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100080北京市海淀区

知春路6号锦秋国际21层

中国全科医学杂志社

100053北京市西城区广义街5号

广益大厦A座907

学术顾问

John Murtagh (澳大利亚)

主 编

杨 辉

编 辑

中国全科医学杂志编辑委员会

电话: 010-63052088

0310-2067118

<http://www.chinagp.net>

E-mail: zgqkx@chinagp.net.cn

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投稿 / 查询

目 次 CONTENTS

述 评 Editorial

基于地理分级标准的偏远地区卫生人力资源优化: 澳大利亚改良版蒙纳士模型 及其对我国的启示

Enhancing Access to Health Workers in Remote Areas Using the Modified Monash Model:

Australia's Experience and Implications for China 干颖滢, 王书平, 吴晓凡, 闫丽娜 3843

四国全科医生薪酬制度对比研究

Comparative Study of Payment Systems for General Practitioners in Four Countries

..... 赵敏捷, 毛阿燕, 王坤, 孟月莉, 严晓玲, 邱五七 3850

论 著 Artical

• 认知障碍专题研究 • *Focus on Cognitive Impairment*

基于步态的机器学习模型识别遗忘型轻度认知障碍和阿尔茨海默病

Machine Learning-based Gait Analysis for Recognition of Amnesic Mild Cognitive Impairment

and Alzheimer's Disease 陶帅, 韩星, 孔丽文, 汪祖民, 谢海群 3857

简版CSI-D与MMSE在我国中老年人痴呆筛查中的应用效果比较研究

Comparison of the Brief CSI-D and MMSE Scales in Screening for Dementia in Middle-aged

and Elderly Chinese People 魏霞霞, 郝志梅, 陈玲, 汪凤兰, 景丽伟, 邢凤梅 3866

语言认知评估系统用于语言认知障碍评估的可行性分析

Feasibility Analysis of the Computer-aided Language Assessment System in Measuring

Cognitive-linguistic Impairment ... 周钰, 李刚卫, 李弯月, 陈艳, 凌卫新, 单莎瑞, 陈卓铭, 尚亚茹 3872

住院共病老年人发生认知衰弱的影响因素及其对预后的影响

Risk Factors of Cognitive Frailty in Hospitalized Older Patients with Comorbidities and Its Implication

for Patient Outcomes 严雪丹, 陈善萍, 周莉华, 王凌霄, 杨永学, 任燕 3877

• 人群健康研究 • *Focus on Population Health*

我国45岁及以上中老年人睡眠时间与跌倒的关系研究

The Relationship between Sleeping Time and Falls in Middle-aged and Elderly Residents over 45 Years in China

..... 何向阳, 刘峥, 徐英, 马艳, 赵仁成, 孙盼盼, 郭艳芳 3884

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累积生态风险对农村留守、非留守青少年健康生活方式的纵向影响：

未来时间洞察力的中介作用

Mediator Role of Future Time Perspective in the Longitudinal Effects of Cumulative Ecological Risk

on Healthy Lifestyle of Left-behind and Non-left-behind Adolescents in Rural Areas

..... 靳明，及化娟，李亚辰，张腾宇，苏璐璐 3891

父母及教师对学龄前儿童行为问题评估的一致性及差异研究

Consistency and Discrepancy between Parents- and Teachers-assessed Behavioral Problems in Preschoolers

..... 王丽，王念蓉，涂明淑，陈群，叶媛，李代琴，何欢蓉，张丽 3899

慢性病共病患者服药依从性潜在类别及其影响因素分析

Latent Class Analysis and Influencing Factors of Medication Adherence in Multiple Chronic Conditions Patients

..... 张振香，何福培，张春慧，林蓓蓓，平智广，郭惠娟 3904

基于零膨胀及其相关模型的宁夏南部山区居民年住院次数影响因素研究

Factors Influencing the Annual Number of Hospitalizations in Mountain Residents from Southern Ningxia:

an Analysis Based on Zero-inflation Concept and Zero-inflated Models

..... 高保锺，虎昭言，王文龙，乔慧 3914

◆一切为了人民健康——我们这十年

· 主动健康专题研究 · *Focus on Proactive Health*

我国主动健康的实施现状及对各责任主体实施策略的建议

Proactive Care in China: Implementation Status and Recommendation Strategies for

Various Undertaking Bodies 张倩倩，金花，史晓晓，于德华 3923

基于社区卫生服务机构的主动健康实施策略

Implementation Strategies of Community-based Proactive Care Management 黎婉钰，金花，于德华 3928

主动健康视角下健康素养测评工具的研究现状及其对我国的启示

Research Status of Health Literacy Assessment Tools from the Perspective of Active Health

and Its Enlightenment to China 付强强，金花，李丽，马瑜，于德华 3933

大肠癌初筛阳性人群健康素养对肠镜检查依从性的影响研究

Effect of Health Literacy on Colonoscopy Screening Compliance in an At-risk Population Identified

by the First Colorectal Cancer Screening 穆再排尔·穆合塔尔，金花，于德华 3944

中国全科医生对工作场所患者源暴力的感知、心理资本与职业认同的关系研究

Relationships between Perceived Workplace Violence by Patients, Psychological Capital,

and Professional Identity among General Practitioners in China

..... 余旻毅, 冯晶, 郑艳玲, 雷子辉, 申鑫, 李欣妍, 屈歌, 甘勇 3949

基于洋葱模型的社区全科医生岗位胜任力评价指标体系构建研究

Development of the Onion Model-based Competency Assessment System for Community General Practitioners

..... 连国华, 陈亮, 张向杰, 张辰, 程菊 3955

综 述 Review

突发公共卫生事件中社区应急准备能力评价研究进展

Recent Developments in Capacity Evaluation of Community Emergency Preparedness and Response

for Public Health Emergencies 魏吉利, 白文辉, 卢颖, 李佳克, 张红梅 3960

亲密伴侣暴力评估工具的研究进展

Research Progress on Assessment Tools of Intimate Partner Violence 杨双, 胡爱萍, 向明芳 3965

中国全科医学的十一月

——关注男人健康

健康研究和服务多以妇女、儿童和老年人为重点人群,但男人并非健康的强者,相反,男人有明显和明确的健康脆弱性。用词为“男人”,而非“男性”,是因为本文探讨的话题不仅限于“性”,更在于“人”。

男人健康的“弱势”首先表现在生命的长度和质量。大多数国家男人的自我健康状况评估为“很好/非常好”,但统计数据却与其自我评价不一致。与历史数据相比,男人的寿命更长、健康状况更好了;但与女人相比,其寿命仍然偏低。2022年,男、女的世界平均出生期望寿命分别为71、75岁,中国内地分别为75、79岁。

男人的疾病负担与女人不同,其致死/致残的四大问题为癌症、心血管疾病、精神疾病、物质使用障碍。在欧洲和发达国家,约85%男人的死亡归因为非传染性疾病和意外损伤。70%的意外/受伤受害者是男人,心血管疾病主要伤残人群是男人。在澳大利亚的全科诊所,每2位男患者就有1位患慢性病。

男人的心理和精神健康状况与女人不同。女人的内化障碍和自杀风险较高,而男人的外化障碍发生率较高,且有更高的自杀成功率和神经发育障碍率。约10%的男人在过去1年发生了严重/非常严重的心理问题。

男人的性健康问题包括性行为困难和性传播疾病。针对中国男人性行为困难的研究较少。澳大利亚的研究表明,男人在过去1年中至少经历过1次性行为困难,排在前三位为早泄、对性行为缺乏兴趣、难以达到性高潮。性行为困难是心血管疾病的危险因素。

男人健康问题应该被提升到国家战略层面,“中国男人健康的国家策略和重点领域”是一项值得期待的研究。社区全科医生是男人健康问题的第一线医学专业人员。关注男人健康并非开辟全科医学的“冷门”,而是审视曾经“视而不见”的问题。WHO建议男人通过定期体检、减少酒精摄入、戒烟、保持健康饮食、积极锻炼身体来促进自身健康,这需要在社区得到实操。社区全科医生应探索创新做法,寻找科学证据证明其有效性,并将其与当地文化/社会认知匹配。本刊关注男性人群健康问题,包括慢性病、心理健康、性和生殖健康、伤害和冒险行为等方向,相关研究文章请扫描下方二维码获取。

杨辉. 中国全科医学的十一月——关注男人健康[J]. 中国全科医学, 2022, 25(31): 目次页.



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Editing

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CONTENTS IN BRIEF

- 3843 **Enhancing Access to Health Workers in Remote Areas Using the Modified Monash Model: Australia's Experience and Implications for China**
GAN Yingying, WANG Shuping, WU Xiaofan, YAN Lina
- 3850 **Comparative Study of Payment Systems for General Practitioners in Four Countries**
ZHAO Minjie, MAO Ayan, WANG Kun, MENG Yueli, YAN Xiaoling, QIU Wuqi
- 3857 **Machine Learning-based Gait Analysis for Recognition of Amnesic Mild Cognitive Impairment and Alzheimer's Disease**
TAO Shuai, HAN Xing, KONG Liwen, WANG Zumin, XIE Haiqun
- 3866 **Comparison of the Brief CSI-D and MMSE Scales in Screening for Dementia in Middle-aged and Elderly Chinese People**
WEI Xiaxia, HAO Zhimei^{1}, CHEN Ling, WANG Fenglan, JING Liwei, XING Fengmei*
- 3872 **Feasibility Analysis of the Computer-aided Language Assessment System in Measuring Cognitive-linguistic Impairment**
ZHOU Yu, LI Gangwei, LI Wanyue, CHEN Yan, LING Weixin, SHAN Sharui, CHEN Zhuoming, SHANG Yaru
- 3877 **Risk Factors of Cognitive Frailty in Hospitalized Older Patients with Comorbidities and Its Implication for Patient Outcomes**
YAN Xuedan, CHEN Shanping, ZHOU Lihua, WANG Lingxiao, YANG Yongxue, REN Yan*
- 3884 **The Relationship between Sleeping Time and Falls in Middle-aged and Elderly Residents over 45 Years in China**
HE Xiangyang, LIU Zheng, XU Ying, MA Yan, ZHAO Rencheng, SUN Panpan, GUO Yanfang
- 3891 **Mediator Role of Future Time Perspective in the Longitudinal Effects of Cumulative Ecological Risk on Healthy Lifestyle of Left-behind and Non-left-behind Adolescents in Rural Areas**
JIN Ming, JI Huajuan, LI Yachen, ZHANG Tengyu, SU Lulu
- 3899 **Consistency and Discrepancy between Parents- and Teachers-assessed Behavioral Problems in Preschoolers**
WANG Li, WANG Nianrong, TU Mingshu, CHEN Qun, YE Yuan, LI Daiqin, HE Huanrong, ZHANG Li
- 3904 **Latent Class Analysis and Influencing Factors of Medication Adherence in Multiple Chronic Conditions Patients**
ZHANG Zhenxiang, HE Fupei, ZHANG Chunhui, LIN Beilei, PING Zhiguang, GUO Huijuan
- 3914 **Factors Influencing the Annual Number of Hospitalizations in Mountain Residents from Southern Ningxia: an Analysis Based on Zero-inflation Concept and Zero-inflated Models**
GAO Baokai, HU Zhaoyan, WANG Wenlong, QIAO Hui
- 3923 **Proactive Care in China: Implementation Status and Recommendation Strategies for Various Undertaking Bodies**
ZHANG Qianqian, JIN Hua, SHI Xiaoxiao, YU Dehua
- 3928 **Implementation Strategies of Community-based Proactive Care Management**
LI Wanyu, JIN Hua, YU Dehua
- 3933 **Research Status of Health Literacy Assessment Tools from the Perspective of Active Health and Its Enlightenment to China**
FU Qiangqiang, JIN Hua, LI Li, MA Yu, YU Dehua
- 3944 **Effect of Health Literacy on Colonoscopy Screening Compliance in an At-risk Population Identified by the First Colorectal Cancer Screening**
MUZAIPAER•Muhetaer, JIN Hua, YU Dehua
- 3949 **Relationships between Perceived Workplace Violence by Patients, Psychological Capital, and Professional Identity among General Practitioners in China**
YU Minyi, FENG Jing, ZHENG Yanling, LEI Zihui, SHEN Xin, LI Xinyan, QU Ge, GAN Yong
- 3955 **Development of the Onion Model-based Competency Assessment System for Community General Practitioners**
LIAN Guohua, CHEN Liang, ZHANG Xiangjie, ZHANG Chen, CHENG Ju
- 3960 **Recent Developments in Capacity Evaluation of Community Emergency Preparedness and Response for Public Health Emergencies**
WEI Jili, BAI Wenhui, LU Ying, LI Jiake, ZHANG Hongmei
- 3965 **Research Progress on Assessment Tools of Intimate Partner Violence**
YANG Shuang, HU Aiping, XIANG Mingfang

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