

# 接纳承诺疗法在孤独症谱系障碍领域的应用进展

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**摘要:** 孤独症谱系障碍 (ASD) 是一种神经发育障碍性疾病, 其病因与发病机制尚未明确。ASD 对患者及其照顾者的身心健康均产生负面影响。在 ASD 人群中, 精神障碍共病情况普遍存在, 且 ASD 疾病周期长康复治疗成本高, 使得 ASD 父母面临诸多压力和挑战, 进而产生养育倦怠的不良心理状态, 长期以往父母可能出现焦虑、抑郁等心理问题, 这对 ASD 父母身心健康、亲子互动、儿童的照护质量与健康发展均有负面影响。目前, 针对 ASD 的治疗主要以行为和教育训练为主, 这需要家庭付出大量的经济和时间成本, 但儿童的治疗和康复训练见效缓慢。近年来, 以接纳承诺疗法 (ACT) 为核心的积极心理学方法可作为治疗 ASD 的核心症状及其父母的心理健康方面的有益补充。瑜伽、太极拳等身心运动被广泛应用于缓解疲劳、减轻压力并改善负性心理问题。鉴于 ASD 研究领域所面临的问题和挑战, 将 ACT 与其他身心治疗手段相结合的干预可能成为未来 ASD 领域心理健康研究的新模式。

**关键词:** 孤独症谱系障碍; 养育倦怠; 接纳承诺疗法; 瑜伽; 心理健康

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## Advances in acceptance commitment therapy in autism spectrum disorder

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**Abstract:** Autism spectrum disorder (ASD) is a neurodevelopmental disorder with unclear etiology and pathogenesis, which negatively affects physical and mental health of both patients and their caregivers. Co-morbidities of mental disorders are common in the ASD population, and the high cost of ASD treatment and long recovery period make ASD parents face many pressures and challenges, leading to parenting burnout, anxiety, depression and other psychological problems in parents, causing negative impact on the physical and mental health of parents with ASD, parent-child interactions, and the quality of the child's care and healthy development. Currently, the treatment of ASD is mainly based on behavioral and educational training, which requires families to pay a lot of economic and time costs, but the treatment and rehabilitation training for children show a slower effect. In recent years, a positive psychology approach centered on acceptance and commitment therapy (ACT) can be a useful addition to treating the core symptoms of ASD and the mental health of parents. Yoga, tai chi, and other mind-body exercises are widely used to relieve fatigue, reduce stress, and ameliorate negative psychological issues. Given the issues and challenges facing the field of ASD research, interventions that combine ACT with other mind-body treatments may become a new paradigm for future mental health research in the field of ASD.

**Keywords:** autism spectrum disorder; parenting burnout; acceptance commitment therapy; yoga; mental health

孤独症谱系障碍 (autism spectrum disorder, ASD) 是一组典型的神经发育障碍性疾病, 其核心症状主要包括社会交往障碍与重复、刻板的行为模式, 是儿童残障的重要原因之一<sup>[1]</sup>。ASD 患者常伴随有强迫症、焦虑、抑郁等精神障碍共病。此外, 由于担忧患儿的症状变化与康复效果, ASD 父母承受着巨大的经济压力与照护负荷。长期以往会导致 ASD 父母出现许多身心健康问题, 养育倦怠成为其突出的心理困扰状态。目前, ASD 的病因与发病机

制尚未明确, 主要干预以教育和行为训练为主。然而, 传统康复训练周期长、经济成本高, 且训练见效缓慢。近年来, 许多研究探索和验证了积极心理治疗对改善 ASD 疾病发展与父母心理健康的有效性。在认知行为疗法第 3 次浪潮中, 接纳承诺疗法 (acceptance and commitment therapy, ACT) 作为最具代表性的治疗方法, 初步在 ASD 领域展现成效。此外, 瑜伽、气功、太极拳等身心运动备受关注, 不仅有助于缓解压力与疲劳, 对焦虑、抑郁等不良心理状

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态也有一定效果,还可作为 ACT 的有益补充,考虑到 ASD 的异质性,单一治疗方法的效果可能并不显著,动静结合将是未来 ASD 健康研究领域的新模式。因此,本文综述了 ACT 与运动结合在 ASD 领域的相关研究进展。

## 1 孤独症谱系障碍概述

在基因、环境、神经系统发育异常等多重因素的影响下,ASD 的发病率有逐年增加的趋势。美国疾控中心 2020 年发布 11 个洲 8 岁 ASD 儿童的患病率为 2.76%(1/36),且男性患病率是女性的 3.8 倍<sup>[2]</sup>。ASD 群体的核心症状与共病使其面临许多挑战,70% ASD 患者至少患有一种精神共病,如焦虑症、抑郁症、强迫症、双向情感障碍和精神分裂症等<sup>[3]</sup>。58%~78% 的 ASD 成年人在独立生活、受教育程度、就业和同伴关系等方面表现较差<sup>[4]</sup>。由于 ASD 儿童的认知障碍、问题行为以及精神共病等状况,其主要照顾者承受巨大的照护负担与养育压力,进而出现焦虑、抑郁和睡眠障碍等身心健康问题,养育倦怠成为 ASD 父母较为突出的心理困扰状态<sup>[5]</sup>。

ASD 的病因与发病机制尚不明确,目前缺乏有效的药物治疗方案,针对 ASD 群体的康复干预主要集中于应用行为分析(applied behavior analysis, ABA)、感觉统合训练(sensory integration training, SIT)、结构化教育(structured education, SE)等行为教育训练<sup>[6]</sup>。然而,这些早期干预手段多针对 ASD 儿童以改善其核心症状与相关问题行为,成年期 ASD 则是缺少关注的人群,尚缺乏有效的干预方法使其掌握生活技能、提升自理能力并融入社会。研究证实,压力管理与放松技能(stress management and relaxation techniques, SMRT)、表达性写作(expressive writing, EW)、正念减压训练(mindfulness-based stress reduction, MBSR)以及 ACT 等干预方法对 ASD 父母的养育压力、焦虑、抑郁等问题具有积极作用<sup>[7-8]</sup>。由于传统康复训练周期长,经济成本高且见效缓慢,并且应用人群和范围有所限制,因此积极心理疗法 ACT 被学者关注并应用于 ASD 人群及其照顾者。ASD 儿童的刻板行为与挑战性行为,ASD 成年人与照顾者的失眠问题、生活压力、焦虑与抑郁水平、求职面试能力、经验性回避与认知融合的心理过程变化等多方面的问题均可以被 ACT 改善或提升<sup>[9-11]</sup>。然而针对 ASD 父母的心理健康干预大多为单一的治疗方案,尚缺乏有效且综合全面的身心干预模式。

## 2 接纳承诺疗法概述及国内外应用现状

在 20 世纪 90 年代初,美国内华达州大学心理学教授 Steven C. Hayes 及其同事创立了 ACT。ACT 是认知行为疗法第三次浪潮中最具有代表性的治疗方法之一,它在第二代认知行为治疗的基础上融合东方哲学,并围绕着接纳、认知解离、体验当下、以己为景、价值观和承诺行动六个心理治疗过程展开。ACT 利用隐喻故事和经验性锻炼等治疗方法来减轻患者的认知融合和经验性回避,提升心理灵活性,帮助患者过上有意义的生活<sup>[12]</sup>。ACT 广泛应用于躯体健康与心理健康领域,包括焦虑障碍、抑郁、药物滥用、失眠、慢性疼痛以及癫痫、糖尿病症状管理等<sup>[13-15]</sup>。此外,ACT 还具有增进心理健康、减轻工作压力、改善生活质量和促进健康的行为等优势<sup>[16-18]</sup>。ACT 已在多个领域取得了显著成果,但在 ASD 研究领域,其发展仍处于探索阶段。我国有关 ACT 的研究尚处于起步阶段,相关研究主要集中在心理学领域,然而对于 ASD 儿童父母心理问题的关注程度严重不足,且大部分关于 ASD 养育倦怠的研究主要以现况调查等探索性研究为主。因此,迫切需要探索更为有效的干预方案与模式,为今后 ASD 父母心理健康研究奠定理论基础。

## 3 接纳承诺疗法在孤独症谱系障碍领域的应用现状

3.1 接纳承诺疗法在孤独症谱系障碍群体中的应用现状 为明确 ACT 在 ASD 领域的研究现状,研究者在 Pubmed、Scopus 和 Web of science 等 7 个数据库中检索了 ACT 和 ASD 相关的所有实证研究,经过文献分析发现,ASD 成年人所经历的身体挑战、心理问题以及面试表现与亲社会行为等方面被纳入 ACT 相关研究。研究结果显示,ACT 对于 ASD 成年人的失眠问题、睡眠质量、面试表现与能力提升、压力、生活质量以及认知融合与经验性回避等心理病理过程均有显著改善<sup>[9,11,19]</sup>。经过 ACT 治疗训练,ASD 高功能障碍的学生压力水平、多动问题行为和痛苦情绪明显减少,亲社会行为也有所增加,这些积极效果在干预后的 2 个月随访期间依然维持<sup>[20]</sup>。ASD 儿童刻板行为的核心症状和社会适应能力等技能训练被 ACT 研究者关注,且 ACT 对 ASD 患儿症状与破坏性行为也有积极效果。

3.2 接纳承诺疗法在孤独症谱系障碍照顾者/父母中的应用现状 大多数研究均使用随机对照实验探索 ACT 对 ASD 父母焦虑、抑郁的心理状态,养育压力以及 ACT 心理治疗过程—心理灵活性、心理僵

化、经验性回避、认知融合和价值观等方面的有效性<sup>[8,21-22]</sup>。ACT 为 ASD 父母养育倦怠的心理问题提供了可行性方案。研究表明,ACT 的心理治疗环节——心理灵活性、经验性回避与正念意识可缓解倦怠水平,且 ACT 缓解职工倦怠水平已被证实<sup>[23-24]</sup>。另有研究结果显示,将 ASD 心理教育内容与基于 ACT 原则的心理治疗内容相结合应用于 ASD 主要照顾者,参与者的心理健康水平与压力管理能力有所提升,这有助于帮助 ASD 父母适应儿童的医疗诊断<sup>[25]</sup>。

目前,学者们对 ASD 人群及其照顾者的心理健康问题进行实证研究,其中包括对 ACT 和瑜伽的探索与验证。研究结果显示,这两种方法均对改善 ASD 人群的核心症状和问题行为具有积极影响,并在社会适应能力、缓解倦怠和降低压力水平等方面取得显著成效<sup>[26-27]</sup>。然而,目前还没有将积极心理疗法和瑜伽身心运动相结合的研究应用到 ASD 领域。此外,养育倦怠常伴随长期的压力和抑郁,基于正念呼吸和冥想的哈达瑜伽与 ACT 干预技术的结合用于帮助 ASD 儿童父母缓解养育压力,减轻养育倦怠水平,并改善抑郁和焦虑等心理问题需进一步进行验证。

#### 4 接纳承诺疗法与运动相结合的新干预模式探索

许多学者正在探索并验证以 ACT 为基础的干预措施对 ASD 人群健康问题的可行性与有效性,ACT 与运动相结合的干预模式成为 ASD 研究领域新的发展趋势。研究证实,将 ACT 与父母养育行为训练相结合有利于减轻父母的养育压力,减少 ASD 儿童的问题行为和经验性回避<sup>[26]</sup>。有研究将第三代认知行为疗法的组成部分与瑜伽结合,以评估其对 ASD 儿童自我调节能力的影响,结果表明,二者的结合可以改善 ASD 儿童的睡眠问题,缓解焦虑水平,增强情绪调节意识并提升执行能力<sup>[28]</sup>。

近几年,瑜伽、太极拳等运动已广泛应用于焦虑、抑郁等心理健康问题的实证研究,并明显改善了参与者的心理状态。一项系统评价和网状 Meta 分析探索了气功、瑜伽、太极拳、按摩疗法以及渐进性肌肉放松训练和伸展运动对医护人员身心健康的影响,结果表明瑜伽是减轻压力的最佳方式<sup>[27]</sup>。另一项系统综述明确了正念减压训练、气功、ACT 和瑜伽等身心干预措施对慢性疲劳综合征患者的有效性<sup>[29]</sup>。瑜伽作为一种有效的运动方式,对 ASD 儿童的睡眠问题、胃肠道疾病和刻板行为等方面具有益处,同时可以减少 ASD 儿童的核心症状和问题行

为,提升模仿能力、认知能力并增加亲社会行为<sup>[30-31]</sup>。有研究证实了瑜伽在情绪控制、缓解疲劳和压力、促进身心健康以及提升生活质量方面的积极效应<sup>[32]</sup>。

对于 ASD 儿童的父母来说,常承受较高的压力水平和情绪困扰,瑜伽会对降低压力水平和减轻情绪困扰有积极作用。通过瑜伽的训练,存在养育倦怠的 ASD 儿童父母可以将负性情绪作为客观观察的对象,有意识地关注当下环境和心理活动,不作评价地接受消极的想法和情绪,明确自己的价值观并采取承诺行动,促进有意义的生活,瑜伽训练可以加强 ACT 干预的效果,为 ASD 父母提供身体和情感宣泄的出口。因此,ACT 和瑜伽的结合可提供一个全面的解决方案,以应对 ASD 儿童父母所面临的养育倦怠问题。然而,对于 ASD 儿童父母的养育倦怠问题,研究较为有限,瑜伽在该群体中的应用还需进一步探讨。

#### 5 小结与展望

ASD 人群的核心症状与行为问题、精神共病与其他共病情况,会影响其社会交往、自理能力以及学习、工作与生活等方面的综合发展。ASD 成年人也会面临社会孤立与就业困境,这会影响其社会适应技能习得,从而缺乏自理能力与生存能力。传统康复训练大多针对 ASD 儿童以改善其核心症状,成年 ASD 则缺乏重视与关注。ACT 为其提供了解决方案,应用于 ASD 研究领域初具成效,不仅可以改善 ASD 儿童的核心症状,同时对于成年期 ASD 的身心健康问题和适应能力均有积极效应。且 ACT 对于 ASD 父母的心理健康、亲子关系以及养育行为等也有帮助。

ACT 与运动相结合的干预模式可能成为未来 ASD 研究领域新的发展趋势。瑜伽可以改善 ASD 人群的核心症状,缓解疲劳、压力与负性情绪,促进身心健康并提升生活质量。ACT 联合瑜伽的干预方案为应对 ASD 父母养育倦怠问题提供了一种新的视角,为更深入地理解 ASD 儿童父母心理状况带来新的机遇。通过将 ACT 心理疗法与瑜伽运动训练相结合,不仅可以帮助改善 ASD 儿童父母心理状态,还为其提供了一个健康合理的情绪宣泄和减压的出口,同时促进 ASD 儿童的康复和预后。ACT 与瑜伽结合帮助其应对高水平的养育压力和照护负荷,提高心理灵活性、生活质量和幸福感,为临床干预 ASD 儿童父母心理健康提供理论依据和实践基础。目前,关于 ASD 父母养育倦怠的研究主要集中

在现况调查等探索性研究,未来可能需要进行随机对照试验研究,以验证 ACT 联合身心运动训练方案的有效性。

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