

# 都市情緒病

顧國雄  
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# 情緒病病發率

## Prevalence of common mental disorders (CMD)

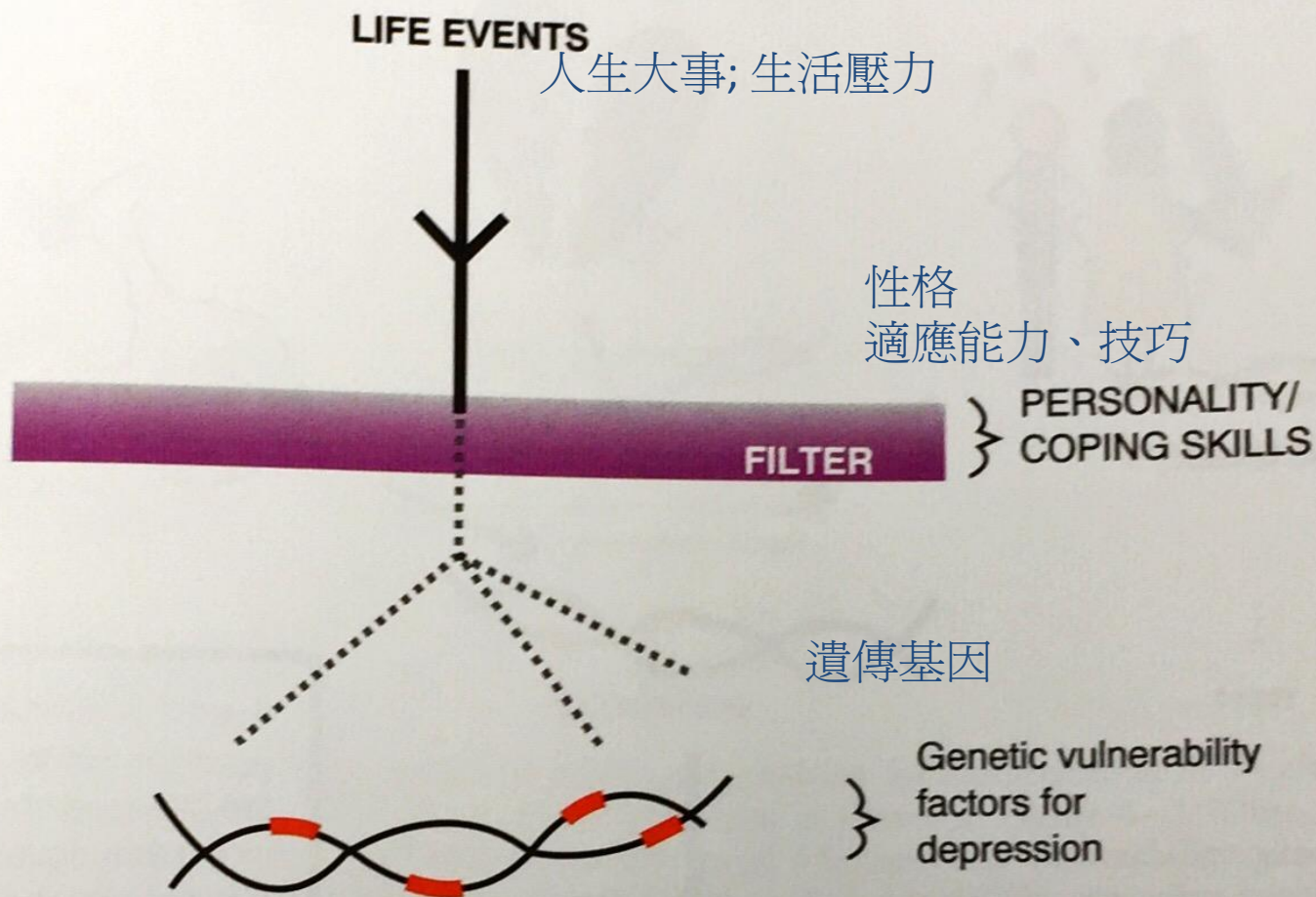
- Weight prevalence %, past-week

性別	Any CMD	Dep Ep	GAD	MADD	OAD
男	9.38	2.2	2.99	4.72	1.00
女	16.94	3.54	5.36	8.97	1.89

### Hong Kong Mental Morbidity Survey (HKMMS), Feb 2015

- ICD-10 diagnoses:
- Dep Ep – depressive episode; 抑鬱症
- GAD – generalized anxiety disorder; 焦慮症
- MADD – mixed anxiety and depressive disorder; 混合焦慮抑鬱症
- OAD – other anxiety disorder; 其他

# 情緒病的成因



# Holmes and Rahe stress scale

1. Death of a spouse (喪偶): 100
  2. Divorce (離婚): 73
  3. Marital separation(分居): 65
  4. Imprisonment (入獄): 63
  5. Death of a close family member (近親死亡): 63
  6. Personal injury or illness(受傷或疾病): 53
  7. Marriage(結婚): 50
  8. Dismissal from work(失業): 47
  9. Marital reconciliation(婚姻和解): 45
  10. Retirement(退休): 45
- A score of 300 or higher puts a person at risk of illness. 150-299 shows a moderate risk of illness and a score of less than 150 predicts only a slight risk of illness.

MINOR STRESSORS

輕度壓力



(DNA with predisposition for schizophrenia -- highly biologically determined)



精神分裂症

SCHIZOPHRENIA

MODERATE STRESSORS

中度壓力



(DNA with predisposition for depression -- moderately biologically determined)



抑鬱症

DEPRESSION

MAJOR STRESSORS

嚴重壓力



("normal" DNA)

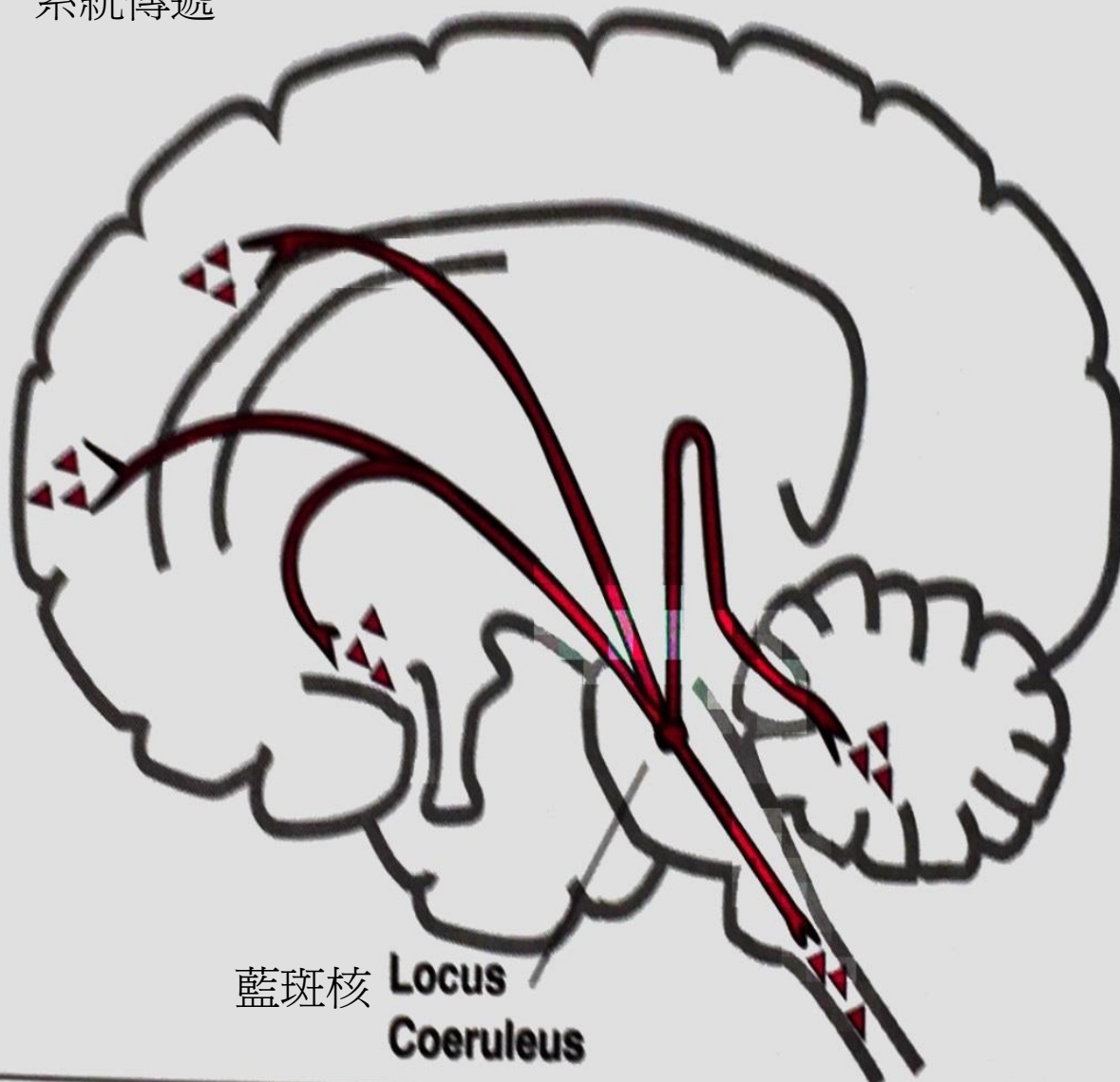


創傷壓力症候

PTSD

腎上線素神經  
系統傳遞

## Norepinephrine Pathways





血清素神經系統傳遞

Serotonin Pathways

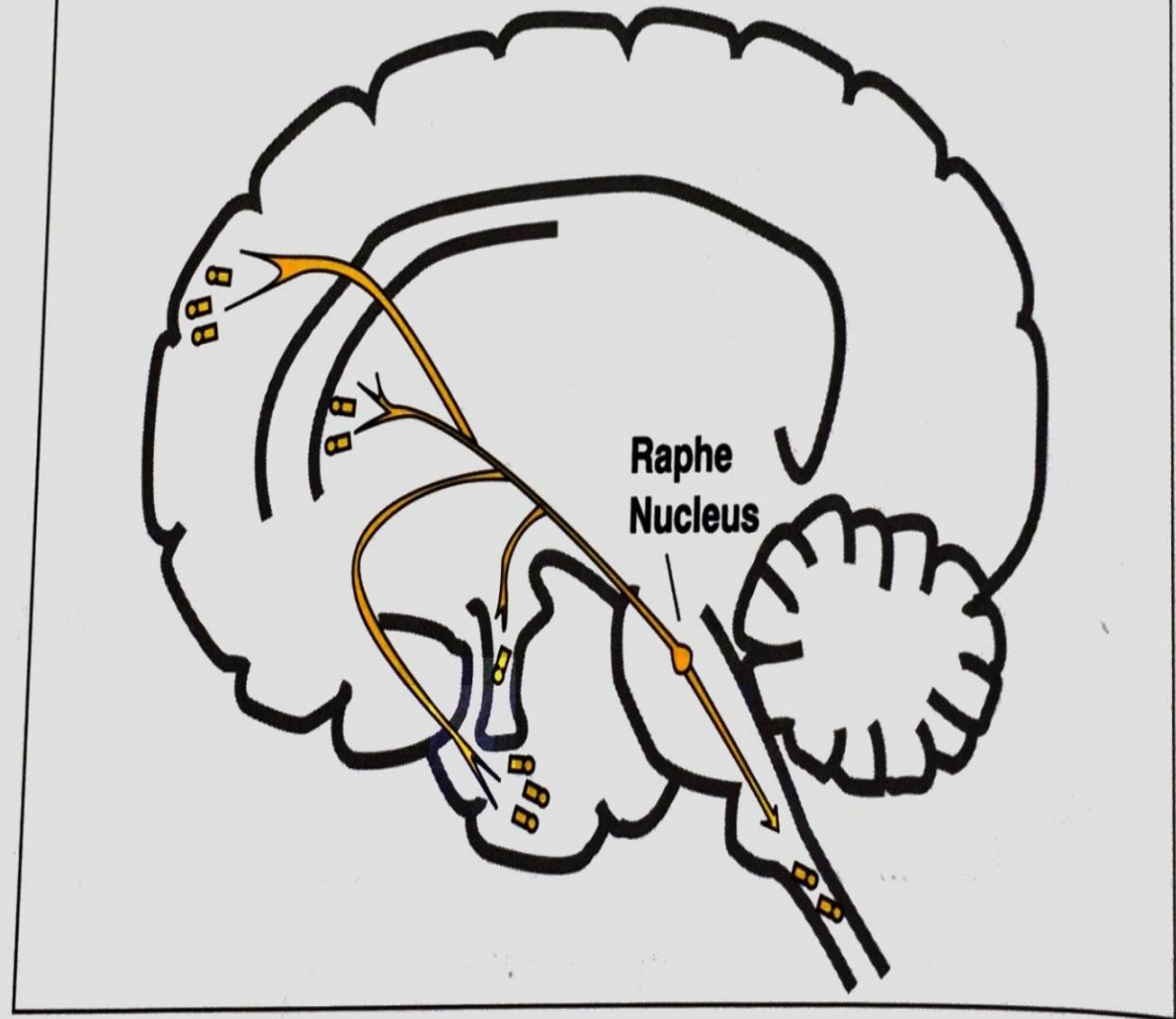
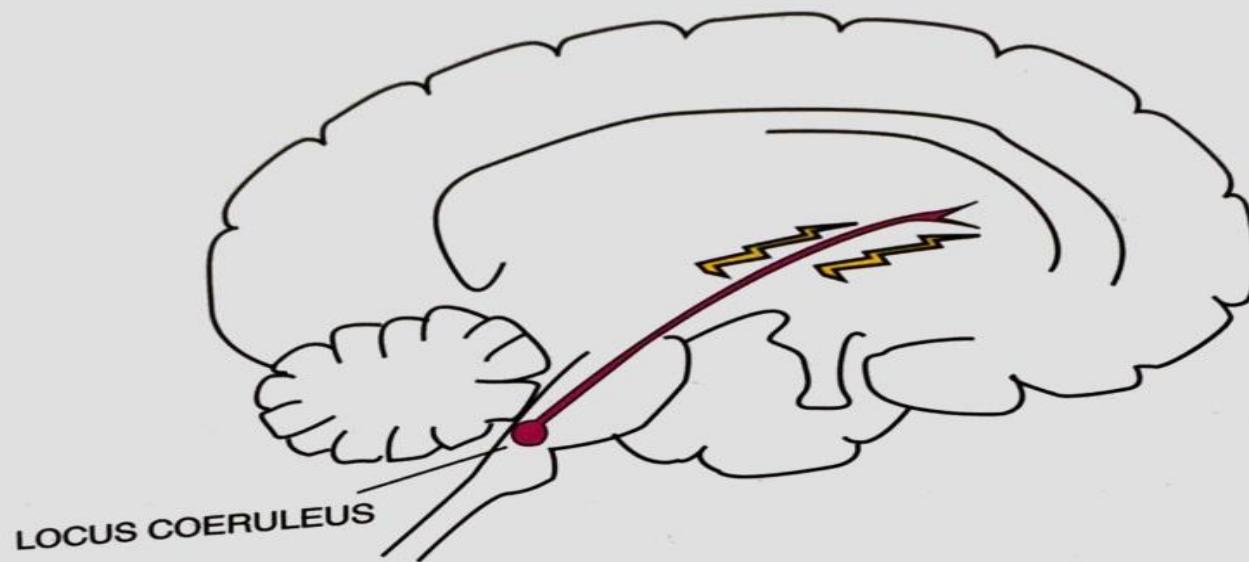


FIGURE 5-51. The headquarters for the cell bodies of serotonergic neurons is in the brainstem area called the raphe nucleus.



焦躁、焦  
慮、緊張



anxiety



tachycardia



dilated pupils



tremor



sweating



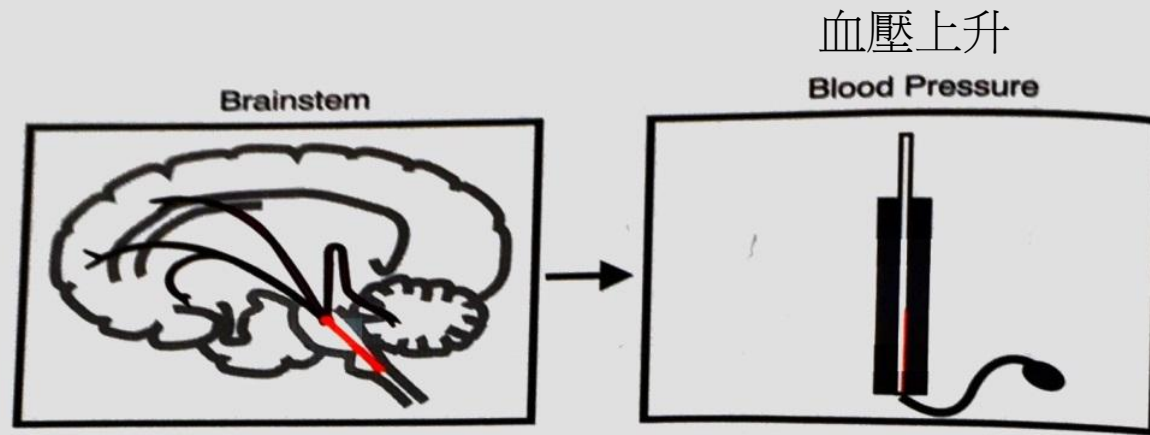


FIGURE 5–28. Brainstem norepinephrine in cardiovascular centers controls blood pressure.

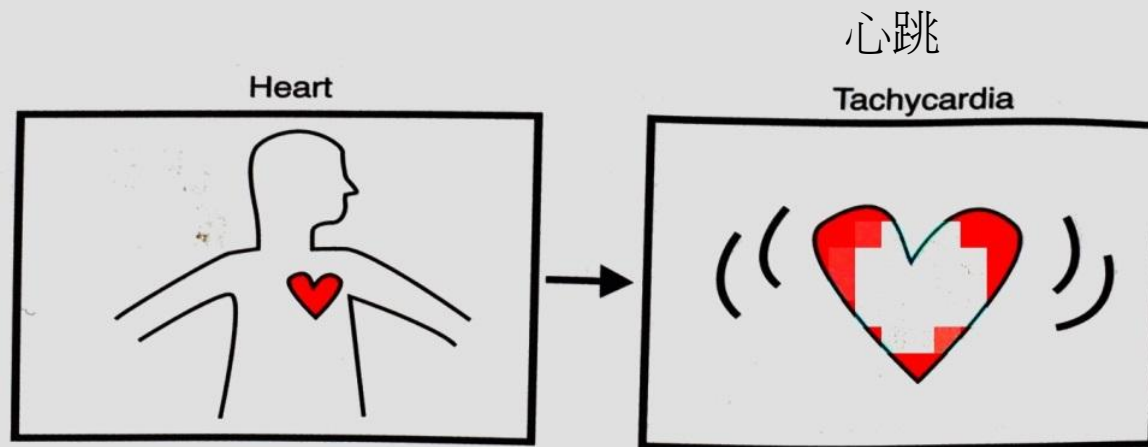


FIGURE 5–29. Noradrenergic innervation of the heart via sympathetic neurons leaving the spinal cord regulates cardiovascular function, including heart rate, via beta 1 receptors.

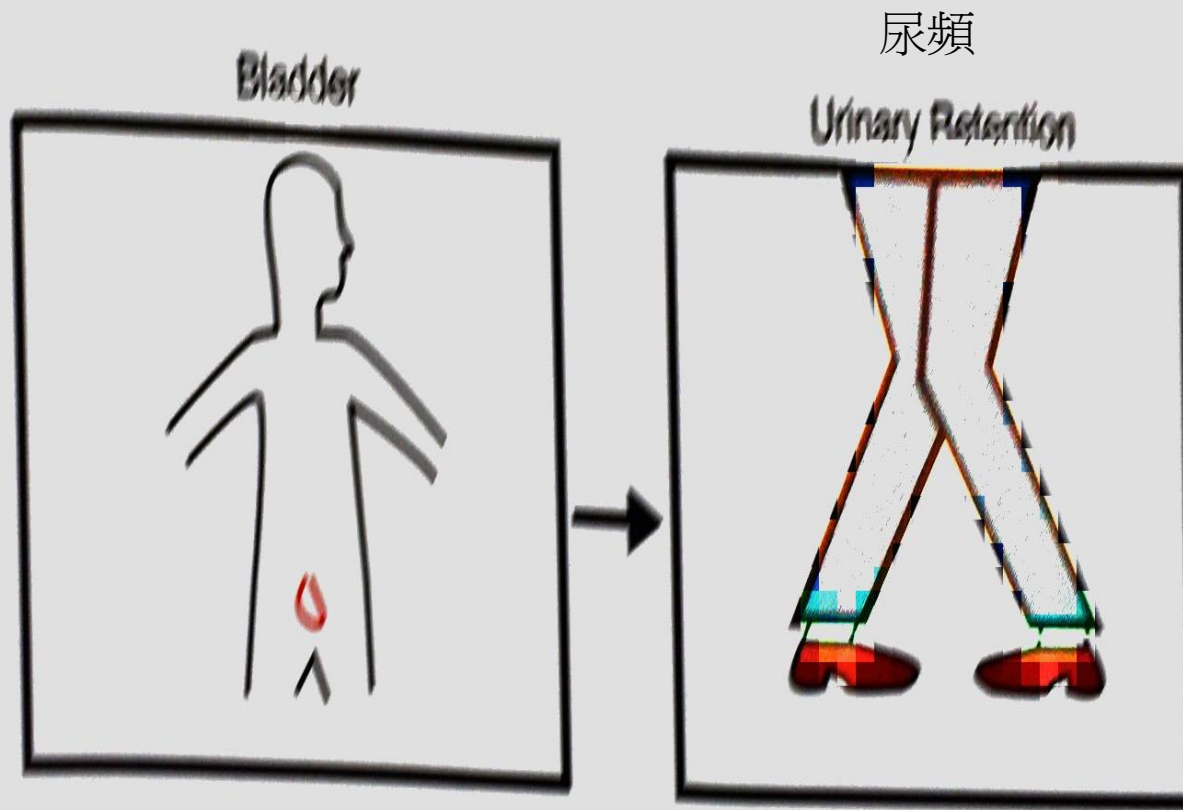


FIGURE 5-30. Noradrenergic innervation of the urinary tract via sympathetic neurons leaving the spinal cord regulates bladder emptying via alpha 1 receptors.

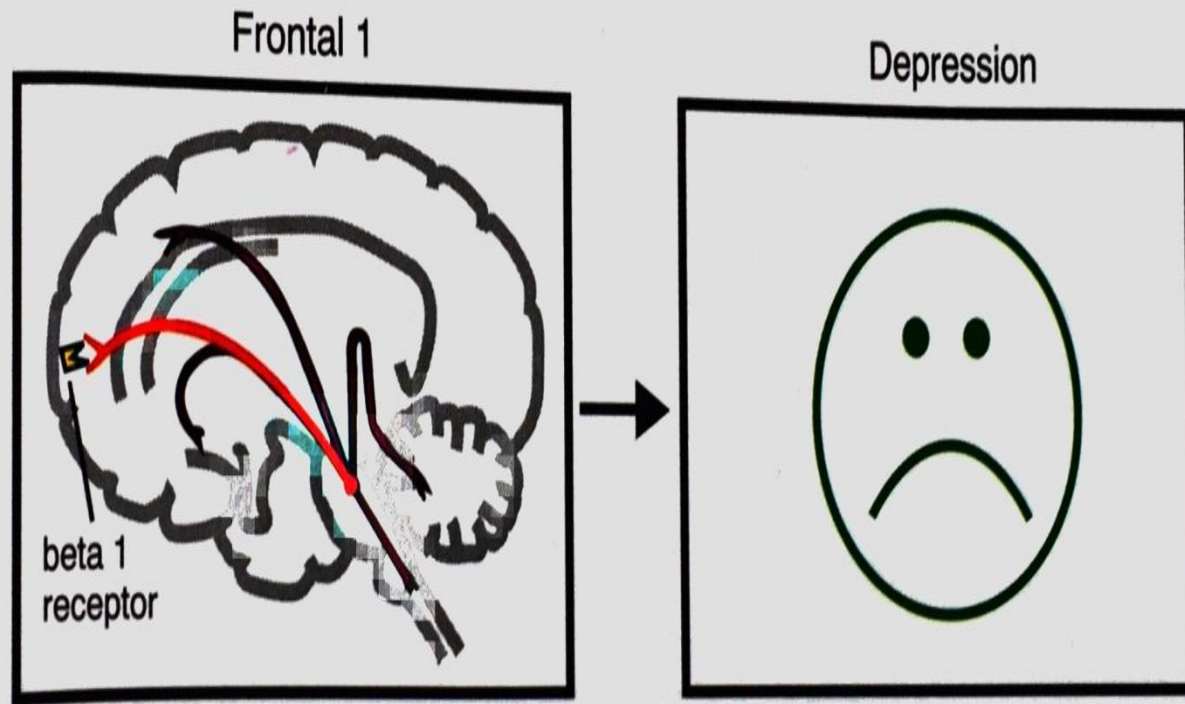


FIGURE 5–24. Some noradrenergic projections from the locus coeruleus to frontal cortex are thought to be responsible for the regulatory actions of norepinephrine on mood. Beta 1 postsynaptic receptors may be important in transducing noradrenergic signals regulating mood in postsynaptic targets.

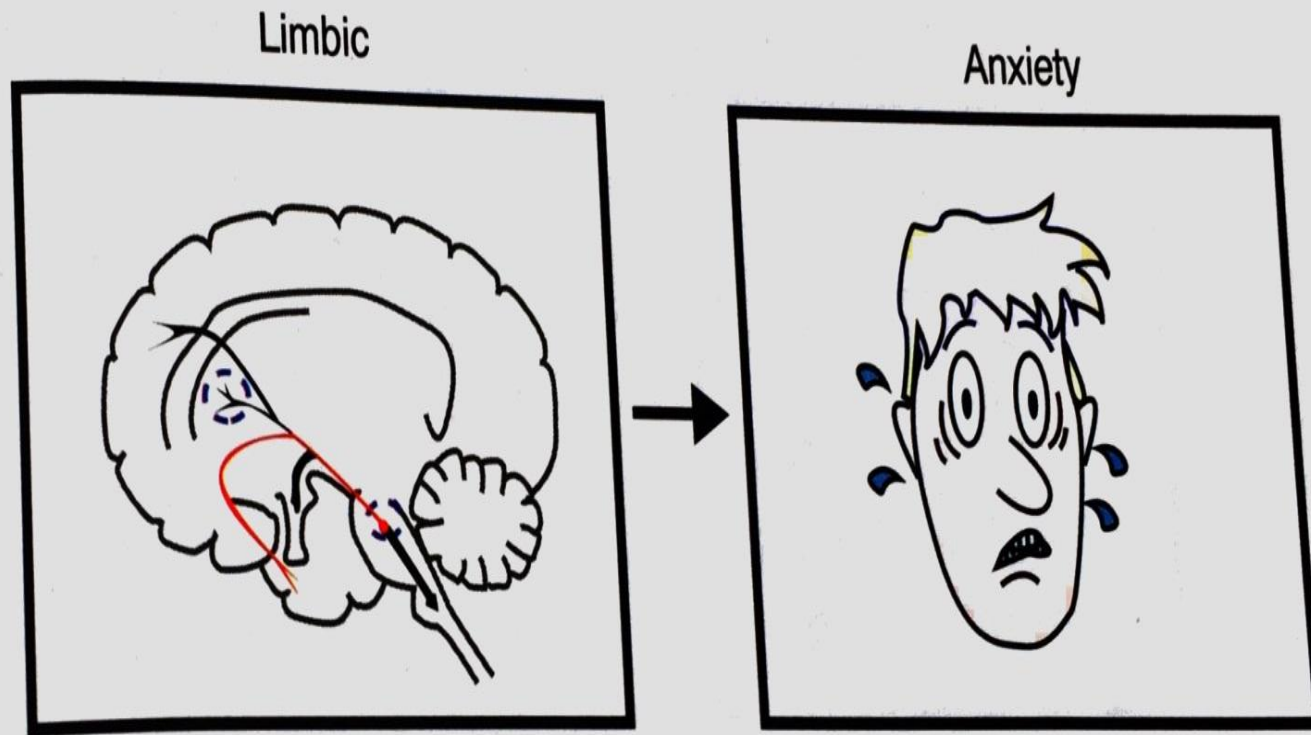


FIGURE 5-54. Serotonergic projections from raphe to limbic areas may be involved in anxiety and panic.

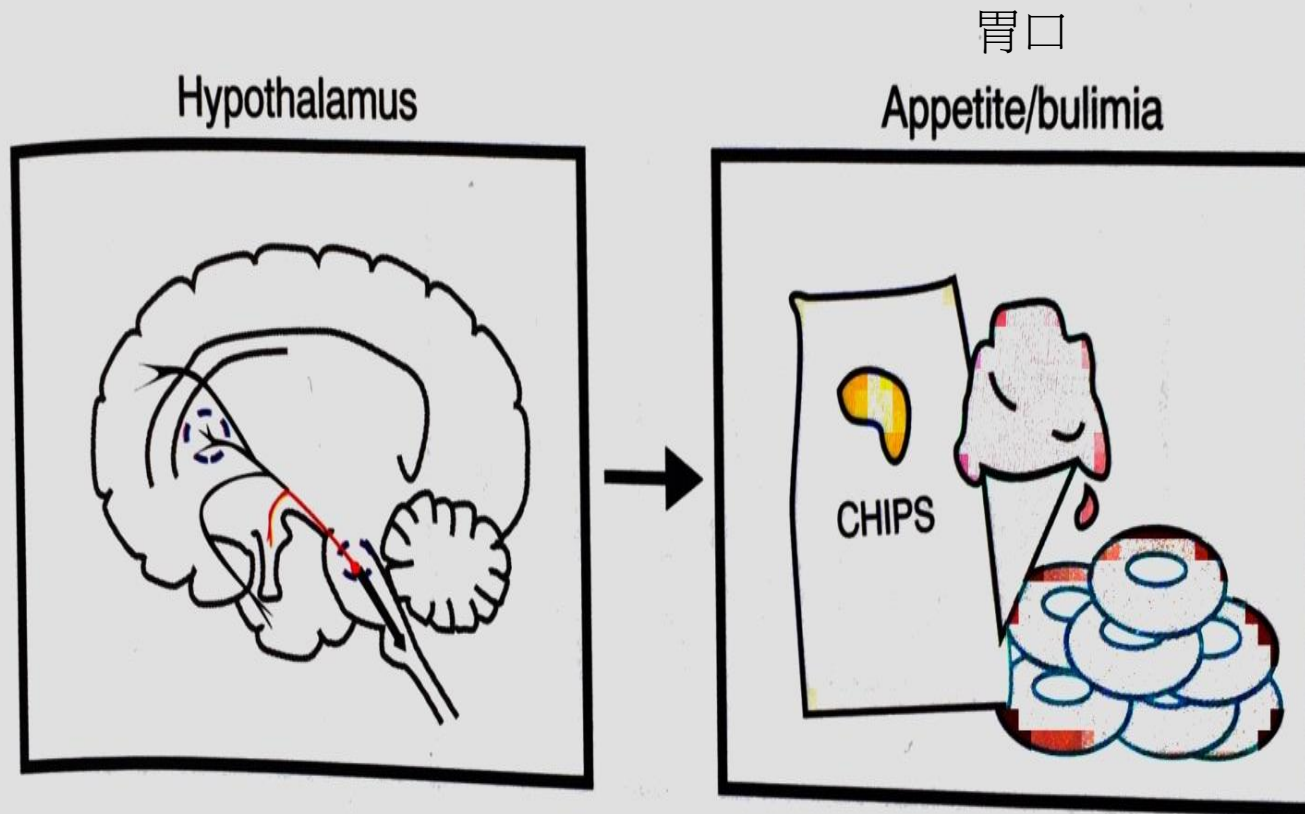


FIGURE 5-55. Serotonergic projections to the hypothalamus may regulate appetite and eating behavior.

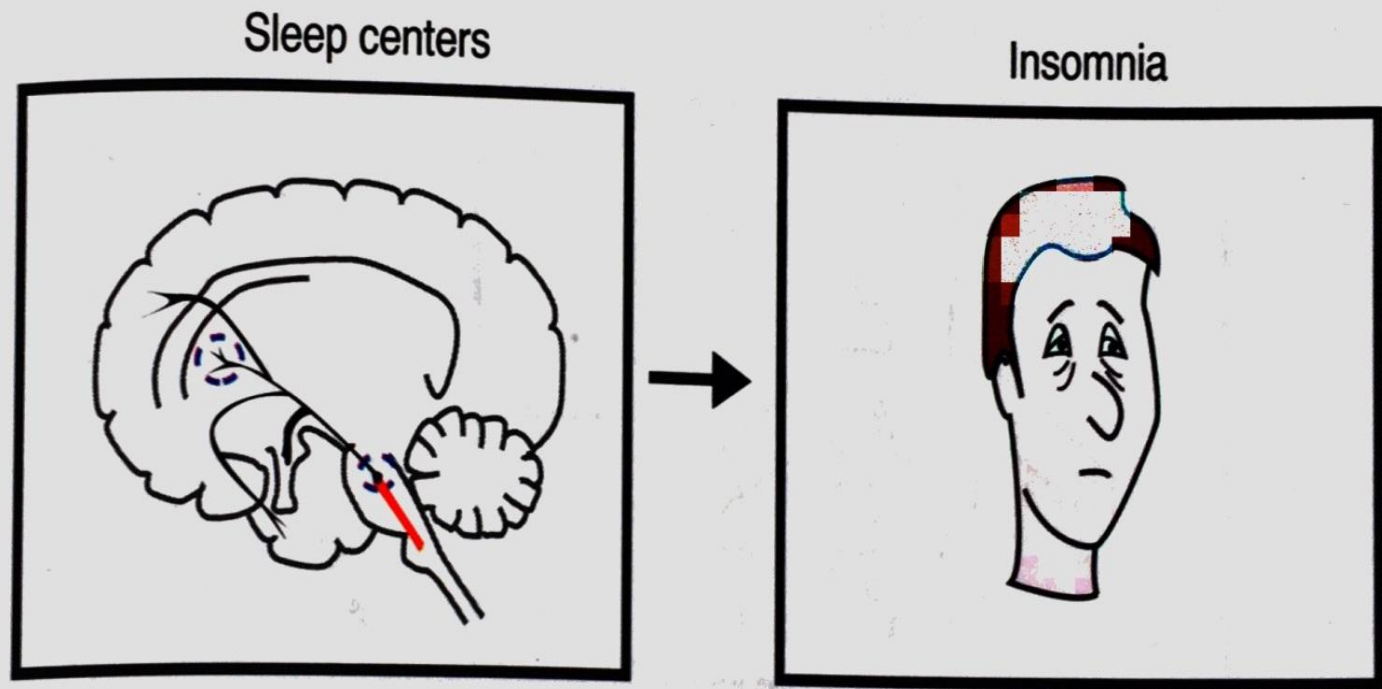
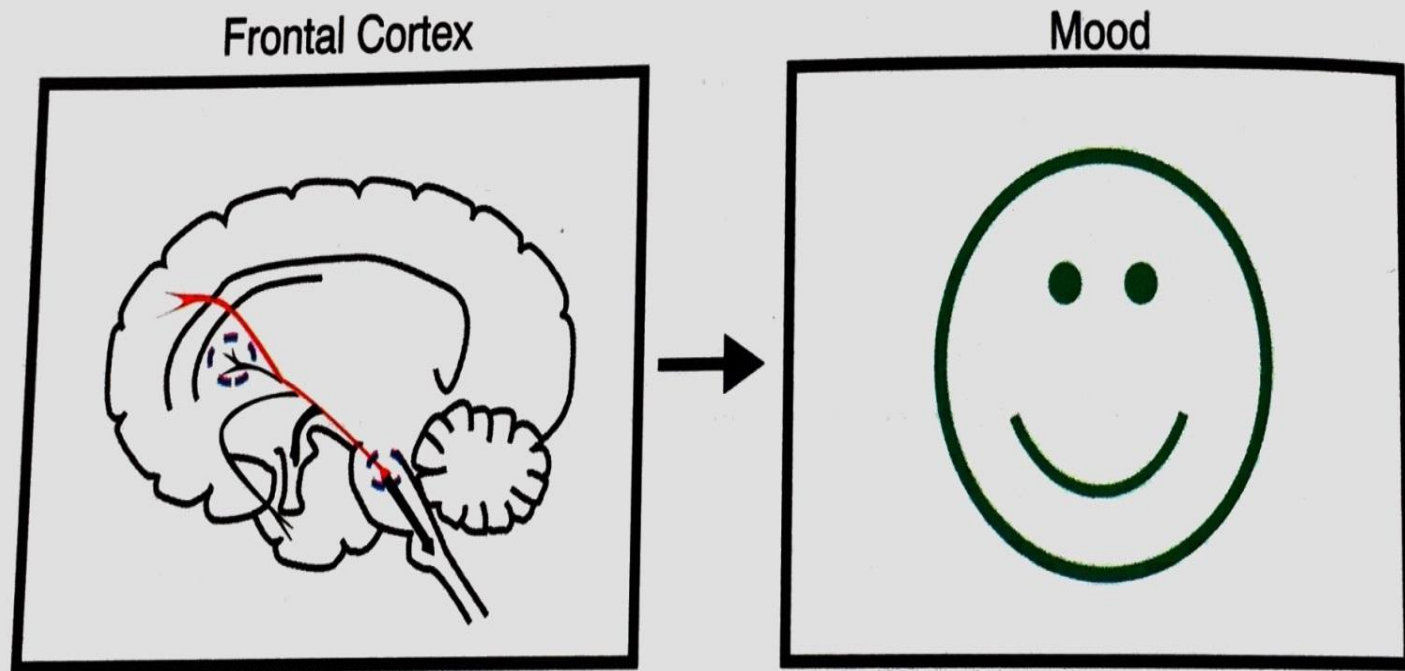


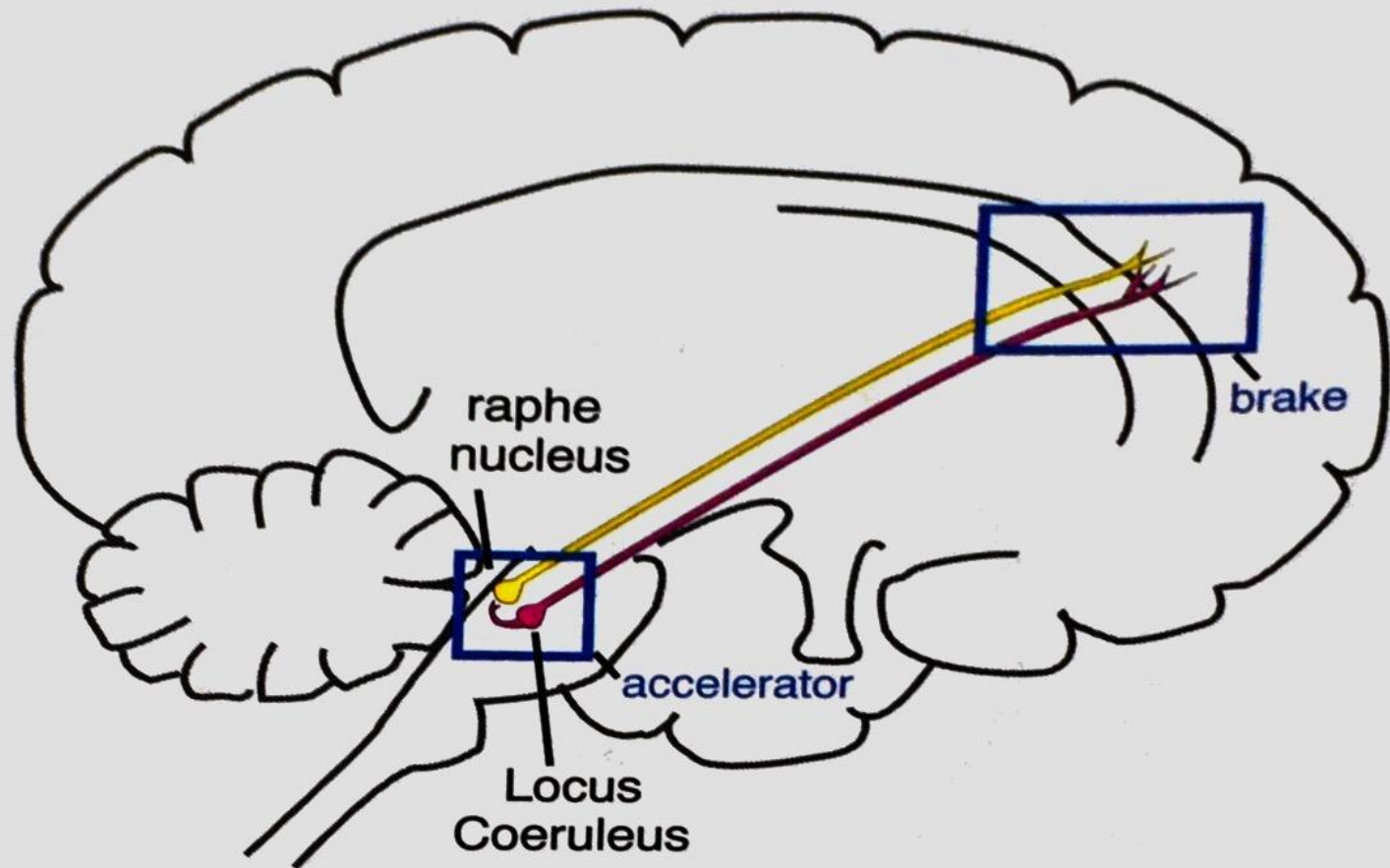
FIGURE 5-56. Serotonergic neurons in brainstem sleep centers regulate sleep, especially slow-wave sleep.



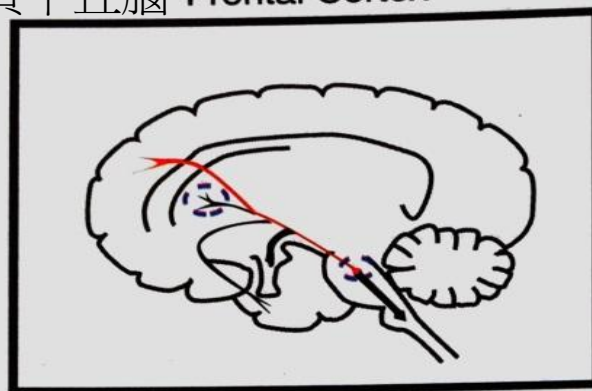


**FIGURE 5–52.** Serotonergic projections from raphe to frontal cortex may be important for regulating mood.

# NE-5HT Interactions



腦前額頁下丘腦 Frontal Cortex

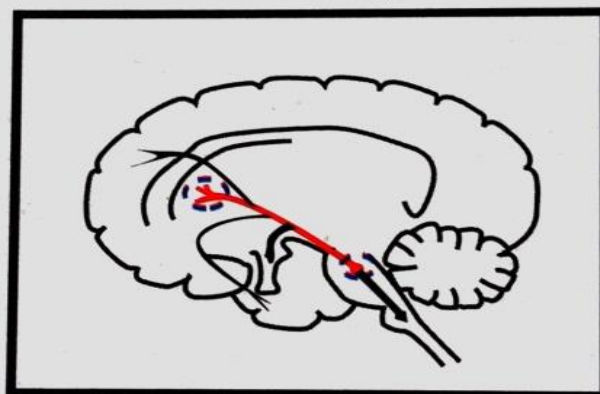


Mood



FIGURE 5–52. Serotonergic projections from raphe to frontal cortex may be important for regulating mood.

基底核 Basal Ganglia



靜坐不能/焦慮  
Akathisia/Agitation

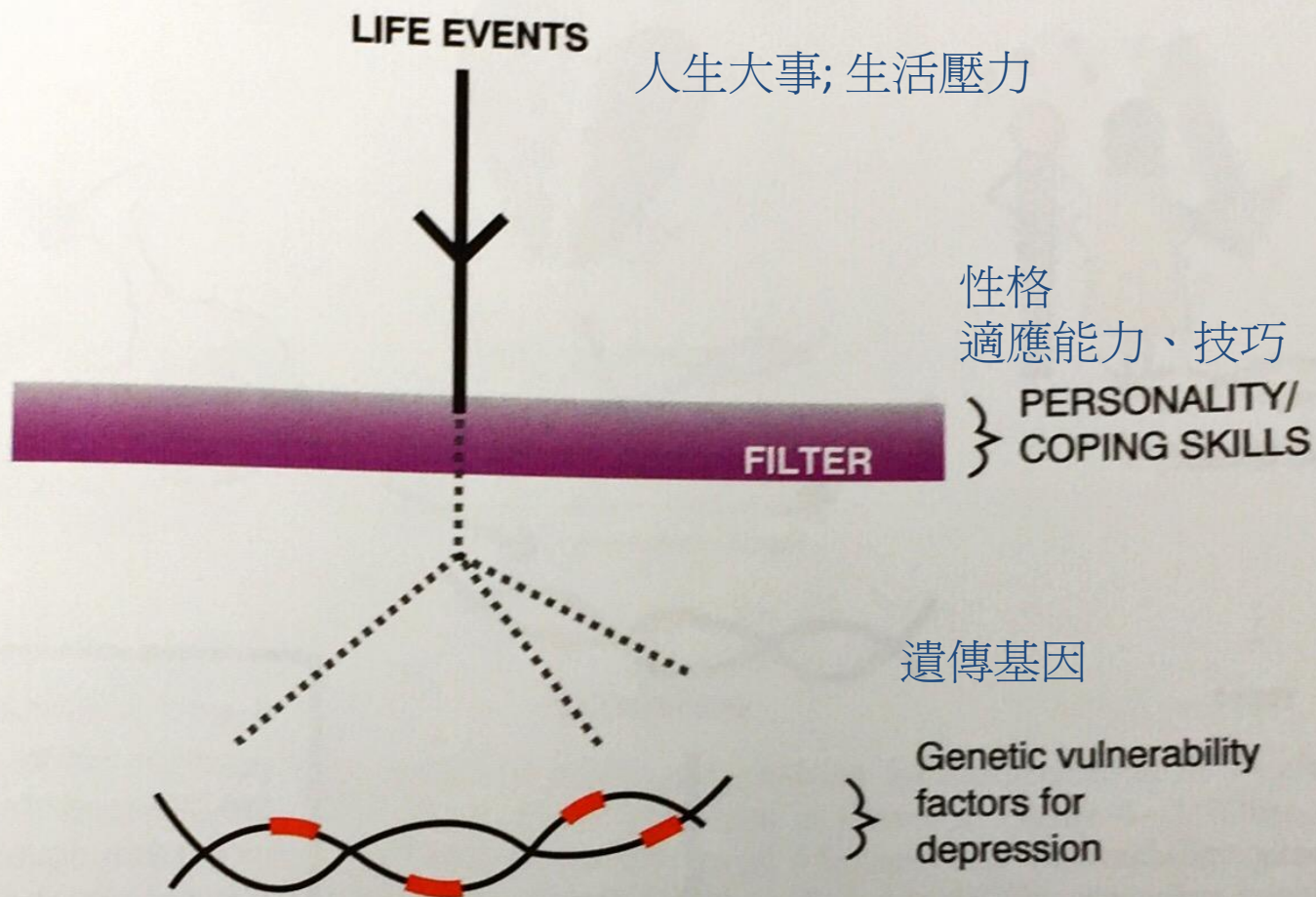


強迫症  
OCD



FIGURE 5–53. Serotonergic projections from raphe to basal ganglia may help control movements as well as obsessions and compulsions.

# 情緒病的成因



# • 問與答