



医学英语讲座系列

了解自己的心理健康状况

如何谈论自己的心理健康状况？

Li Yin 2024.12.5

Funded by the
Government of Canada's
New Horizons for Seniors Program



Canada

老年人的心理健康状况



了解老年人的心理 健康状况：常见心理问题

Knowing your mental health conditions

身体症状、心理症状与情感变化

Body sensations, psychological symptoms, and mood swings

有哪些需要注意的风险因素？

Risk Factors for Mental Health Issues in Seniors

寻求支持与获得心理健康服务

Seeking support from mental health programs and services

了解老年人的心理健康状况

KNOWING YOUR MENTAL HEALTH CONDITIONS

老年人可能有的心理健康问题：

Common Mental Health Issues in Senior Population:

1. Depression 抑郁症
2. Anxiety 焦虑症
3. Cognitive Decline and Dementia 认知减退及失智症
4. Loneliness and Social Isolation 孤独与社交隔离
5. Post-Traumatic Stress Disorder (PTSD) 创伤后压力症候群 (PTSD)
6. Sleep Disorders 睡眠障碍
7. Bipolar Disorder 双相情感障碍
8. Substance Abuse 物质滥用
9. Adjustment Disorders 适应不良
10. Grief and Bereavement 悲痛与哀伤

了解老年人的心理健康状况

KNOWING YOUR MENTAL HEALTH CONDITIONS

Depression 抑郁症

- the most common mental health conditions
- 老年人中最常见的心理困扰
- stem from factors like isolation, chronic illness, loss of loved ones, or the challenges of aging
- 源于下列因素:隔离、慢病、失去所爱、衰老的挑战等等
- Symptoms include persistent sadness, fatigue, loss of interest in activities, sleep patterns, and feelings of hopelessness
- 症状包括持续的悲伤感、疲倦、对活动失去兴趣、食欲或睡眠习惯改变、感觉无助

Watch a video



了解老年人的心理健康状况

KNOWING YOUR MENTAL HEALTH CONDITIONS

Anxiety 焦虑症

- Anxiety disorders, such as generalized anxiety disorder (GAD), panic disorder, and social anxiety, can affect older adults.
- 焦虑症如广泛性焦虑、惊恐发作、社交焦虑可能影响老年群体
- Aging-related stress, financial concerns, or health problems can trigger these conditions
- 与衰老相关的压力、经济压力、健康问题会引发焦虑
- Common symptoms include excessive worry, restlessness, physical symptoms (like sweating or heart palpitations), and difficulty concentrating.
- 常见症状包括过分担忧、不安、身体症状包括出汗或心跳过速、难以集中精力



感到蕉绿
Green Banana

Cognitive Decline and Dementia

认知减退及失智症

- Cognitive decline, such as forgetfulness or confusion, is common with aging.
- 随着年龄的增长，认知能力下降，如健忘或困惑，是常见的现象
- **Alzheimer's disease** and other forms of **dementia** are more serious and lead to significant memory and cognitive impairments
- 阿尔茨海默病和其他类型的痴呆症等病症更加严重，会导致显著的记忆和认知障碍
Symptoms include memory loss, difficulty completing familiar tasks, language problems, and disorientation.
- 症状包括记忆丧失、完成熟悉任务的困难、语言问题和定向障碍。

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KNOWING YOUR MENTAL HEALTH CONDITIONS

Post-Traumatic Stress Disorder (PTSD)

- PTSD can affect older adults, especially those who have experienced traumatic events in their earlier life (such as war veterans, survivors of abuse, or natural disasters).
- 创伤后压力症候群（PTSD）可以影响老年人，特别是那些在早年经历过创伤事件的人（如战争老兵、虐待幸存者或自然灾害的幸存者）。
- Symptoms include flashbacks, nightmares, emotional numbness, and irritability.
- 症状包括闪回、噩梦、情感麻木和易怒。

Sleep Disorders 睡眠障碍

- Many seniors experience sleep problems such as insomnia, sleep apnea, or restless leg syndrome.
- 许多老年人会遇到睡眠问题，如失眠、睡眠呼吸暂停或不安腿综合症。
- Poor sleep can contribute to mood disorders like depression or anxiety and affect cognitive function.
- 睡眠质量差可能导致情绪障碍，如抑郁或焦虑，并影响认知功能。

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KNOWING YOUR MENTAL HEALTH CONDITIONS

Substance Abuse 物质滥用

- Some seniors may turn to alcohol or medication (prescribed or otherwise) to cope with the challenges of aging.
- 一些老年人可能会依赖酒精或药物（无论是处方药还是其他药物）来应对衰老带来的挑战。
- Substance abuse can worsen other health conditions, including depression, and increase the risk of accidents or falls.
- 药物滥用可能加重其他健康问题，包括抑郁症，并增加事故或跌倒的风险。

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KNOWING YOUR MENTAL HEALTH CONDITIONS

Adjustment Disorders 适应不良

- The life transitions that come with aging, such as retirement, moving to a care facility, or the death of a spouse, can lead to difficulty adjusting.
- 随着衰老而出现的人生过渡，如退休、搬到护理机构或配偶去世，可能导致适应困难。
- This can cause symptoms such as sadness, anxiety, and difficulty coping with change.
- 这可能引发悲伤、焦虑和应对变化的困难等症状。

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KNOWING YOUR MENTAL HEALTH CONDITIONS

Grief and Bereavement 悲痛与哀伤

- Grieving the loss of a spouse, family member, or friend is common in later years, and for some, it may lead to complicated or prolonged grief, which can affect overall mental health.
- 在晚年，失去配偶、家庭成员或朋友是常见的现象，对于一些人来说，这可能导致复杂或长期的悲伤，这会影响整体的心理健康。

老年人的心理健康的风险因素

RISK FACTORS FOR MENTAL HEALTH ISSUES IN SENIORS

Chronic illnesses (heart disease, diabetes, arthritis)

Medications that have mental health side effects

Lack of social support or connections

Major life changes or stressors

Physical disabilities or frailty

A history of mental health issues

慢性疾病（心脏病、糖尿病、关节炎）

具有心理健康副作用的药物

缺乏社会支持或联系

重大生活变化或压力源 (观看小视频)

身体残疾或虚弱

有心理健康问题的历史

为老年人寻求心理健康项目的支持

SEEKING SUPPORT FROM PROGRAMS AND SERVICES

- Regular mental health screenings
- Encouragement of physical activity and healthy eating
- Social engagement through activities or support groups
- Counseling or therapy (e.g., cognitive-behavioral therapy, support groups)
- Medication management for conditions like depression, anxiety, or dementia

- 定期进行心理健康筛查
- 鼓励进行身体活动和健康饮食
- 通过活动或支持小组促进社会交往
- 提供咨询或治疗（如认知行为疗法、支持小组）
- 为抑郁症、焦虑症或痴呆症等病症进行药物管理

心理健康对于老年人的整体福祉至关重要，早期干预可以改善生活质量，减少这些问题的影响。

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

DESCRIBE IN USE SIMPLE PHRASES

My head hurts/stomach hurts (我头痛或胃痛)

I have trouble breathing/sleeping." (我呼吸困难或我睡不着觉)

"I am tired all the time." (我一直很疲倦)

I am worried a lot; I am anxious (我忧心重重; 我焦虑)

I am feeling down (我情绪低落)

my mood swings (我的情绪时好好坏)

I am sad (我悲伤)

I cried a lot (经常流泪)

I feel upset (我难过或不安)

I feel useless (我感觉自己没有用)

I feel hopeless (我感到绝望)

与医生交谈的要点

KEY POINTS FOR TALKING TO YOUR DOCTOR

描述频率持续时间及程度 (FREQUENCY DURATION & SCALING)

描述症状的频率 (Describe frequency):

使用简单的词汇，。

Never (从不) Sometimes (有时), Often (经常), Always (总是) 来描述症状

描述症状持续的时间 (Describe duration):

"for a few days" (几天), "for a week" (一周), "for a month" (一个月) 说明症状持续时间

“I haven't slept well for a week.” (我睡眠不好有一周了)

- “I've been feeling down for a month.” (我一个月都觉得情绪低落)
- “I have felt sad for 3 months” (我这三个月感觉悲伤)

描述程度的问题 (scaling question) 从1到10的评分问题， 有多痛？有多难受？ From 1 to 10

描述痛苦程度： From 1 to 10, how painful is it?

描述焦虑程度： From 1 to 10, how worried have you been on average?

鸣谢：参考第3讲:如何与您的医生交谈

与医生分享什么信息？

KEY POINTS FOR TALKING TO YOUR DOCTOR

- **睡眠问题 (SLEEP ISSUES):**

- 是否存在失眠、难以入睡或夜间频繁醒来，以及这些问题如何影响日常生活？
insomnia, difficulty falling asleep, or wake up frequently at night, and how these issues affect daily life.

- **情绪问题 (EMOTIONAL CONCERNS):**

- 是否感到情绪低落、焦虑或失去对日常活动的兴趣？
- Whether they feel down, anxious, or have lost interest in daily activities.
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KEY POINTS FOR TALKING TO YOUR DOCTOR

睡眠问题 (SLEEP ISSUES)

失眠、难以入睡 (INSOMNIA, DIFFICULTY FALLING ASLEEP, STAYING ASLEEP OR WAKING UP):
睡眠影响日常生活 (SLEEP AFFECTING DAILY LIFE):

医生 (DOCTOR): "您最近的睡眠情况怎么样？晚上能睡好吗？"
"How has your sleep been recently? Are you sleeping well at night?"

患者 (PATIENT): "最近我很难入睡，醒来后也睡不着，经常半夜醒好几次。"
"I've been having trouble falling asleep lately, and once I wake up, I can't fall back asleep. I wake up several times during the night."

医生 (DOCTOR): "您白天感到疲倦吗？这些睡眠问题有没有影响您的日常生活？"
"Are you sleepy during the day? Have these sleep problems affected your daily life?"

患者 (PATIENT): "是的，我白天经常觉得困，感觉没精神做事情。"
"Yes, I often feel sleepy during the day and lack the energy to do things."

医生 (DOCTOR): "我们可以一起讨论如何改善您的睡眠，可能会通过调整日常作息或者用药来帮助您。"
"We can discuss ways to improve your sleep, which may include adjusting your daily routine or using medication to help."

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KEY POINTS FOR TALKING TO YOUR DOCTOR

情绪问题 (EMOTIONAL CONCERNS)

- 情绪低落、焦虑、易怒、烦躁 (FEELING DOWN OR ANXIOUS, IRRITABLE OR RESTLESS):
兴趣减少 (LOSS OF INTEREST):

- 医生 (DOCTOR): "您最近的情绪怎么样？有没有觉得情绪低落或焦虑？"
"How have you been feeling recently? Have you been feeling down or anxious?"

患者 (PATIENT): "我最近情绪不太好，总觉得心情很低落，对很多事情都没有兴趣。"
"I haven't been feeling great lately. I've been feeling down and haven't had much interest in doing things."

医生 (DOCTOR): "这些情绪问题持续多久了？有没有影响您的睡眠或日常活动？"
"How long have these feelings been going on? Have they affected your sleep or daily activities?"

患者 (PATIENT): "差不多有几个月了。我白天经常感到很疲倦，也没有什么动力去做事情。"
"It's been going on for a few months. I often feel very tired during the day and have no motivation to do anything."

医生 (DOCTOR): "我建议我们一起考虑一些方案，比如心理支持或调整生活习惯，来帮助您改善情绪。"
"I recommend we explore some options, such as emotional support or adjusting your lifestyle habits, to help improve your mood."

鸣谢：参考第3讲:如何与您的医生交谈

SEEKING SUPPORT FROM YOUR DOCTOR

向医生求助

请教

What can I do to feel better?

服药的好处与副作用

What are the benefits taking medications? And side effects?

要求转介

Asking for a referral to Psychiatrist (精神科医生)

Asking for a referral to programs and services for counselling

政府资助的心理健康社区项目

记得寻求咨询或相关服务及复诊

When shall I come back for a follow up?

Where could I find counselling service? If I can't, what is the alternatives?

询问是否需要服药?

Do I need to take medications for insomnia?
我失眠需要服药吗?

今天的作业 (TODAY'S HOMEWORK)

练习心理健康主题的场景对话 (Practice for today)

1、过去的1个月，你失去了最好的朋友，加上自己患高血压多年，所以经常感觉悲伤、生活无望、夜晚难以入睡，经常在梦中醒来，梦见去世的亲朋；随之，食欲减退、也变得不爱出门、不想接触外人，经常坐在家中发呆。请把这些症状描述给你的同伴（医生）听

2、最近3个月，你经常感觉胃不舒服、胃胀气、胃痛、头痛，同时，还伴有手心出汗、有时心慌到喘气困难。经常无缘无故地担忧自己的身体健康及家人的安全，有时会失眠，经常心情烦躁、坐立不安。家庭医生做了各种检查，生理指标正常；医生转介你到精神科医生处。请跟专科医生描述你的症状。

练习时，可以修改内容，置换内容，拓展，或者采用全新的内容

During practice, you can modify, replace, expand, or use entirely new content.

THANK YOU



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