

视频立体化健康教育结合心理护理对 CT 检查患者心理状态及影像质量的影响

朱香君 边晓璐*

海军军医大学附属长海医院

DOI:10.32629/carnc.v3i10.18855

[摘要] 目的：探讨视频立体化健康教育联合心理护理在 CT 检查患者中的应用效果，分析其对患者心理状态、检查配合度及影像质量的影响。方法：2025 年 1-10 月，从本院需做 CT 检查的患者中选取 100 例，用随机数字表法分成观察组和对照组，每组各 50 例。对照组实施常规护理，观察组在常规护理基础上实施视频立体化健康教育结合针对性心理护理。比较两组患者护理前后焦虑自评量表（SAS）、抑郁自评量表（SDS）评分，检查配合度，影像质量等级及护理满意度。结果：观察组护理后 SAS、SDS 评分均显著低于对照组（ $P<0.05$ ）；观察组检查配合度优良率高于对照组（ $P<0.05$ ）；观察组影像质量甲级率高于对照组（ $P<0.05$ ）；观察组护理满意度高于对照组（ $P<0.05$ ）。结论：视频立体化健康教育结合心理护理可有效缓解 CT 检查患者的焦虑、抑郁情绪，提高检查配合度，提升影像质量及护理满意度，具有重要的临床应用价值。

[关键词] 视频立体化健康教育；心理护理；CT 检查；心理状态

中图分类号：R472 文献标识码：A

The Impact of Video Stereoscopic Health Education Combined with Psychological Care on the Psychological State and Imaging Quality of CT Examination Patients

Xiangjun Zhu, Xiaolu Bian*

Changhai Hospital, Naval Medical University

Abstract: Objective To investigate the application effects of video-based stereoscopic health education combined with psychological nursing in CT examination patients, and analyze its impact on patients' psychological state, examination cooperation, and image quality. Methods From January to October 2025, 100 patients requiring CT examination were selected from our hospital and randomly divided into an observation group and a control group using a random number table method, with 50 cases in each group. The control group received routine nursing care, while the observation group received routine nursing care supplemented with video-based stereoscopic health education and targeted psychological nursing. The pre- and post-nursing scores of the Self-Rating Anxiety Scale (SAS) and Self-Rating Depression Scale (SDS), examination cooperation rate, image quality grade, and nursing satisfaction were compared between the two groups. Results After nursing, the SAS and SDS scores in the observation group were significantly lower than those in the control group ($P<0.05$); the examination cooperation rate in the observation group was higher than that in the control group ($P<0.05$); the image quality grade in the observation group was higher than that in the control group ($P<0.05$); and the nursing satisfaction in the observation group was higher than that in the control group ($P<0.05$). Conclusion The combination of video-based stereoscopic health education and psychological nursing can effectively alleviate anxiety and depression in CT examination patients, improve examination cooperation, enhance image quality, and increase nursing satisfaction, demonstrating significant clinical application value.

Keywords: 3D video health education; psychological care; CT scan; psychological state;

引言

CT 检查凭借分辨率高、扫描快速、定位精准的优势，已成为全身多系统疾病筛查与诊断的常用影像学手段^[1]。但

检查时患者需在密闭空间保持固定体位，部分增强扫描还需使用造影剂，易诱发焦虑、恐惧等负面情绪^[2]。这些情绪不仅会降低患者检查配合度，导致体位移动影响影像清晰度与