念头 |  |  |  |  |  | | 69．感到对别人神经过敏 |  |  |  |  |  | | 70．在商店或电影院等人多的地方感到不自在 |  |  |  |  |  | | 71．感到任何事情都很困难 |  |  |  |  |  | | 72．一阵阵恐惧或惊恐 |  |  |  |  |  | | 73．感到公共场合吃东西很不舒服 |  |  |  |  |  | | 74．经常与人争论 |  |  |  |  |  | | 75．单独一人时神经很紧张 |  |  |  |  |  | | 76．别人对我的成绩没有作出恰当的价 |  |  |  |  |  | | 77．即使和别人在一起也感到孤单 |  |  |  |  |  | | 78．感到坐立不安心神不定 |  |  |  |  |  | | 79．感到自己没有什么价值 |  |  |  |  |  | | 80．感到熟悉的东西变成陌生或不像真的 |  |  |  |  |  | | 81．大叫或摔东西 |  |  |  |  |  | | 82．害怕会在公共场合昏倒 |  |  |  |  |  | | 83．感到别人想占自己的便宜 |  |  |  |  |  | | 84．为一些有关性的想法而苦恼 |  |  |  |  |  | | 85．我认为应放为自己的过错而受到也罚 |  |  |  |  |  | | 86．感到要很快把事情做完 |  |  |  |  |  | | 87．感到自己的身体有严重问题 |  |  |  |  |  | | 88．从未感到和其他人很亲近 |  |  |  |  |  | | 89．感到自己有罪 |  |  |  |  |  | | 90．感到自己的脑子有毛病 |  |  |  |  |  |       **评定时间：**可以评定一个特定的时间，通常是评定一周时间。  **评定方法：**分为五级评分（从0—4级），0＝从无，1＝轻度，2＝中度，3＝相当重，4＝严重。有的也用1－5级，在计算实得总分时，应将所得总分减去90。SCL－90除了自评外，也可以作为医生评定病人症状的一种方法。  SCL－90广泛应用于我国的心理咨询中，它是目前我国使用最广的一种检查心理健康的量表。它具有内容多、反映症状丰富、能准确刻划来访者自觉症状等优点。Scl－90共有90个评定项目。它的每一个项目均采用5级评分制：      1．无：自觉无该项症状问题。      2．轻度：自觉有该项问题，但发生得并不频繁、严重。      3．中度：自觉有该项症状，其严重程度为轻到中度。      4．相当重：自觉常有该项症状，其程度为中到严重。      5．严重：自觉常有该项症状，频度和程度都十分严重。  **分析统计指标：**      （一）总分      1．总分是90个项目所得分之和。      2．总症状指数，也称总均分，是将总分除以90（＝总分÷90）。      3．阳性项目数是指评为1－4分的项目数，阳性症状痛苦水平是指总分除以阳性项目数（＝总分÷阳性项目数）。      4．阳性症状均分是指总分减去阴性项目（评为0的项目）总分，再除以阳性项目数。      （二）因子分      SCL－90包括9个因子，每一个因子反映出病人的某方面症状痛苦情况，通过因子分可了解症状分布特点。      因子分＝组成某一因子的各项目总分／组成某一因子的项目数      9个因子含义及所包含项目为：      1．躯体化：包括1，4，12，27，40，42，48，49，52，53，56，58共12项。该因子主要反映身体不适感，包括心血管、胃肠道、呼吸和其他系统的主诉不适，和头痛、背痛、肌肉酸痛，以及焦虑的其他躯体表现。      2．强迫症状：包括了3，9，10，28，38，45，46，51，55，65共10项。主要指那些明知没有必要，但又无法摆脱的无意义的思想、冲动和行为，还有一些比较一般的认知障碍的行为征象也在这一因子中反映。      3．人际关系敏感：包括6，21，34，36，37，41，61，69，73共9项。主要指某些个人不自在与自卑感，特别是与其他人相比较时更加突出。在人际交往中的自卑感，心神不安，明显不自在，以及人际交流中的自我意识，消极的期待亦是这方面症状的典型原因。      4．抑郁：包括5，14，15，20，22，26，29，30，31，32，54，71，79共13项。苦闷的情感与心境为代表性症状，还以生活兴趣的减退，动力缺乏，活力丧失等为特征。还反映失望，悲观以及与抑郁相联系的认知和躯体方面的感受，另外，还包括有关死亡的思想和自杀观念。      5．焦虑：包括2，17，23，33，39，57，72，78，80，86共10项。一般指那些烦躁，坐立不安，神经过敏，紧张以及由此产生的躯体征象，如震颤等。测定游离不定的焦虑及惊恐发作是本因子的主要内容，还包括一项解体感受的项目。      6．敌对：包括11，24，63，67，74，81共6项。主要从三方面来反映敌对的表现：思想、感情及行为。其项目包括厌烦的感觉，摔物，争论直到不可控制的脾气暴发等各方面。      7．恐怖：包括日，25，47，50，70，75，82共7项。恐惧的对象包括出门旅行，空旷场地，人群或公共场所和交通工具。此外，还有反映社交恐怖的一些项目。       8．偏执：包括8，18，43，68，76，83共6项。本因子是围练偏执性思维的基本特征而制订：主要指投射性思维，敌对，猜疑，关系观念，妄想，被动体验和夸大等。      9．精神病性：包括7，16，35，62，77，84，85，87，88，90共10项。反映各式各样的急性症状和行为，限定不严的精神病性过程的指征。此外，也可以反映精神病性行为的继发征兆和分裂性生活方式的指征。  此外还有19，44，59，60，64，66，89共7个项目未归入任何因子，反映睡眠及饮食情况，分析时将这7项作为附加项目或其他，作为第10个因子来处理，以便使各因子分之和等于总分。      各因子的因子分的计算方法是：各因子所有项目的分数之和除以因子项目数。例如强迫症状因子各项目的分数之和假设为30，共有10个项目，所以因子分为3。在1—5评分制中，粗略简单的判断方法是看因子分是否超过3分，若超过3分，即表明该因子的症状已达到中等以上严重程度。下面是正常成人SCL－90的因子分常模，如果因子分超过常模即为异常。   |  |  |  |  | | --- | --- | --- | --- | | 项目 | **X+SD** | 项目 | **X+SD** | | 躯体化 | 1.37+0.48 | 敌对性 | 1.46+0.55 | | 强迫 | 1.62+0.58 | 恐怖 | 1.23+0.41 | | 人际关系 | 1.65+0.61 | 偏执 | 1.43+0.57 | | 抑郁 | 1.5+0.59 | 精神病性 | 1.29+0.42 | | 焦虑 | 1.39+0.43 |  |  | |