瑶 1 C捱噯啒岫埭榮胚(n)

捱哈	n	0 官	1 官	2 官	3 官	4 官	5 官
畚鄛捱	62	6	18	25	10	2	1
遭簸捱	65	8	7	15	13	12	10

3 烁秤

噯啒鹭十亹 - 捱擻桿辩迤殒亲桿辩块袱嘤，麻呦嘤 Z 皽忾盉劳犴忾哺嚣 Y 躬梶嵫函擦 Y 肺專蜿隍皽嘤蝮诡喹骡冇祀擦黜叭厝噯啒鹭，眷芊畚嘤黜妄糅梡跳蓝居蝮瞠殁锶蹴眨噯啒黜踬蹭崴肺憾堇忾貓渤黜嬢裹险莫咖抚亲胶螳疆嘤棠哞軋豢 Y 官钆憶赓徊鹭十亹擐冇畚鄛妍竅黜踪簸擦岔笃韩眷报官 Y Z 豢官钆劳璀豢官钆 C 亹蓼莜 Y Z 豢官钆憶赓徊琨亲剪哞祀擦嵇黢肺臁胴 Z 豢究 - 酤缇軋豢簧官钆憶赓徊黯骸亥耿肤祀擦喹噯啒嘤锝陽 Y S 坻）蜿隍蓝岔嘤锝陽季玎俺豢僠辅 飞奸穹撄蹇 飞祷稈畚鄛 飞檫韩澜孔 飞赓蝻菰藻劳睨蛆幃 Y 璀豢官钆憶赓徊鹭臁胴秎崴肺皽匀酤 I 軋豢迤函碜甲官钆憶赓徊默甲，鹭 Z 豢究 - 軋豢默克盉 飞盂盉 飞转盉劳来盉嬉蠡鹭 S 坻蜿隍岔嘤璀豢官钆憶赓徊嘤锝陽[1] Y 官钆憶赓徊擦 Y 十亹秏壛锝陽黯蓼謇蠡譴懋衹譨瞠坳甲驺韩劳耿肤噯啒黜阮遭噯啒檫韩嘤棣药擦岔笃韩诂璀桂納矜渝[1] Y

臁胴擸癌崴肺葙徊瞭同黜躬梶嵫函胴岫您抚，譴锉嘤琮芥黜躬崴肺憶赓徊聪雇桡同）嘤锝陽鹭十亹 Z 豢官钆憶赓徊胴岫黜颧羰痄嫩默 隍盅遭簸捱榮胚黜综芥瞭同陽眷鸪痄貓渤躬梶嵫函嵇崴肺嘤噯啒忾 Y 胭 - 郝佰嘤齐崠块十柣黜lhani F 幝[4]疚偃"嫘讪莧"(凿嫘 C 邸块病黔斥嘤，揩梯)眷报貓渤躬梶嵫函噯啒臁oo H 幝[5]疚偃郊臁擩韩眷报貓渤迎鸹郝肺巅檩驹躬梶嵫函嵇噯啒葳埭 Y 乾付足畋幝[4]齐崠凯稍渝黯簸樣帳秏壛本桓梡痄浏嘤貓渤蛋芳佰晃嗯稛墾喹噯啒 - ，膪埭 Y块榮抚邮 Z 豢官钆憶赓徊嘤锝陽黜综芥瞭同陽嗖报 * 钩 I 臂邃颥）葙徊瞭同沉居锝称黜翊貌 ）饦缸）莖梡鞚 ū 拶亥黜3 焙霎渤芮臁）収险喹哈 饷謂僑撕 馋趙箜惫幝嘤讪莧黢肺嗳喹霎劳妹冏～浚，块揩黜快遭抚邮僠辅黜葙徊瞭同梡碜耕攐廷腆钜迎鸹郝肺巅嗳弗檗臁③，踵瘖鄙田嗳情沁劳稠锶臁④祀擦腑岫貉隍廇称 饦拂黢

支蕭襠鹭田專謎棠隍皽唪 飞腆疚唪 Y 鹭隍皽囉挂黝燼琨药襠喹喷唪黜喈嵇摈疚羋吏迤神橇摛擻蓼謇 Y隍盅桨搗嘤田岔汙眷祫嵇詢庖黜膊鸸替疚黜 d j 績菊謇阄喹腥荐，庖 YS 坻瑶傻 Y 喃喹迤阄喹枷梳喹 飞耘啒喹劳噯啒喹吏扩摛擻栴栵黜収吏囧瘖梳栴获糈[1] Y

1 糨钰 - 锝陽

1.1 十褧糨铗　崴矗泅膛榱 2012 垒 10 蝌~2014 垒 7 蝌团柱田專謎棠崴矗默琮渐贊笃锝莜官 Y C 摛黫詢哞摛 48 拆黜遭簸摛 48 拆.抚 L 段 53 拆黜皖 43 拆臘欭唆垒鸹 10~35 之臘蠡郝疚唆 2~8 垒臘欭屠险帳十紮桨钞 57 拆黜欭屠险旧钞帳十紮 23 拆臘寰蝮崴矗泅摈蝮，揩岫埭嘤噯啒 飞哞支 飞账荺撊栴 飞账荺襠哄摈神橇蓼謇 Y 械赃踝各黫⑩，梡全珲詢哞佑謇拂哞岫厩琮嵇替棠矗臘⑫崴矗镁鑶矙襠厩抚镑鑶铨唆菊瑶偃臘⑬嗓啅哺簏矗臘⑭慀帐唆崴矗臘⑮蝮曹痦庞舆嘤 D 曹喷唆，梡舅驹妍蠡矗臘⑯拱琯欢梡赯姾迤蝮雇琯寸堪矗 Y C 摛喹哈黜垒鸹黜踠祈黜踠岫榮胚讪莧泅镁擦秃迎赓 h鞋/>0.05黜V

1.2 锝陽

1.2.1 遭簸摛劳詢哞摛蓖岔块揩嘤妍蠡锝陽　襠哄 D 曹矗黯郝纷岔娕币築铱 1 w黫襠襠哄网聪凯锶瑎缛叟妍蠡 Y 妍蠡俭 D 霎諄認凯黜妍蠡蓖岔 2%扎菜裹腆郊祈帮鞣趄琨潘催街丙糨妙驱驊鳰蒐 Y 圹閉崴栄黜岔揀团幣亲鞣[illegible]炎　友

肺育臻鹂隘檩驹堡梡吩官莧咖 Y 搏官钆憶赓徊寰哈鹭 Z 豢官钆憶赓徊謀啒陽亲剪哞 L 嚜腃岔邦辅蝮十俞账辗喹 Y 介崠疚偃黯鶜锝陽遭嗳啒閉埭嘀獗嚜崴矗璗謀啒瞠獗堡，冇饨黓原桡眷报苏环嗳啒閉埭嘀獗曾迎厝嚜嗳啒蕆埭[7~8] Y 蟾介崠 j 屡报膪巛 3~6 之嚜迎鸹郝肺嵴擦 Y 渝婴遭蝻瞥析亲隘胭十猕竅嚜崴肺长帮喹胚冏黫璜 Z 豢官钆憶赓徊軋豢嵇豢笃汽厩垩嚜喹，蕆 Y

攻）屡腿黯综芥瞭同陽蝮煥隘耿肤迎鸹郝肺嵴躬梶嵫函嵇嗳啒恆躬甲戟閉躬梶胂臸嚜钪哺骡冇簰葴磬亲 S 坻）腜十納猷圹 饷岔 Y

究曜铋偢：

[1] 足襠.肺專骡冇迎[M].帳畦乘.夹巴:佰膹狡厝雇乘嫶,2006:78 - 81.

[2] 扩育 \ . 官钆憶赓徊跋眨崴肺祀擦喹噯啒嗳介崠腜锗 [J]. L 僵骡冇笪呋,2012,47(11):1043 - 1045.

[3] Valet M,Sprenger T,Boecker H,et al.Distraction modulates connectivity of the cingulo - frontal cortex and the midbrain during pain - - an fMRI analysis[J].Pain,2004,109(3):399 - 408.

[4] Alhani F.The effect of programmed distraction on the pain caused by venipuncture among adolescents on hemodialysis[J]. Pain Manag Nurs,2010,11(2):85 - 91.

[5] Yoo H, Kim S, Hur HK, Kim HS.The effects of an animation distraction intervention on pain response of preschool children during venipuncture[J]. Appl Nurs Res,2011,24(2):94 - 100.

[6] 足眨,膏踝种,嵢褟,幝.官钆憶赓徊遭蛋芳佰晃种嗳喹嗳雍涟[J].曹垅剪迎,2014, 43(4):427 - 429,431.

[7] Campbell CM,Witmer K,Simango M,et al. Catastrophizing delays the analgesic effect of distraction[J].Pain,2010,149(2):202 - 207.

[8] Verhoeven K,Goubert L,Jaaniste T,et al. Pain catastrophizing influences the use and the effectiveness of distraction in schoolchildren[J]. Eur J Pain,2012,16(2):256 - 267.　　敍朐/堇◤