

Current status of research on the psychological status and nursing countermeasures of patients with chronic hepatitis B combined with depression

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Abstract: The number of patients with chronic hepatitis B in China is still on the increase. We review the factors affecting depression, methods for early prevention and detection of depression, psychological interventions for treating depression, depression in special populations, and the application of Chinese medicine to depression in patients with chronic hepatitis B. We provide guidance for improving patient compliance, prognosis, quality of life, and the promotion and application of psychological interventions in chronic hepatitis B patients. It provides guidance for improving patient compliance, prognosis, quality of life, and the promotion and application of psychological interventions in clinical settings.

1. Introduction

Hepatitis B, referred to as hepatitis B, is a common infectious disease caused by hepatitis B virus transmitted through blood and body fluids, and there is still no effective treatment^[1], which is also one of the common infectious diseases in China. And chronic hepatitis B has a close relationship with the incidence of liver sclerosis and liver cancer, easy to become chronic, poor treatment, low cure rate and high death rate. Chronic hepatitis B not only brings huge economic losses to patients and society, but for the patients themselves, it greatly aggravates their low self-esteem, irritability, anxiety, depression, etc.^[2]. Enhancing psychological care for hepatitis B patients is of great significance to improve the cure rate, prevent complications and improve the quality of life of patients.

2. Current status of research on depression in combination with chronic hepatitis B

Current domestic and international surveys on the mental health of chronic liver disease groups show that patients with viral liver disease, non-alcoholic fatty liver disease, cirrhosis, and liver cancer all have relatively different degrees of depression, anxiety, and other mood disorders. The number of hepatitis B patients in China is huge, accounting for 1/3 of all hepatitis B patients worldwide. 93 million people are chronic hepatitis B virus carriers, of whom about 20 million are symptomatic chronic hepatitis B patients requiring treatment^[3]. There are many factors that can

contribute to the depressive situation of hepatitis B patients, such as recurrent disease, long disease cycle, high body consumption, relatively high cost, and not easily curable characteristics. Zheng Xiaoxing et al.^[4] analyzed the mental health status of 384 patients using a questionnaire and found that the degree of depression was related to family income, family history of liver disease, the patient's years of illness and antiviral treatment. Wang Haofei et al.^[5] 66 patients with chronic hepatitis B were evaluated and found that patients with chronic hepatitis B were more likely to suffer from depression and anxiety than the general population, where depressive symptoms were correlated to some extent with neuroticism and psychoticism in the patient's personality. Vu et al.^[6] conducted a cross-sectional study of 298 patients with chronic hepatitis B. The results showed that 37.5% of patients had depressive symptoms and most patients had only mild depressive symptoms (31.4%), and according to multivariate Logistics regression analysis, high age, low income, and unemployment living with a spouse were positively associated with depression level^[7]. In the correlation test for chronic hepatitis B comorbid depressive disorder, gender was negatively correlated with depression ($r=-0.384$, $P<0.01$), and female patients were more likely to have comorbid depressive disorder compared to male patients^[8]. Depression in special populations and current situation Due to the large number of patients in the gestational age of hepatitis B virus infection in China, the mental health status of patients before and after the perinatal period has gradually become a hot topic of concern, and the maternal survival status has a direct impact on the growth and development of the newborn. According to studies, the psychological state of patients in the gestational age is influenced by several factors. In a study by Zhao Wei et al.^[9] the postpartum psychosexual status of women with hepatitis B and the factors influencing it were found to be significantly worse than that of normal women with hepatitis B. The factors influencing the postpartum psychosexual status were mostly related to the status of the newborn, the psychological status of the spouse, and the disease awareness.

3. Factors influencing the depressive state of patients with chronic hepatitis B

Many factors influence depressive disorders in patients with hepatitis B, including social, environmental, and psychological factors. The mechanism for the occurrence of the disorder in hepatitis B patients is not clear. The mechanism of depression generation is also complex and is the result of a combination of factors. Yuan Ji^[10] Social support, as a mediator of psychosocial stimuli, has a protective role in maintaining a good experience of personal emotions in patients. However, in real life, due to the lack of knowledge about hepatitis B, many people still cannot treat hepatitis B patients correctly, discriminate and prejudice against them in their daily work and life, show excessive tension in daily life contact, and a part of patients who need to take care of their family members often repeatedly seek medical treatment for fear of infecting their family members, creating a serious sense of guilt inside, thus promoting depression and anxiety in patients with slow hepatitis B The occurrence of depression and anxiety disorders in patients with chronic hepatitis B. A univariate analysis of depression in patients with hepatitis B by Shao Wing et al.^[11] found that the longer the duration of hepatitis B and the more abnormal the liver function, the higher the incidence of depression. Chronic hepatitis B patients are characterized by recurrent disease, long disease cycle, high infectiousness, and high consumption of their own body, and the treatment cost of chronic hepatitis B patients is relatively higher than that of other diseases, and chronic hepatitis B is not easily cured. Long-term recurrent illnesses cause patients' confidence in the success of treatment to drop, and they are in the midst of long-term anxiety, disappointment and worry, thus causing a serious psychological burden and a more pronounced tendency to suffer from depression. Related studies have also shown^[12] that there is a positive correlation between hepatitis B cirrhosis Child-Pugh liver function grade and depression and anxiety scores, etc. Thus, it can be seen that the

mechanism of depression in patients with chronic hepatitis B is influenced by a number of factors that act together.

4. Application of psychological intervention in patients with chronic hepatitis B

The disease affects the patient's psychological activity, which in turn plays a positive or negative role in the development and regression of the disease. Aktuğ DN^[13] et al. conducted an investigation and analysis of 444 hepatitis B patients applying the Hamilton Depression and Hamilton Anxiety Scales, and the results showed that most chronic hepatitis B patients had psychological problems of varying degrees and directly affected their prognosis. Sharif F^[14] et al. used a controlled group to conduct an intervention study on 110 hepatitis B patients, and the results showed that the quality of life and prognosis of hepatitis B patients could be improved through psychological intervention. With the transformation of medical model and the continuous development and progress of society, the importance of psychological treatment has been increasingly recognized. Due to the special nature of hepatitis B disease, society mostly adopts discriminatory attitudes toward hepatitis patients, which leads to patients' long-term difficulties in interpersonal relationships with discriminatory attitudes. So that patients often have anxiety, fear, depression, loss, loneliness, low self-esteem, in this regard in the nursing work should be active, active and patients to establish a good interpersonal relationship. The nurse should think differently, understand the patient's feelings, try to let him/her vent and talk with tolerance, forgiveness and sympathy, and then give guidance after he/she is calm, explain patiently, help the patient analyze his/her condition and prognosis, eliminate his/her anxiety and other negative emotions in time, make the patient maintain a relaxed, peaceful and happy psychological state, let the patient understand the disease correctly, face it calmly and build up confidence to overcome it. Thus, we can avoid psychological depression and depression caused by the disease in work, study and life.

5. Application of Chinese medicine in the treatment of hepatitis B combined with depression

According to Chinese medicine, the internal cause of chronic hepatitis B is "deficiency of positive energy", and the external cause is "invasion of evil toxins". The disease is complex and difficult to cure, and the etiology, location and nature of the disease change from time to time, often involving the liver, gallbladder, stomach, spleen and the three jiao organs. The disease is often related to emotion, labor and rest, diet, and external sensation, and the main focus should be to support the righteousness and eliminate the evil, and adjust the relationship between qi and blood, yin and yang, and the internal organs. A study by Shi Wen et al.^[15] found that auricular pressure pill therapy improved depression and lowered transaminases in patients with chronic hepatitis B. It was found that the use of auricular pressure pill therapy had significant advantages in treating and improving the symptoms of patients with hepatitis B. The side effects were less than those of Western medical therapies such as the use of antiviral medication, and the use of this therapy increased communication between the doctor and the patient, improved the doctor-patient relationship, and further eases the patient's level of worry about the disease, and the patient is more confident in facing the disease head-on, thus improving conditions such as mild depression in hepatitis B patients. The auricular pressure pill therapy is simple and non-invasive, making the patient's cooperation high and therefore worthy of clinical promotion. To some extent, auricular acupressure can also improve sleep quality, and improved sleep quality can reduce depression and anxiety in patients^[16]. Bai Zeng-Hua et al.^[17], on the other hand, used Qing Huang Bing Liver Ointment acupunctured point application to analyze depression in patients with hepatitis B. The locations of Zhimen, Riyue, Zhongdu, and Diji (liver area, bilateral) were selected for application. The results showed that this method is quick, convenient, and has high patient compliance, and has

therapeutic value for chronic hepatitis B patients with moderate depression, which can improve their quality of life and facilitate recovery from the disease.

6. Promotion of Chinese medicine nurturing exercises in depressed patients with hepatitis B combined

Based on the theory of Chinese medicine and the movements of birds and animals, Hua Tuo created a set of five-animal play that can achieve Chinese Medicine Guiding Technique for the purpose of strengthening the body. Among them, the five animals of deer, ape, bear, bird and tiger belong to the five elements of wood, fire, earth, gold and water, and should be in the five hides of liver, heart, spleen, lung and kidney. The main one is the regulation of the five hides. By practicing the Five Animal Play, the internal organs of the human body can be regulated.^[18] According to the preliminary observation: practicing the Five Animal Play of Hua Tuo can effectively exercise the internal organs and enhance their functions. On the one hand, Hua Tuo's Five Animal Play stimulates the meridians through the movement of the limbs and indirectly affects the internal organs; on the other hand, Hua Tuo's Five Animal Play requires imitation of the five birds and has a good effect of cultivating the body and nourishing the mind^[19]. According to modern medical research, Hua Tuo's Five Animal Play can not only regulate lung capacity and improve human physique, but also has a significant effect of nourishing the heart and invigorating the mind, which can effectively improve insomnia, anxiety and depression.

The Eight Duan Jin is a traditional gongfu method in China, with a long history, and is a treasure of traditional Chinese culture. It is said in "Suwen-Paralysis" that "if the tendons are paralyzed, they will feel evil again, and they will be surrendered to the liver", and through gongfu exercises, strengthening the "tendons" can prevent external evil from entering the liver, and prevent evil from being surrendered to the tendons and transmitted to the liver and other internal organs. As stated in "The Spiritual Pivot- The Organ Chapter", "If the will and the mind are in harmony, the spirit will be straight, the soul will not be dispersed, regret and anger will not be raised, and the five organs will not be subject to evil", through fitness qigong can cultivate the body and nourish the mind, regulate the physiological and psychological state of the human body, and achieve the purpose of preventing diseases. Its slow and gentle movements can play a role in regulating the internal organs, meridians and blood, and is suitable for the rehabilitation of chronic hepatitis B patients who are weak and have poor exercise endurance. The results of the study showed^[20-21] that the observation group used Ba Duan Jin combined with conventional rehabilitation therapy could significantly reduce SDS and SAS scores and improve SF-36 scores in patients with hepatitis B cirrhosis at the stage of loss of generation, indicating that Ba Duan Jin fitness exercises could effectively relieve patients' anxiety, depression and other adverse psychological states, improve patients' quality of life and facilitate disease recovery. The Eight Duan Jin exercises, which combine physical activity, breathing exercise and psychological regulation, can effectively improve the psychological status and quality of life of patients with hepatitis B cirrhosis in the decompensated stage, and can be promoted and applied in clinical practice.

7. Discussion

In summary: the number of hepatitis B patients in China is huge, and the mental health level of chronic hepatitis B patients differs from that of the general population, which is a high-risk group more prone to depression, anxiety and mental disorders than the general population. It is suggested that it is urgent to popularize mental health education to prevent and reduce the occurrence of psycho-psychiatric disorders in patients with hepatitis B. In summary, it is shown that psychological interventions can significantly improve depression and anxiety in patients with chronic hepatitis B,

enhance patient compliance with treatment, and improve patient motivation. The reason may be due to the fact that psychological interventions can make patients with chronic hepatitis B apply more positive behavioral and cognitive coping styles, reduce the negative emotions of patients with chronic hepatitis B, actively and positively cooperate with treatment as well as improve their lifestyles and lifestyle patterns. It can help patients to maintain an optimistic and positive attitude towards life, to understand their disease correctly, to face the disease calmly, and to establish confidence in overcoming the disease. At the same time, after reasonable psychological interventions, it can change patients' misconceptions, establish a full sense of trust in medical and nursing staff, and actively cooperate with doctors' treatment, thus improving patients' compliance with antiviral treatment and further enhancing patients' treatment outcome. At the same time, psychological intervention can also mobilize patients' subjective initiative, eliminate psychosocial tension stimuli, maintain the stability of the internal environment, improve the immunity of the body, better control the disease and improve the efficacy of antiviral therapy. Nurses should think differently, and it is necessary to strengthen health education and psychological counseling for patients' anxiety and depression in their daily work. Chinese medicine has obvious advantages in the treatment of hepatitis B combined with depression in auricular acupressure pills, Qing Huang Bing liver ointment acupressure, etc. and the characteristics of simple operation, non-invasive and high patient cooperation are worth promoting in clinical practice. Chinese medicine exercises (Five Animal Play, Eight Duan Jin, etc.) can effectively relieve patients' anxiety and depression and improve their quality of life.

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