

基于正念的太极拳动作干预对负性情绪的影响：内感受性的中介调节

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摘要: **目的:** 内感在维持机体内环境稳定中起着重要作用, 与情绪健康和自主神经系统 (ANS) 功能密切相关。太极拳作为一种典型的正念运动, 是一种有效缓解负面情绪的综合练习。本研究旨在探讨内感的不同维度在 TCC 与情绪健康之间的中介作用。 **方法:** 本研究采用准实验设计, 前测后测模式。样本包括 86 名大学生, TCC 组 50 人, 对照组 36 人。在基线和 12 周随访时采用抑郁焦虑应激量表 (DASS) 评估负性情绪, 采用内感受觉知多维评估 (MAIA)、心跳计数任务和信心等级分别测量内感受的三个维度: 内感受敏感性 (IS)、内感受准确性 (IAC) 和内感受觉知 (IAW)。此外, 收集基线和 12 周随访时腹式呼吸状态下的心率变异性 (HRV)。 **结果:** 随访时, TCC 组焦虑水平降低, IS 和 IAW 升高, HRV 升高, 而对对照组 DASS 总分和各分量表得分均升高。在 TCC 组中, IS 的增加与负性情绪的减少和 HRV 参数的增加相关。此外, 这种变化是 TCC 干预与焦虑降低之间关系的中介。 **结论:** IS 可能是 TCC 干预后焦虑降低的机制之一。它还从一个全新的角度为情绪障碍的临床干预提供了启示。

Interoceptive Sensibility Mediates Negative Emotions Changes Induced by Mindfulness-Based Tai Chi Chuan Movement Intervention

Abstract: Objectives: Interoception plays an important role in maintaining body homeostasis, which is closely associated with emotional health and the function of the autonomic nervous system (ANS). Tai Chi Chuan (TCC), as a typical mindfulness-based movement, is an effective integrative practice to alleviate negative emotions. This study aimed to explore the mediating role of different dimensions of interoception between TCC and emotional health. **Method:** This study employed quasi-experimental design with pre-test and post-test pattern. The sample included 86 college students, 50 in the TCC group and 36 in the control group. The Depression Anxiety Stress Scales (DASS) was administered at baseline and 12-week follow-up to evaluate negative emotions,

while three dimensions of interoception, interoceptive sensibility (IS), interoceptive accuracy (IAc) and interoceptive awareness (IAw), were measured by the Multidimensional Assessment of Interoceptive Awareness (MAIA), heartbeat counting task and confidence rating, respectively. Additionally, heart rate variability (HRV) during the abdominal breathing state at baseline and 12-week follow-up was collected. **Results :** At follow-up, the TCC group showed decreased anxiety levels, increased IS and IAw, and increased HRV, while the control group showed increased DASS total score and score increases on all DASS sub-subscales. In the TCC group, increased IS was correlated with decreased negative emotions and increased HRV parameters. Moreover, the change in IS mediated the relationship between TCC intervention and decreased anxiety. **Conclusions :** These findings suggest that IS might be one of the mechanisms of decreased anxiety after TCC intervention. It also sheds light on the clinical intervention of emotional disorders from an entirely new perspective.