

# 儿童期创伤经历对中学生幸福感的影响 ——心理健康症状的中介作用

韦锦生<sup>1</sup>, 梁亚男<sup>2</sup>, 李晶莹<sup>3</sup>, 曹静<sup>4</sup>, 朱敏惠<sup>1</sup>, 李奕瞳<sup>1</sup>, 张丽娜<sup>1</sup>, 黄海<sup>1</sup>, 张俊杰<sup>1</sup>, 王佳<sup>1</sup>, 张慧颖<sup>1</sup>

1. 哈尔滨医科大学公共卫生学院, 黑龙江 哈尔滨 150081; 2. 哈尔滨医科大学药学院;

3. 哈尔滨职业技术大学; 4. 黑龙江省伊春市嘉荫县第一小学

**摘要:**目的 对中学生的儿童期创伤经历、心理健康症状、幸福感进行调查, 分析三者之间的关联, 探究儿童期创伤经历和心理健康症状影响幸福感的作用机制, 为提高中学生的幸福感提供科学依据。方法 于 2023 年 9—11 月采用方便抽样方法在两所中学分层抽取共 1 294 名学生为调查对象, 采用儿童期虐待问卷、症状自评量表、EPOCH 幸福感量表进行问卷调查。使用 SPSS 25.0 进行描述性分析,  $t$  检验、 $\chi^2$  检验、Pearson 相关分析探讨差异性和相关性, 使用插件 process 探究心理健康症状在儿童期创伤经历和幸福感之间的中介作用。结果 幸福感评分在性别、学段、户籍、父亲文化程度、母亲文化程度、父母婚姻状况和与谁同住等因素上存在差异, 差异有统计学意义( $t=2.813, 7.11, 3.459, 9.723, 6.923, 2.515, 20.253, P<0.05$ )。本研究中 90.2% 的中学生有过一次及以上的儿童期创伤经历。身体虐待、身体忽视、情感虐待、情感忽视和性虐待的检出率分别为 15.1%、61%、42.8%、81.9%、10%。儿童期创伤经历在独生子女、学段、父亲文化程度、母亲文化程度、父母婚姻状况和与谁同住上的差异有统计学意义( $t=-2.003, -4.082, 5.415, 10.144, -3.032, 9.467, P<0.05$ )。儿童期创伤经历各维度和心理健康症状均与幸福感均呈负相关; 除性虐待外, 儿童期创伤经历各维度均与心理健康症状正相关( $r=0.301, P<0.05$ )。心理健康症状在儿童期创伤经历和幸福感之间起部分中介作用, 中介效应占比为 37.5%。结论 儿童期创伤经历和心理健康症状负向预测中学生幸福感, 心理健康症状在儿童期创伤经历与幸福感之间起中介作用。在中学生的童年创伤经历发生率较高的背景下, 可以通过改善中学生心理健康情况, 减轻儿童期创伤经历对幸福感的影响, 从而提升中学生幸福感水平。

**关键词:** 儿童期创伤经历; 幸福感; 心理健康症状; 中学生

中图分类号: B844.2 文献标志码: A 文章编号: 1003-8507(2025)09-1594-07

DOI: 10.20043/j.cnki.MPM.202410349

## The influence of childhood traumatic experiences on the well-being of middle school students: the mediating role of mental health symptoms

WEI Jin-sheng\*, LIANG Ya-nan, LI Jing-ying, CAO Jing, ZHU Min-hui, LI Yi-tong, ZHANG Li-na, HUANG Hai, ZHANG Jun-jie, WANG Jia, ZHANG Hui-ying

\*School of Public Health, Harbin Medical University, Harbin, Heilongjiang 150081, China

**Abstract: Objective** To investigate the childhood traumatic experiences, mental health symptoms, and well-being of middle school students, analyze the associations among the three, explore the mechanism by which childhood traumatic experiences and mental health symptoms affect well-being, and provide reference for improving the well-being of middle school students. **Methods** From September to November 2023, a total of 1 294 students were selected by convenience sampling and stratified sampling from two middle schools as the survey subjects. The Childhood Trauma Questionnaire, Symptom Checklist 90, and EPOCH Well-being Scale were used for the questionnaire survey. SPSS 25.0 was used for descriptive analysis,  $t$ -test, chi-square test, and Pearson correlation analysis. The plug-in process was used to explore the mediating role of mental health symptoms between childhood traumatic experiences and well-being. **Results** There were significant differences in well-being scores among factors such as gender, school stage, household registration, parental education level, parental marital status, and “who to live with” ( $t=2.813, 7.11, 3.459, 9.723, 6.923, 2.515, \text{ and } 20.253, P<0.05$ ). In this study, 90.2% of middle school students had one or more childhood traumatic experiences. The detection rates of physical abuse, physical neglect, emotional abuse, emotional neglect, and sexual abuse were 15.1%, 61%, 42.8%, 81.9%, and 10%, respectively. There were significant differences in childhood traumatic experiences among only-child status, school stage, parental education level,

基金项目: 黑龙江省自然科学基金项目(LH2021H013); 黑龙江省家庭教育学会“十四五”课题(HLJSJJ-2022003)

作者简介: 韦锦生(2000—), 男, 硕士在读, 研究方向: 生命早期经历与儿童青少年健康

通信作者: 张慧颖, E-mail: zhysxj@aliyun.com

marital status, and family structure ( $t=-4.082, 5.415, 10.144, -3.032, 9.467, \text{ and } -2.003, P < 0.05$ ). All dimensions of childhood traumatic experiences and mental health symptoms were negatively correlated with well-being; except for sexual abuse, all dimensions of childhood traumatic experiences were positively correlated with mental health symptoms ( $r=0.301, P < 0.05$ ). Mental health symptoms played a partial mediating role between childhood traumatic experiences and well-being, and the proportion of the mediating effect was 37.5%. **Conclusion** Childhood traumatic experiences and mental health symptoms negatively predict the well-being of middle school students, and mental health symptoms play a mediating role between childhood traumatic experiences and well-being. Against the background of a relatively high incidence of childhood traumatic experiences among middle school students, the well-being of middle school students can be improved by improving their mental health and reducing the impact of childhood traumatic experiences on well-being.

**Keywords:** Childhood traumatic experiences; Well-being; Mental health symptoms; Middle school students

近些年来,积极心理学的研究在国内外兴起,幸福感作为其中代表备受关注。幸福感指评价者根据自定的标准对其生活质量的整体性评估,是衡量个人生活质量的综合性心理指标<sup>[1]</sup>。正处于青春期的学生群体,身心快速发育,世界观、价值观、幸福观正在形成,为未来的幸福奠定基础。有学者指出,坚定的心理韧性、清晰的自我效能感、较强的正念等优秀的个人品质和较高的幸福感息息相关<sup>[2-3]</sup>;而消极的家庭教养方式、身体和情感上的忽视、虐待等童年创伤有可能造成青少年的幸福感缺失<sup>[4]</sup>。儿童期创伤经历是指儿童在家里或者其他场所受到的来自于父母或其他人持续的、重复的对其生理或心理具有破坏作用的经历<sup>[5]</sup>。这种创伤经历不仅显著影响青少年时期的积极功能,存在累加效应,还与成人幸福感、自我评价的生命价值显著负相关<sup>[6-7]</sup>。儿童期创伤经历除了阻碍幸福感的提升,还是青少年抑郁、网络成瘾、焦虑等心理健康症状的重要危险因素<sup>[8-10]</sup>。心理健康症状是指焦虑、抑郁、偏执等诸多心理症状内容,旨在评估整体的心理健康状况<sup>[11]</sup>。同时,焦虑、抑郁等心理健康症状也是影响幸福感的重要因素<sup>[12]</sup>。即心理健康症状与儿童期创伤经历显著正相关,与幸福感显著负相关,那么心理健康症状在儿童期创伤经历对幸福感的影响是否存在中介作用有待探索。因此,本研究拟以中学生为研究对象,研究儿童期创伤经历、心理健康症状和幸福感三者之间的联系,探索心理健康症状在儿童期创伤经历与幸福感之间的中介作用,研究结果将帮助我们理解儿童期创伤经历不仅直接影响中学生的幸福感,还通过影响心理健康症状间接影响幸福感;并为提升中学生的幸福感的实践提供新的思路,具有重要的理论和实践意义。

## 1 资料与方法

**1.1 对象和资料来源** 于 2023 年 9—11 月采用方便抽样方法在黑龙江省哈尔滨市两所中学,按年级分层,每个年级抽取三个班级,共抽取了 18 个班级 1 294 名学生为调查对象,回收问卷 1 294 份,排除作答不完全、逻辑错误等不合格问卷,有效问卷共 1 237

份,有效率为 95.5%。本次调查已经获得研究对象及其家长知情同意,并获得哈尔滨医科大学伦理委员会批准(审批编号:HMUIRB20200008)。

## 1.2 方法

**1.2.1 一般人口学信息** 采用自编量表,主要包括学生性别、年龄、年级、父母文化程度、父母婚姻状况等基本情况。

**1.2.2 幸福感** 采用 EPOCH 幸福感量表<sup>[13]</sup>。该问卷共有 25 个条目,分为五个维度。条目按 1~5 分,20 个条目的平均分即为幸福感评分,分数越高,幸福感越强。本研究中该量表 Cronbach  $\alpha$  为 0.943。

**1.2.3 儿童期创伤经历** 采用儿童期虐待问卷(简版)(Childhood Trauma Questionnaire Short Form, CTQ-SF)<sup>[14]</sup>评估儿童时期的创伤经历。该问卷是有 28 个条目的自我报告问卷,分为 5 个分量表:情感虐待、躯体虐待、性虐待、情感忽视和躯体忽视。每个分量表含 5 个条目。每个条目采用 5 级评分(1、2、3、4、5,分别表示从不、偶尔、有时、经常、总是)。本研究中该量表 Cronbach  $\alpha$  为 0.840。

**1.2.4 心理健康症状** 采用症状自评量表(symptom checklist 10, SCL-10)<sup>[15]</sup>。SCL-10 是一份 10 项自我报告的心理问卷,采用四分制,“一点也不”到“非常”分别记为 1~4 分。问卷分为焦虑和抑郁两个维度,分数越高,心理健康症状越严重。本研究中该量表 Cronbach  $\alpha$  为 0.925。

**1.3 统计学处理** 使用 Epidata 3.0 进行数据双录入,使用 SPSS 25.0 软件进行描述性分析,其中运用  $t$  检验、方差分析进行差异性分析, Pearson 相关分析探讨儿童期创伤经历、心理健康症状和幸福感之间的相关性。使用插件 Process(Model 4)进行简单中介分析,并用偏差校正的非参数百分位 bootstrap 法检验中介效应,随机重复抽样 5 000 次,若效应估计值的 95% 置信区间(CI)不包括 0,则中介效应显著。双侧检验,检验水准  $\alpha=0.05$ 。

## 2 结果

**2.1 中学生一般人口学情况** 本次调查有效样本为

1 237 人,其中,男生 612 人,女生 625 人;初中生 848 人,高中生 389 人;城市户籍 764 人,农村户籍 473 人;年龄范围 11.73 ~ 18.89 岁。人口学描述见表 1。

**2.2 中学生幸福感得分和儿童期创伤经历检出率及其在人口学上的差异** 本研究中,中学生的幸福感得分均值为(3.993 ± 0.022)。幸福感评分在性别、学段、户籍和父母文化程度等因素上的差异有统计学意义

( $P < 0.05$ )。

90.2%的中学生有过一次及以上的儿童期创伤经历。身体虐待、身体忽视、情感虐待、情感忽视和性虐待的检出率分别为 15.1%、61%、42.8%、81.9%、10%。儿童期创伤经历评分在独生子女、学段、父母文化程度、婚姻和与谁同住上的差异有统计学意义( $P < 0.05$ )。见表 1。

表 1 幸福感和儿童期创伤经历在人口学变量上的差异性分析[ $n(\%)$ , ( $\bar{x} \pm s$ )]

Table 1 Analysis of differences in demographic variables between well-being and CTQ-SF [ $n(\%)$ , ( $\bar{x} \pm s$ )]

变量	人数	CTQ-SF	t/F 值	P 值	幸福感	t/F 值	P 值
性别							
男	612(49.5)	34.125 ± 0.389	1.911	0.056	4.055 ± 0.031	2.813	0.005
女	625(50.5)	33.166 ± 0.318			3.931 ± 0.03		
学段							
初中	848(68.6)	32.95 ± 0.262	-4.082	<0.001	4.097 ± 0.026	7.110	<0.001
高中	389(31.4)	35.147 ± 0.551			3.766 ± 0.039		
户籍							
城市	764(61.8)	33.3 ± 0.301	-1.727	0.084	4.053 ± 0.028	3.495	<0.001
农村	473(38.2)	34.192 ± 0.442			3.896 ± 0.036		
父亲文化程度							
小学及以下	99(8)	35.646 ± 1.227	5.415	0.005	3.787 ± 0.074	9.723	<0.001
初中及高中	883(71.4)	33.788 ± 0.288			3.969 ± 0.026		
大学及以上	255(20.6)	32.353 ± 0.504			4.156 ± 0.046		
母亲文化程度							
小学及以下	112(9.1)	36.259 ± 1.135	10.144	<0.001	3.81 ± 0.071	6.929	0.001
初中及高中	857(69.3)	33.827 ± 0.295			3.977 ± 0.026		
大学及以上	268(21.7)	31.951 ± 0.463			4.119 ± 0.047		
父母婚姻状况							
初婚	1 025(82.9)	33.296 ± 0.274	-3.032	0.002	4.018 ± 0.024	2.515	0.012
其他	212(17.1)	35.311 ± 0.618			3.871 ± 0.056		
与谁同住							
与父母同住	744(60.1)	32.774 ± 0.317	9.467	<0.001	4.098 ± 0.026	20.253	<0.001
与父母一方	389(31.4)	34.774 ± 0.473			3.874 ± 0.042		
不与父母同住	104(8.4)	35.606 ± 0.736			3.687 ± 0.082		
独生子女							
是	847(68.5)	33.300 ± 0.294	-2.003	0.045	4.022 ± 0.027	1.952	0.051
否	390(31.5)	34.382 ± 0.476			3.930 ± 0.038		
合计	1 237(100)	33.641 ± 0.251			3.993 ± 0.022		

**2.3 心理健康症状和幸福感在儿童期创伤经历及其各维度上的差异性分析** 经历过情感虐待、身体忽视、性虐待、身体忽视和情感忽视的中学生心理健康症状评分均高于未曾经历过的中学生( $P$ 均<0.01)。经历过情感虐待、身体忽视、性虐待、身体忽视和情感忽视的中学生幸福感评分均低于未曾经历过的中学生(均 $P < 0.01$ )。见表 2。

**2.4 儿童期创伤经历、心理健康症状和幸福感的关联性分析** 儿童期创伤经历和心理健康症状均与幸福感呈负相关,并且体现在儿童期创伤经历各个维

度上。除性虐待外,儿童期创伤经历各维度与心理健康症状呈正相关( $P < 0.01$ )。见表 3。

**2.5 心理健康症状在儿童期创伤经历与幸福感之间的中介作用分析** 以儿童期创伤经历为自变量,心理健康症状为中介变量,幸福感为因变量进行中介作用分析。结果显示,心理健康症状在儿童期创伤经历和幸福感之间起部分中介作用,中介效应占比为 37.1%。在进一步分析中,发现身体忽视、身体虐待、情感忽视和情感虐待在儿童期创伤经历和幸福感之间起部分中介作用,其中介效应分别为 46.0%、

37.9%、61.8%、29.6%，即心理健康症状在儿童期创伤经历各维度与幸福感之间关系发挥的作用占比大小。在本次调查中，性虐待和心理健康症状之间关联不显著，不存在中介效应。见表 4、图 1。

### 3 讨论

本研究中中学生幸福感评分均值为 (3.993 ± 0.022)，总体幸福感较高，研究结论与其他文献一致<sup>[16]</sup>。在调查中发现，儿童期创伤经历的检出率较高，并且较高于其他研究 51.45% 的检出率<sup>[17]</sup>。其主要原因是本研究中对于儿童期创伤经历的判定标准定义为“只要发生过创伤事件”即定义为阳性。在儿童期创伤经历中，情感忽视检出率最高。可能是受我国的以“孝”为核心的家庭伦理思想的影响，孩子在大部分情况下顺从父母意志<sup>[18]</sup>，若家长家庭教育方式不当，极易造成家庭缺乏平等友爱的沟通环境，父母和孩子的情感交流、互动较少，导致孩子不可避免地会遭受情感忽视。

表 2 心理健康症状和幸福感在儿童期创伤经历及其各维度上的差异性分析

Table 2 Difference analysis of SCL-10 and well-being in CTQ-SF and its dimensions

变量	心理健康症状		幸福感	
	均值 ± 标准差	t 值	均值 ± 标准差	t 值
儿童期创伤经历				
有	1.509 ± 0.018	-3.758**	3.951 ± 0.023	6.002**
无	1.291 ± 0.046		4.394 ± 0.060	
身体忽视				
有	1.595 ± 0.024	-7.988**	3.831 ± 0.029	9.510**
无	1.321 ± 0.021		4.245 ± 0.030	
身体虐待				
有	1.753 ± 0.050	-6.645**	3.674 ± 0.059	6.204**
无	1.441 ± 0.018		4.050 ± 0.023	
情感忽视				
有	1.519 ± 0.019	-3.897**	3.921 ± 0.024	7.123**
无	1.347 ± 0.033		4.319 ± 0.045	
情感虐待				
有	1.718 ± 0.029	-12.279**	3.737 ± 0.035	10.478**
无	1.316 ± 0.018		4.184 ± 0.035	
性虐待				
有	1.776 ± 0.062	-5.664**	3.575 ± 0.079	6.445**
无	1.456 ± 0.018		4.039 ± 0.022	

注：\*\*P<0.01。

表 3 儿童期创伤经历、心理健康症状和幸福感的相关性分析

Table 3 Correlation analysis of CTQ-SF, SCL-10 and well-being

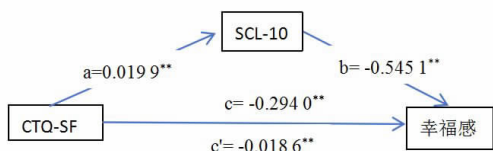
变量	CTQ-SF 评分	SCL-10 评分	幸福感评分	身体虐待	情感虐待	性虐待	身体忽视	情感忽视
CTQ-SF 评分	1							
SCL-10 评分	0.301**	1						
幸福感评分	-0.353**	-0.508**	1					
身体虐待	0.660**	0.167**	-0.176**	1				
情感虐待	0.770**	0.357**	-0.269**	0.537**	1			
性虐待	0.538**	0.045	-0.108**	0.444**	0.379**	1		
身体忽视	0.771**	0.197**	-0.246**	0.388**	0.438**	0.310**	1	
情感忽视	0.824**	0.252**	-0.365**	0.344**	0.491**	0.238**	0.535**	1

注：\*\*P<0.01。

表 4 心理健康症状在儿童期创伤经历及其各维度与幸福感之间的中介作用

Table 4 The mediating role of SCL-10 between CTQ-SF and its dimensions and well-being

中介模型	95%CI	相对效应值(%)
CTQ-SF 评分 - SCL-10 评分 - 幸福感评分		
总效应	-0.294 0(-0.034 ~ -0.024 9)	
直接效应	-0.018 6(-0.022 9 ~ -0.014 3)	
中介效应	-0.010 9(-0.014 8 ~ -0.007 5)	37.1
身体忽视 - SCL-10 评分 - 幸福感评分		
总效应	-0.085 5(-0.111 9 ~ -0.059 1)	
直接效应	-0.046 2(-0.0698 5 ~ -0.022 6)	
中介效应	-0.039 3(-0.061 5 ~ -0.020 9)	46.0
身体虐待 - SCL-10 评分 - 幸福感评分		
总效应	-0.066 5(-0.082 ~ -0.050 9)	
直接效应	-0.041 2(-0.055 2 ~ -0.027 2)	
中介效应	-0.025 2(-0.034 4 ~ -0.016 7)	37.9
情感忽视 - SCL-10 评分 - 幸福感评分		
总效应	-0.081 5(-0.098 8 ~ -0.064 1)	
直接效应	-0.031 1(-0.047 7 ~ -0.014 4)	
中介效应	-0.050 4(-0.06 5 ~ -0.037 5)	61.8
情感虐待 - SCL-10 评分 - 幸福感评分		
总效应	-0.070 0(-0.080 6 ~ -0.059 3)	
直接效应	-0.049 3(-0.059 1 ~ -0.039 5)	
中介效应	-0.020 7(-0.027 3 ~ -0.014 6)	29.6



注:a 表示 CTQ-SF 对 SCL-10 的效应值;b 表示控制了 CTQ-SF 后,SCL-10 对幸福感的效应值;c 表示 CTQ-SF 对幸福感的总效应值;c' 表示控制了 SCL 后,CTQ-SF 对幸福感的直接效应值;\*\* $P < 0.01$ 。

图 1 心理健康症状在儿童创伤经历与幸福感关系间的中介模型

Figure 1 The mediating model of SCL-10 in the relationship between CTQ-SF experiences and well-being

儿童期创伤经历各维度均与幸福感负相关,和其他研究结论一致<sup>[19]</sup>,一方面有过儿童期创伤经历的中学生有更大的可能性遭遇负性事件,所以他们消极情绪更多<sup>[20]</sup>,幸福感更少。另一方面,累加的童年不良经历随着时间的发展,对他们的压力调节系统和大脑发育造成了影响<sup>[21]</sup>,以致于阻碍了他们的情感发展,难以体验幸福感。与国内学者研究结论一致<sup>[22]</sup>,心理健康症状和幸福感负相关,是因为焦虑抑郁等情绪阻碍了研究对象积极情绪的体验,对事物的认知倾向于消极,导致幸福感缺失<sup>[23]</sup>。除性虐待外,儿童期创伤经历各维度与心理健康症状正相关,和其他研究结论一致<sup>[24]</sup>,有研究表明,暴露在童年不良经历的中学生和焦虑、抑郁情绪显著相关<sup>[25-26]</sup>。

儿童期创伤经历负向预测幸福感,心理健康症状在儿童期创伤经历和幸福感之间起部分中介作用。儿童期创伤经历导致孩子连接感、乐观等积极功能较差<sup>[7]</sup>,即幸福感较低。同时,儿童期创伤经历的孩子由于自卑、逃避等情绪,随着年龄增长更容易出现焦虑、抑郁等心理健康症状<sup>[27]</sup>,心理健康症状进一步阻碍了孩子对外部世界的感知,认知方式偏向于消极<sup>[28]</sup>,主观幸福感较低。其中,情感忽视的检出率最高,并且心理健康症状的中介效应占比最大,父母关爱的缺失可能直接减少了青少年的幸福感。并且长期的童年忽视经历可能导致青少年基本心理需求得不到满足,以至于出现焦虑抑郁等内化问题<sup>[29]</sup>,处于焦虑抑郁状态下的青少年,容易导致核心自我评价降低<sup>[30]</sup>,对自我和生活感到消极、负面,即幸福感降低。

综上所述,心理健康症状在儿童期创伤经历与幸福感之间起中介作用,在童年期经历过的创伤已经成为无法改变的事实,而当前中学生的心理健康现状更是不容乐观。面对这种状况,学校-家庭-社会积极开展具有针对性的心理健康干预势在必行,在减少中学生心理健康症状的同时,还能减轻儿童期创伤经历和心理健康症状导致的幸福感缺失问题。但本研究由于横断面研究无法做出因果推断,因此后续应该开

展纵向研究进一步证实儿童期创伤经历和心理健康症状与幸福感之间的关联。其次,由于只选取两所中学,方便抽样可能产生选择偏倚,本研究存在代表性不足和误差较大的问题,因此后续研究应改善抽样方法和扩大抽样范围,以提高代表性和减少误差。

利益冲突声明 本研究不存在任何利益冲突

参考文献

[1] 熊猛,张艳红,叶一舵,等. 心理资本对青少年成就动机和主观幸福感的影响[J]. 现代预防医学,2017,44(10):1831-1834.  
Xiong M, Zhang YH, Ye YD, et al. Effect of psychological capital on achievement motivation and subjective well-being in Chinese adolescents [J]. Modern Preventive Medicine, 2017, 44 (10): 1831-1834.(In Chinese)

[2] 冯蓉,吴悦悦. 内隐情绪信念与大学生心理幸福感:认知重评与心理韧性的链式中介效应 [J]. 中国健康心理学杂志, 2024,32(3):433-439.  
Feng R, Wu YY. Effect of implicit beliefs about emotion on psychological well-being in college students: The chain mediating effect of cognitive reappraisal and resilience [J]. China Journal of Health Psychology, 2024, 32(3): 433-439.(In Chinese)

[3] 李永雪,张艳红,杨阳,等. 个体真实性与大学生主观幸福感的关系:正念与自我决定的链式中介作用[J]. 中国临床心理学杂志,2021,29(6):1276-1280, 1285.  
Li YX, Zhang YH, Yang Y, et al. The relationship between authenticity and subjective well-being in college students: a chain mediating effect of mindfulness and self-determination [J]. Chinese Journal of Clinical Psychology, 2021, 29 (6): 1276-1280, 1285.(In Chinese)

[4] 曹志成,王戈,张澜. 父母教养方式及主观幸福感对初中生健康危害行为影响[J]. 中国公共卫生,2019,35(12):1666-1670.  
Cao ZC, Wang G, Zhang L. Influence of parenting style and subjective well-being on health risk behaviors among Junior high school students [J]. Chinese Journal of Public Health, 2019, 35(12): 1666-1670.(In Chinese)

[5] 张艳卿. 童年创伤经历评定量表的编制[D]. 济南:山东大学, 2006.  
Zhang YQ. Development of a childhood trauma experience assessment scale[D]. Jinan: Shandong University, 2006.(In Chinese)

[6] Pierce H, Jones MS, Shoaf H, et al. Early adverse childhood experiences and positive functioning during adolescence [J]. Journal of Youth and Adolescence, 2023, 52(4): 913-930.

[7] Bellis MA, Hughes K, Jones A, et al. Childhood happiness and violence: a retrospective study of their impacts on adult well-being [J]. BMJ Open, 2013, 3(9): e003427.

[8] 张海燕,吴燕丽. 应用症状自评量表评估肿瘤病人的心理健康状况及干预措施[J]. 全科护理,2020,18(15):1875-1877.  
Zhang HY, Wu YL. Application of symptom self rating scale to evaluate the mental health status and intervention measures of cancer patients [J]. Chinese General Practice Nursing, 2020, 18 (15): 1875-1877.(In Chinese)

[9] 雷辉,朱婷,杨颜慈,等. 青少年童年期创伤与抑郁的关系:不安全依恋的纵向中介作用[J]. 中国临床心理学杂志,2024,32(1):71-75.

- Lei H, Zhu T, Yang YC, et al. The relationship between adolescent childhood trauma and depression: the longitudinal mediating role of insecure attachment [J]. *Chinese Journal of Clinical Psychology*, 2024, 32(1): 71-75. (In Chinese)
- [10] 胡满基, 黄子瑶, 张成芳, 等. 高中生人群网络成瘾与童年创伤的相关性 [J]. *同济大学学报: 医学版*, 2021, 42(3): 367-374.
- Hu MJ, Huang ZY, Zhang CF, et al. Relationship between Internet addiction and childhood trauma in Senior high school students [J]. *Journal of Tongji University (Medical Science)*, 2021, 42(3): 367-374. (In Chinese)
- [11] Kuzminskaite E, Vinkers CH, Milaneschi Y, et al. Childhood trauma and its impact on depressive and anxiety symptomatology in adulthood: A 6-year longitudinal study [J]. *Journal of Affective Disorders*, 2022, 312: 322-330.
- [12] 刘莹妍, 薛慧, 鞠振帅, 等. 健康城市参与度在成人心理健康与主观幸福感间的中介效应分析 [J]. *中国健康教育*, 2023, 39(10): 867-872.
- Liu YY, Xue H, Ju ZS, et al. Mediating role of participation in Healthy City Project on association between mental health and subjective well-being among adults [J]. *Chinese Journal of Health Education*, 2023, 39(10): 867-872. (In Chinese)
- [13] Maurer MM, Daukantaite D, Hoff E. Testing the psychometric properties of the Swedish version of the EPOCH measure of adolescent well-being [J]. *PLOS One*, 2021, 16(10): e0259191.
- [14] 赵幸福, 张亚林, 李龙飞, 等. 中文版儿童虐待问卷的信度和效度 [J]. *中国临床康复*, 2005, 9(20): 105-107.
- Zhao XF, Zhang YL, Li LF, et al. Reliability and validity of the Chinese version of childhood trauma questionnaire [J]. *Chinese Journal of Clinical Rehabilitation*, 2005, 9(20): 105-107. (In Chinese)
- [15] Jensen KHR. Gender-stratified National mental health norms of BSI-53, BSI-18, SCL-10, ADHD-9, and ADHD-6 for Denmark [J]. *Nordic Journal of Psychiatry*, 2025, 79(1): 96-102.
- [16] 祝伟, 彭才根, 刘松. 文化活动和体育锻炼对居民幸福感的影响及机制研究 [J]. *现代预防医学*, 2024, 51(14): 2605-2608, 2668.
- Zhu W, Peng CG, Liu S. A Study on the influence and mechanism of cultural activities and physical exercise on residents' well-being [J]. *Modern Preventive Medicine*, 2024, 51(14): 2605-2608, 2668. (In Chinese)
- [17] 王小凤, 燕良弼, 丁道群. 童年期不良经历对中学生良心的影响: 特质自我控制和自我损耗的链式中介作用 [J]. *心理发展与教育*, 2022, 38(4): 566-575.
- Wang XF, Yan LS, Ding DQ. The effect of adverse childhood experiences on middle school students' conscience: the chain mediating role of self-control trait and ego-depletion [J]. *Psychological Development and Education*, 2022, 38(4): 566-575. (In Chinese)
- [18] 乔东平, 谢倩雯. 中西方“儿童虐待”认识差异的逻辑根源 [J]. *江苏社会科学*, 2015(1): 25-32.
- Qiao DP, Xie QW. The logical roots of differences in perceptions of child abuse between China and the West [J]. *Jiangsu Social Sciences*, 2015(1): 25-32. (In Chinese)
- [19] Söyünmez S, Sekiöz H. Childhood traumatic experiences and happiness of nursing students: a mixed methods study [J]. *Child Maltreatment*, 2024, 29(2): 322-339.
- [20] Xie XY, Liu JF, Gong X, et al. Relationship between childhood trauma and non-suicidal Self-Injury among adolescents with depressive disorder: mediated by negative Life events and coping style [J]. *Neuropsychiatric Disease and Treatment*, 2023, 19: 2271-2281.
- [21] Petruccelli K, Davis J, Berman T. Adverse childhood experiences and associated health outcomes: A systematic review and meta-analysis [J]. *Child Abuse & Neglect*, 2019, 97: 104127.
- [22] 郑思榆, 钟思思, 陈江芸, 等. 自我效能感与焦虑在社会支持与老年慢性病患者幸福感关系中的链式中介作用 [J]. *现代预防医学*, 2024, 51(1): 105-110.
- Zheng SY, Zhong SS, Chen JY, et al. The chain mediating role of self-efficacy and anxiety in the relationship between social support and well-being of elderly patients with chronic diseases [J]. *Modern Preventive Medicine*, 2024, 51(1): 105-110. (In Chinese)
- [23] 罗香莲, 傅明宇, 邓小良, 等. 大专护生自我同情现状及其与抑郁、焦虑、压力和总体幸福感的相关性研究 [J]. *当代护士*, 2024, 31(13): 135-138.
- Luo XL, Fu MY, Deng XL, et al. A study on the current status of self-compassion among college nursing students and its correlation with depression, anxiety, stress, and overall well-being [J]. *Modern Nurse*, 2024, 31(13): 135-138. (In Chinese)
- [24] 赵洛维, 苏娟, 吴捷. 童年不良经历和保护因素对心理健康的影响 (综述) [J]. *中国健康心理学杂志*, 2023, 31(12): 1761-1768.
- Zhao LW, Su J, Wu J. Combined effect of adverse childhood experiences and protective factors on mental health [J]. *China Journal of Health Psychology*, 2023, 31(12): 1761-1768. (In Chinese)
- [25] 王桢, 李光芸, 许树才. 青少年抑郁情绪与童年心理创伤及母亲妊娠期疾病的相关性 [J]. *中国学校卫生*, 2023, 44(8): 1165-1168, 1173.
- Wang J, Li GY, Xu SC. Relationship between adolescent depressive symptoms with childhood psychological trauma and maternal pregnancy [J]. *Chinese Journal of School Health*, 2023, 44(8): 1165-1168, 1173. (In Chinese)
- [26] 王冰融. 儿童期虐待对初中生社交焦虑的影响及其内在机制 [D]. 开封: 河南大学, 2023.
- Wang BR. The impact of childhood abuse on social anxiety among junior high school students and its interai mechanisms [D]. Kaifeng: Henan University, 2023. (In Chinese)
- [27] Schulz A, Becker M, Van der Auwera S, et al. The impact of childhood trauma on depression: does resilience matter? Population-based results from the Study of Health in Pomerania [J]. *Journal of Psychosomatic Research*, 2014, 77(2): 97-103.
- [28] 张晓蕊, 王小娟, 张瑞妍. 不同反馈类型下男女认知方式对其情绪的影响 [J]. *中国健康心理学杂志*, 2014, 22(2): 270-272.
- Zhang XR, Wang XJ, Zhang RY. Impact of cognitive style of male and female college school students under different feedback types on their emotion [J]. *China Journal of Health Psychology*, 2014, 22(2): 270-272. (In Chinese)
- [29] 李森, 张双喜, 张姗姗, 等. 童年期虐待与青少年内外化问题: 独特与差别效应 [J]. *中国临床心理学杂志*, 2024, 32(2): 356-360.

- JOBA.0000007455.08539.94.
- [ 7 ] Dochnal RB, Vetró ú, Kiss E, et al. Emotion regulation among adolescents with pediatric depression as a function of anxiety comorbidity[J]. *Frontiers in Psychiatry*, 2019, 10: 722.
- [ 8 ] Law KS, Wong CS, Song LJ. The construct and criterion validity of emotional intelligence and its potential utility for management studies [J]. *The Journal of Applied Psychology*, 2004, 89(3): 483–496.
- [ 9 ] Hong JS, Kral MJ, Sterzing PR. Pathways from bullying perpetration, victimization, and bully victimization to suicidality among School-Aged youth: a review of the potential mediators and a call for further investigation [J]. *Trauma, Violence & Abuse*, 2015, 16(4): 379–390.
- [ 10 ] Chaudhry AK. 网络欺凌与自杀意念的关系:情绪智力作为中介变量[D]. 长春:东北师范大学,2021.  
Chaudhry AK. Relationship between cyber bullying victimization and suicidal ideation: Emotional intelligence as a mediator [D]. Changchun: Northeast Normal University, 2021.(In Chinese)
- [ 11 ] Koyanagi A, Oh H, Carvalho AF, et al. Bullying victimization and suicide attempt among adolescents aged 12–15 years from 48 countries [J]. *Journal of the American Academy of Child & Adolescent Psychiatry*, 2019, 58(9): 907–918.e4.
- [ 12 ] Sim J, Wright CC. Research in health care: concepts, designs and methods [EB/OL]. [2025-04-02]. <https://onlinelibrary.wiley.com/doi/abs/10.1002/pri.233>.
- [ 13 ] Osman A, Bagge CL, Gutierrez PM, et al. The suicidal behaviors Questionnaire-Revised (SBQ-R): validation with clinical and nonclinical samples[J]. *Assessment*, 2001, 8(4): 443–454.
- [ 14 ] 汪海燕,马林山,白春明. 心理应激水平在抑郁焦虑症状与自杀风险之间的中介作用 [J]. *实用预防医学*, 2023,30(7): 865–868.  
Wang HY, Ma LS, Bai CM. Mediating role of psychological stress level in the relationship between depressive and anxiety symptoms and suicide risk [J]. *Practical Preventive Medicine*, 2023, 30(7): 865–868.(In Chinese)
- [ 15 ] Brooks SJ, Krulwicz SP, Kutcher S. The kutcher adolescent depression scale:assessment of its evaluative properties over the course of an 8-week pediatric pharmacotherapy trial [J]. *Journal of Child and Adolescent Psychopharmacology*, 2003, 13(3): 337–349.
- [ 16 ] Wong CS, Law KS. The effects of leader and follower emotional intelligence on performance and attitude: An exploratory study[J]. *The Leadership Quarterly*, 2002, 13(3): 243–274.
- [ 17 ] Mcdonald RP, Ho MHR. Principles and practice in reporting structural equation analyses[J]. *Psychological Methods*, 2002, 7(1): 64–82.
- [ 18 ] Hayes AF, Rockwood NJ. Regression-based statistical mediation and moderation analysis in clinical research: Observations, recommendations, and implementation [J]. *Behaviour Research and Therapy*, 2017, 98: 39–57.
- [ 19 ] Podsakoff PM, MacKenzie SB, Lee JY, et al. Common method biases in behavioral research: a critical review of the literature and recommended remedies[J]. *The Journal of Applied Psychology*, 2003, 88(5): 879–903.
- [ 20 ] Tang WJ, Zhao JD, Lu Y, et al. Suicidality, posttraumatic stress, and depressive reactions after earthquake and maltreatment: A cross-sectional survey of a random sample of 6132 Chinese children and adolescents [J]. *Journal of Affective Disorders*, 2018, 232: 363–369.
- [ 21 ] 杨瑞希,唐程梦,张铭,等. 中国西部青少年欺凌与自杀倾向的关系:焦虑的中介作用和孤独感的调节作用[J]. *现代预防医学*, 2023,50(12):2172–2178.  
Yang RX, Tang CM, Zhang M, et al. Bullying and suicidality among adolescents in western China:the mediating role of anxiety and moderating role of loneliness[J]. *Modern Preventive Medicine*, 2023, 50(12): 2172–2178.(In Chinese)
- [ 22 ] 郝阳,乔慧芬,史晓蒙,等. 生活事件与青少年自杀风险的关系及链式中介调节机制 [J]. *中国预防医学杂志*, 2023,24(10): 1026–1032.  
Hao Y, Qiao HF, Shi XM, et al. Relationship between Life events and suicide behaviors in adolescents and the chain intermediary effects [J]. *China Preventive Medicine*, 2023, 24 (10): 1026–1032. (In Chinese)
- [ 23 ] 刘晨旭,赵献梓. 欺凌受害对初中生外化问题的影响:一项短期追踪研究[J]. *心理技术与应用*, 2024, 12(5): 273–282.  
Liu CX, Zhao XZ. The impact of bullying victimization one externalizing problems among Junior high school students:a short-term follow-up study [J]. *Psychology:Techniques and Applications*, 2024, 12(5): 273–282.(In Chinese)
- [ 24 ] Nock MK. Why do People Hurt Themselves? New Insights Into the Nature and Functions of Self-Injury [J]. *Current Directions in Psychological Science*, 2009, 18(2): 78–83.
- [ 25 ] 黄春梅. 情绪调节策略对抑郁障碍青少年非自杀性自伤行为及睡眠的影响[J]. *世界睡眠医学杂志*, 2024, 11(3): 493–495.  
Huang CM. Analysis of the impact of emotional regulation strategies on non-suicidal self-injury behavior and sleep in adolescents with depressive disorders [J]. *World Journal of Sleep Medicine*, 2024, 11 (3): 493–495.(In Chinese)
- [ 26 ] Ng ED, Chua JYX, Shorey S. The effectiveness of educational interventions on traditional bullying and cyberbullying among adolescents: a systematic review and Meta-Analysis [J]. *Trauma, Violence & Abuse*, 2022, 23(1): 132–151.

收稿日期:2024-11-18

(上接第 1599 页)

- Li S, Zhang SX, Zhang SS, et al. Childhood maltreatment and internalizing and externalizing problems among adolescents: unique and differential effects [J]. *Chinese Journal of Clinical Psychology*, 2024, 32(2): 356–360.(In Chinese)
- [ 30 ] 田奔奔,孙焱. 体育专业大学生核心自我评价冗思倾向在歧视知觉与焦虑情绪关系间的纵向作用 [J]. *中国学校卫生*, 2024, 45(5): 674–678.  
Tian BB, Sun Y. Core self-evaluations and redundant thinking among physical education college students: the longitudinal effects of perceived discrimination on anxiety [J]. *Chinese Journal of School Health*, 2024, 45(5): 674–678.(In Chinese)

收稿日期:2024-10-19