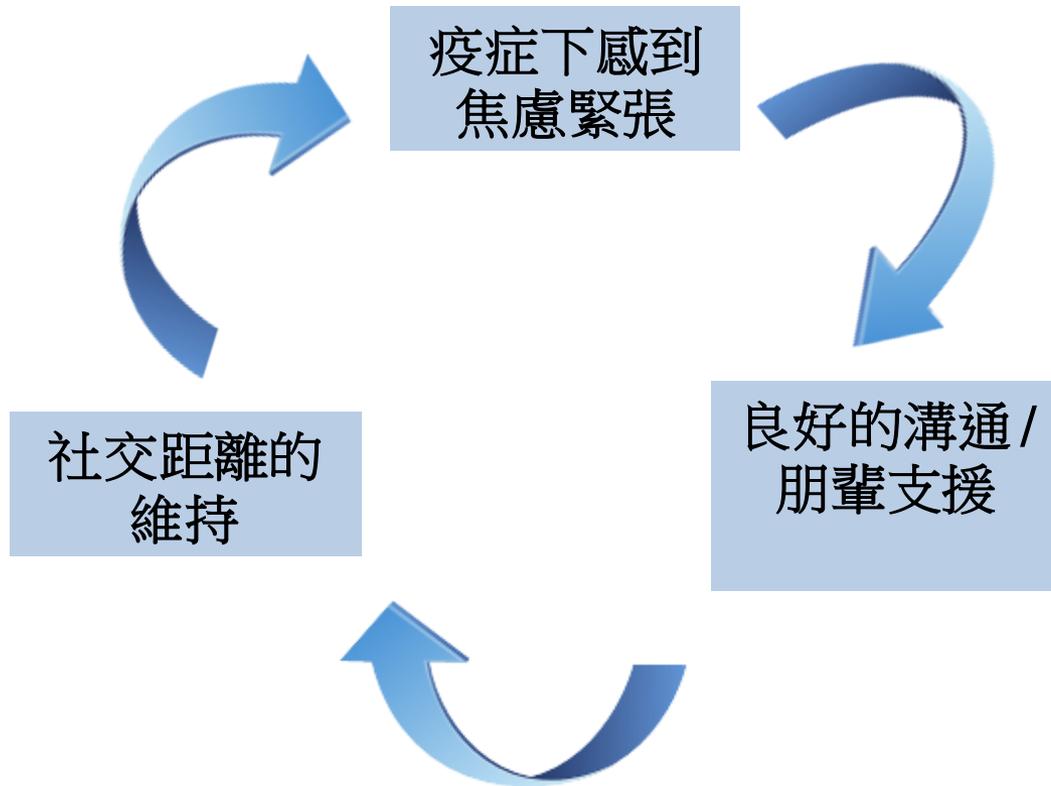


疫症下的悖論



Anxiety and depression in COVID-19 survivors: Role of inflammatory and clinical predictors

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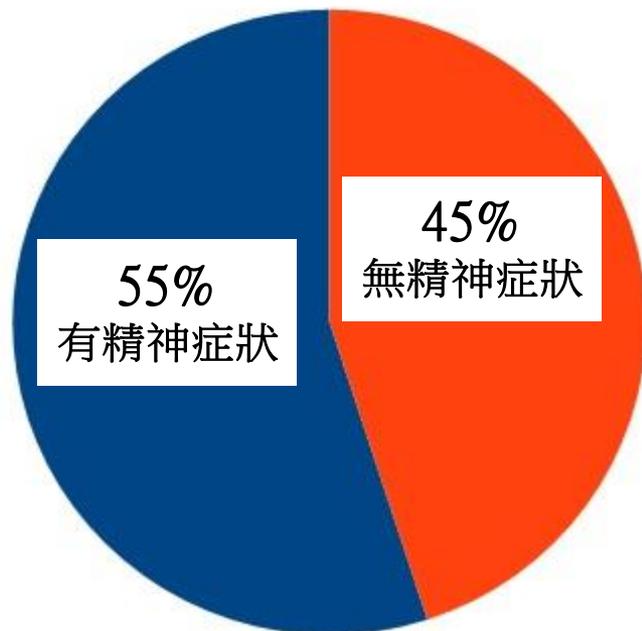
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402位成年新冠肺炎康復者

焦慮 (Anxiety)	42%
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失眠 (Insomnia)	40%
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抑鬱 (Depression)	31%
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創傷後遺症 (Post-traumatic stress disorder)	28%
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強迫症狀 (Obsessive-compulsive symptoms)	20%
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Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

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治療前

治療後

Table 3. Subset of Participants Outcomes Pre- Versus Postintervention (N = 31).

Scale	Pretest, Mean ± SD	Posttest, Mean ± SD	Change in Mean	Z Statistic	P	Percent Change
Happiness (n = 29)	7.9 ± 1.92	9.03 ± 1.27	1.13	-2.736	.006	14.30
Anxiety (n = 31)	6.32 ± 3.89	3.84 ± 3.17	-2.48	-3.640	<.000	-39.24
Depression (n = 31)	2.68 ± 2.29	1.45 ± 1.61	-1.23	-2.615	.009	-45.89
PTSD (n = 28)	4.59 ± 2.01	3.14 ± 1.46	-1.45	-2.934	.003	-31.59
Pain (n = 29)	3.9 ± 2.35	1.34 ± 1.69	-2.56	-3.856	<.000	-65.64
Cravings (n = 25)	6.72 ± 2.73	1.36 ± 1.25	-5.36	-4.225	<.000	-79.76
Heart rate, beats/min (n = 29)	80.97 ± 12.04	74.59 ± 10.48	-6.38	-3.430	.001	-7.88
Systolic blood pressure, mm Hg (n = 29)	123.61 ± 16.8	116.41 ± 18.46	-7.2	-3.376	.001	-5.82
Diastolic blood pressure, mm Hg (n = 29)	80.26 ± 9.97	73.38 ± 11.18	-6.88	-4.124	<.000	-8.57
HRV (n = 25)	16.72 ± 7.58	14.54 ± 7.46	-2.18	-0.888	.374	-13.04
Heart coherence (n = 25)	65.34 ± 17.55	69.75 ± 15.24	4.41	-1.332	.183	6.75
SigA, µg/mL (n = 28)	112.58 ± 119.37	181.73 ± 155.32	69.15	-2.391	.017	61.42
Cortisol, nmol/L (n = 28)	12.66 ± 5.84	6.51 ± 2.81	-6.15	-4.213	<.000	-48.58

Abbreviations: HRV, heart rate variability; PTSD, posttraumatic stress disorder; SigA, salivary immunoglobulin A.



Clinical Characteristics of COVID-19 Patients With Digestive Symptoms in Hubei, China: A Descriptive, Cross-Sectional, Multicenter Study

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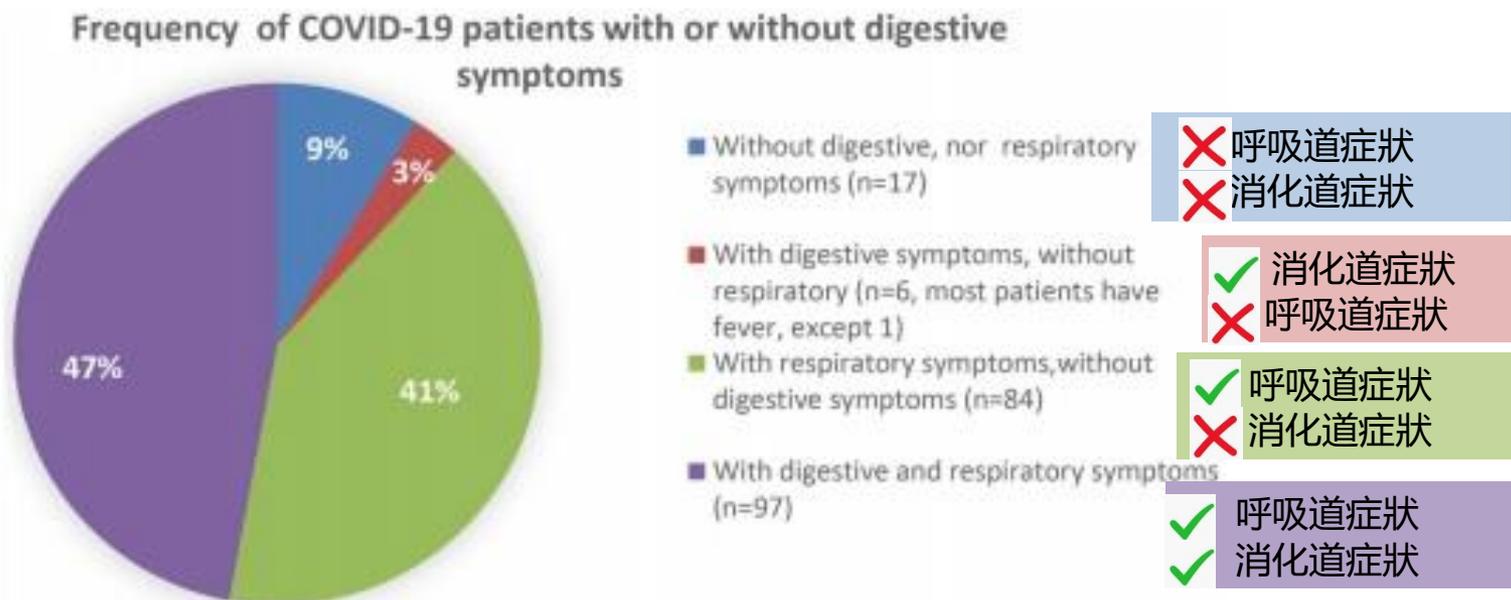


Figure 2. Frequency of COVID-19 patients with or without digestive symptoms.

玫瑰藿香茶



- 材料：玫瑰花3克、藿香3克、蜂蜜少許
- 做法：玫瑰花、藿香加水煮約10分鐘，放涼後調入蜂蜜
- 功效：溫中解鬱
- 適合人群：心情鬱悶、胃腹脹滿、手足易冷等的人士

菊花佩蘭茶



- 材料：菊花3克、佩蘭3克、冰糖少許
- 做法：菊花、佩蘭加水煮約5分鐘，放入冰糖多煮5分鐘
- 功效：清心安神、辟穢化濁
- 適合人群：頭痛目赤、心胸煩熱、胃脘脹滿的人士