

# 特质正念对当前吸烟者渴求的影响： 自我概念清晰性的中介作用

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## 摘 要

目的：探究特质正念、自我概念清晰性及吸烟渴求之间的关系。方法：采用简版正念五因素量表、自我概念清晰性问卷、简版吸烟渴求问卷，对313名当前吸烟者进行调查。理论基础：去自动化模型。结果：特质正念对吸烟渴求具有显著负向预测作用；当前吸烟者的自我概念清晰性在特质正念与吸烟渴求的关系中起完全中介作用。结论：研究结果揭示了特质正念通过抑制吸烟渴求的心理机制，不仅能直接抑制吸烟渴求，还能通过提高自我概念清晰性间接影响吸烟渴求。

## 关键词

特质正念，自我概念清晰性，吸烟渴求，中介作用

# The Impact of Trait Mindfulness on Current Smokers' Craving: The Mediating Role of Self-Concept Clarity

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## Abstract

**Purpose:** To investigate the relationship between trait mindfulness, clarity of self-concept, and smoking cravings. **Method:** 313 current smokers were surveyed using the Short Version of Five Facet Mindfulness Questionnaire, Self-Concept Clarity Scale, and Brief Questionnaire of Smoking

**Urges. The Theoretical Basis: The model of de-automatization. Results: Trait mindfulness significantly and negatively predicted smoking craving. Self-concept clarity completely mediated the relationship between trait mindfulness and smoking craving among current smokers. Conclusion: The results revealed the psychological mechanism of trait mindfulness in inhibiting smoking craving. Trait mindfulness could not only directly suppress smoking craving, but also indirectly influence smoking craving through improving self-concept clarity.**

## Keywords

Trait Mindfulness, Clarity of Self-Concept, Smoking Craving, Mediation Effect

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## 1. 引言

吸烟与肺癌、呼吸系统疾病、心血管疾病等健康问题高度相关，不仅严重危害个体健康，也构成全球重大公共卫生问题(West, 2017)。在心理健康方面，吸烟也与情绪障碍(韦琳等, 2010)、抑郁症(郭丹等, 2020)等问题显著相关。

值得关注的是，中国吸烟人口已超过 3 亿，15 岁及以上人群吸烟率高达 26.6%，与《健康中国 2030 规划纲要》目标存在明显差距(王辰等, 2021)。因此，需要采取更强力的措施遏制吸烟率持续上升趋势。

在探究吸烟行为心理机制时，吸烟渴求被确认为驱动吸烟的关键因素(Conklin et al., 2015; Creswell & Skrzynski, 2021; Shiffman et al., 2013)，不仅是吸烟行为的主要动机，也是戒烟过程中的重要障碍，尤其是强烈的吸烟渴求常导致戒烟失败和复吸(Brody et al., 2007; Sayette, Martin, Wertz, Perrott, & Peters, 2005; Shiffman, West, & Gilbert, 2004)。因此，深入了解吸烟渴求的心理机制，对制定有效的戒烟干预策略至关重要。本研究选择当前吸烟者作为对象，旨在深入探讨吸烟渴求的心理机制，以便为未来干预和治疗提供更精准的指导，制定更有效的公共卫生政策，实现减少吸烟率和促进健康的目标。

正念定义为对当前体验的注意力，伴随着非判断和接纳的态度(Bishop et al., 2004)。正念在成瘾治疗中显示出巨大潜力，目前在戒烟方面已开展系列基于正念干预训练并获得随机试点试验的支持(Davis, Fleming, Bonus, & Baker, 2007; Elwafi, Witkiewitz, Mallik, Thornhill, & Brewer, 2013; Garland & Howard, 2018; Garrison et al., 2020; Sancho et al., 2018; Singh et al., 2014; Spears, 2019; Weiss de Souza et al., 2020; Weng et al., 2021; Wilson et al., 2017; Witkiewitz et al., 2014)。正念可提高吸烟者对影响吸烟的内外因素的觉察，有助识别吸烟渴求的触发因素，而不仅仅治疗吸烟症状(Brewer et al., 2011)。正念的非判断和接纳本质为吸烟者提供审视和理解吸烟行为的框架，更容易面对和管理诱因。

尽管正念在吸烟干预中有优势，但具体机制仍无定论。研究显示正念可减少吸烟者渴求感(Brewer, Elwafi, & Davis, 2013)，与佛教传统中渴求作为五蕴之一的观点一致。

然而，正念对吸烟戒断的效果不一。大量研究证实正念训练可减少渴求(Garland & Howard, 2018; Garrison et al., 2020; Brewer et al., 2013; Teasdale, 2004; Weng et al., 2021)，但也有研究未复现此效应(Bowen & Marlatt, 2009; Garland & Howard, 2018; Brewer et al., 2013)。因此，正念在吸烟治疗中的确切作用需进一步系统研究，以明确相关心理机制。

研究表明正念可影响个体渴求，这两者在概念上截然不同。根据去自动化模型，渴求是个体习得的自动反应，易受内外因素触发，难控制，也易受香烟获取性和宣传影响。作为成瘾核心驱动力，渴求常

导致难以戒烟(Kang, Gruber, & Gray, 2013; Sayette, Schooler, & Reichle, 2010)。而特质正念与认知、情绪、行为调节正相关(Araujo et al., 2021; Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006; Black, Sussman, Johnson, & Milam, 2012; Bowen et al., 2014; Brown & Ryan, 2003), 且高正念个体成瘾行为较少(Shapiro, Carlson, Astin, & Freedman, 2006; Tapper, 2018)。这表明, 正念水平提高可能与个体更灵活自觉地应对成瘾行为有关。其对认知和情绪的积极调节可能降低对吸烟的依赖。

此外研究发现, 自我报告的特质正念可以预测较低的渴求水平(Baker & Garland, 2019; Garland, Roberts-Lewis, Kelley, Tronnier, & Hanley, 2014), 高正念个体更倾向通过意识中断避免环境触发的自动反应, 从而减少渴求。这表明正念可能通过影响个体处理内外刺激方式, 减缓或避免渴求自动反应。高正念个体更可能通过提高自我觉察有效减缓或避免吸烟渴求。

基于此, 本研究提出假设 H1: 特质正念负向预测吸烟渴求。

自我概念清晰性主要反映了个体对自我的认识水平, 强调对自我的认识是否清晰和一致(Gill, Renault, Campbell, Rainville, & Khoury, 2020)。根据去自动化模型, 正念可帮助个体发现符合自我价值观的行为, 从而提高自我概念清晰性(Kang et al., 2013)。正念冥想可增强内部觉知, 帮助冥想者更清晰观察自身意识过程, 提高时间感知, 对身心功能产生积极影响。这种内在觉知强化可帮助个体更深入理解自我, 更易识别符合自我价值观的行为(Dummel, 2018)。

实证研究进一步证实这一观点。高特质正念的个体不太受限于习惯思维模式, 有助更全面理解自我。其非判断非反应态度可减少对威胁自我的防御反应, 克服认知障碍, 使个体更清晰认识自我(Bharti, Sunjeja, & Bharti, 2022; Dummel, 2018; Hanley & Garland, 2019; Jankowski, Bąk, & Miciuk, 2022)。

自我概念清晰度高的个体往往攻击性和成瘾水平较低, 与成瘾呈负相关(Ho et al., 2021; Stucke & Sporer, 2002)。相反, 自我概念清晰度低的个体更易沉溺物质并成瘾(Lee, 2021; Quinones & Kakabadse, 2015), 因其常有自卑、内向倾向, 对自身能力缺乏全面理解。自我概念清晰度低的个体通常应对更消极, 人际关系较差, 出现更多焦虑抑郁, 可能导致物质使用渴求(Oyserman et al., 2017)。

基于此, 提出假设 H2: 自我概念清晰性可能在特质正念与吸烟渴求之间起中介作用。即, 特质正念可能通过提升自我概念清晰性, 进而降低吸烟渴求。

本研究将特质正念作为自变量, 自我概念清晰性作为中介变量, 将吸烟渴求作为因变量, 构建特质正念通过自我概念清晰性减少吸烟渴求的中介模型。

## 2. 研究方法

### 2.1. 研究对象

本研究采用了方便取样的方式, 招募了自愿参加调查的当前吸烟者, 定义为最近一个月有吸过烟。

调查通过 Credamo 平台在线发放电子问卷, 完成问卷的被试将获得 3 元的报酬。共回收了 401 份问卷, 剔除了 88 份无效样本, 这些无效样本包括未通过注意力检测、作答时间过快等情况。最终, 研究获得了 313 份有效问卷, 回收率为 78.05%。

被试的平均年龄为  $30.89 \pm 7.27$  岁, 样本中包括男性 177 名和女性 136 名。为了进一步细化样本特征, 根据尼古丁依赖程度量表得分, 得分 6 分以上的个体定义为高尼古丁依赖者。在本研究中, 高尼古丁依赖者共计 59 名, 占总人数的 18.8%。其余个体被归类为中度或轻度依赖者。

### 2.2. 研究工具

#### 2.2.1. 特质正念

对特质正念的测量使用了简版正念五因素量表(FFMQ-SF) (Zhu et al., 2021)。该量表是一种自陈式量

表,共包含 15 个条目,采用了 1 到 5 的 5 点计分(1 表示一点也不符合,5 表示完全符合)。该问卷包含了 5 个分维度,用于测量正念的不同方面,包括观察、描述、有觉知的行动、不评判和不反应。所有分项的得分加入即为正念总分。量表的得分范围为 15 至 75,得分越高代表正念水平越高。总分 Cronbach's  $\alpha$  系数为 0.917。

### 2.2.2. 吸烟渴求

简版吸烟渴求问卷(FTCQ-12)是吸烟渴求问卷(TCQ)的简化版,FTCQ-12 是一个有效可靠的 12 项自我报告工具,评估吸烟渴求的四个维度:情绪性、期望性、强迫性和目的性。每个因素各有三个项目,采用 7 点李克特量表进行评分,从 1 (非常不同意)到 7 (非常同意)。FTCQ-12 已在各种研究中被用于测量试图戒烟或接受治疗的吸烟者的吸烟渴求水平(Berlin, Singleton, & Heishman, 2013; Masaki et al., 2020; Mounir et al., 2021)。每个因素的得分范围为 3 到 21 分,得分越高表示渴求程度越高。总分 Cronbach's  $\alpha$  系数为 0.929。

### 2.2.3. 自我概念清晰性

采用 Campbell 等人(1996)编制的自我概念清晰性问卷来测量个体对自我的认识是否清晰和一致(刘庆奇等, 2017)。该问卷共包含 12 个项目(如,“我对自己的看法似乎频繁地变化。”),采用 1~5 点计分(1 表示“非常不同意”,5 表示“非常同意”),得分越高,表明个体的自我概念清晰性水平越高。总分 Cronbach's  $\alpha$  系数为 0.963。

### 2.2.4. 尼古丁依赖程度

采用尼古丁依赖量表(FTND)进行测量。该量表由 6 个项目组成,分值范围从 0 到 10 分。当 FTND 得分达到 6 分及以上时,可用来区分尼古丁高度依赖(Fagerstrom & Schneider, 1989; Liu et al., 2022)。该量表具有良好的内部一致性( $\alpha = 0.64$ )和重测信度( $r = 0.88$ ) (Becona & Vázquez, 1998; Fagerstrom & Schneider, 1989)。在本研究中,总分 Cronbach's  $\alpha$  系数为 0.717。

## 2.3. 数据分析

首先,使用 Harman 单因子检验法对问卷数据进行共同方法偏差检验。使用 SPSS 23.0 对数据结果进行描述性统计和相关分析。采用 Hayes (2013)提供的 SPSS 插件 PROCESS 的模型 4,以特质正念为自变量,以吸烟渴求为因变量,以自我概念清晰性为中介变量,同时控制性别、年龄和尼古丁依赖程度。

## 3. 结果

### 3.1. 共同方法偏差检验

对问卷中所有测验项目进行未旋转的探索性因子分析,结果显示特征根大于 1 的因子共计 7 个。第一个因子解释的变异量为 36.19%,略低于临界值 40%,表明共同方法偏差不明显(周浩,龙立荣,2004),因此可以进行进一步的分析和探索。

### 3.2. 特质正念、自我概念清晰性、吸烟渴求的相关关系

本研究以性别、年龄、尼古丁依赖程度作为控制变量,对各研究变量进行统计分析。表 1 中的相关性分析结果显示,特质正念与自我概念清晰性之间存在显著正相关,而它们与吸烟渴求之间存在显著负相关。

**Table 1.** Means, standard deviations, and correlations of variables (N = 313)**表 1.** 各变量的平均值、标准差及相关关系(N = 313)

变量	M	SD	1	2	3	4	5
1. 性别	0.57	0.50					
2. 年龄	30.89	7.28	0.12*				
3. 尼古丁依赖程度	3.35	2.32	0.17**	0.17**			
4. 特质正念	50.84	11.93	0.15**	0.20**	-0.06		
5. 自我概念清晰性	56.21	19.71	0.25**	0.31**	-0.02	0.72**	
6. 吸烟渴求	53.27	13.07	-0.04	-0.06	0.47**	-0.39**	-0.44**

注: \*表示  $p < 0.05$ , \*\*表示  $p < 0.01$ , \*\*\*表示  $p < 0.001$ 。其中性别: 男 = 1, 女 = 0。

### 3.3. 中介效应检验

本研究使用 SPSS 的 PROCESS 插件进行中介效应分析。在分析中, 选择了模型 4。自变量为特质正念, 因变量为吸烟渴求, 同时考虑到性别、年龄和尼古丁依赖程度的影响, 并将其作为控制变量。在中介路径上, 将自我概念清晰性作为中介变量。对各变量进行了标准化数据分析, 具体结果见表 2。

数据结果显示, 特质正念在总体上能显著预测吸烟渴求( $\beta = -0.33, t = -7.04, p < 0.001$ ), 在加入自我概念清晰性作为中介变量后, 正念的直接效应变为不显著( $\beta = -0.09, p = 0.16$ )。特质正念呈现正向预测自我概念清晰性( $\beta = 0.67, t = 17.15, p < 0.001$ ), 自我概念清晰性负向预测吸烟渴求( $\beta = -0.37, t = -5.51, p < 0.001$ )。

**Table 2.** Mediation effects analysis**表 2.** 中介效应分析表

回归方程		整体拟合系数			回归系数显著性	
结果变量	预测变量	R	R <sup>2</sup>	F(df)	$\beta$	t
吸烟渴求	特质正念	0.59	0.35	42.09(4)***	-0.33	-7.04***
自我概念清晰性	特质正念	0.75	0.57	100.22(4)***	0.67	17.15***
吸烟渴求	特质正念	0.64	0.41	42.95(5)***	-0.09	-1.42
	自我概念清晰性				-0.37	-5.51***

注: \*表示  $p < 0.05$ , \*\*表示  $p < 0.01$ , \*\*\*表示  $p < 0.001$ 。

根据上述研究结果, 采用 Bootstrap 分析法对中介效应的显著性进行进一步检验(详见表 3)。设置重复抽样次数为 5000 次, 置信区间为 95%。本研究中中介效应 95%的置信区间上限为-0.17, 下限为-0.33, 不包含 0, 可得到该中介效应显著的结论。且由于正念直接影响吸烟渴求的路径系数不显著, 因此, 正念通过自我概念清晰性影响当前吸烟者渴求的简单中介效应为完全中介, 具体结果见图 1。

**Table 3.** Bootstrap analysis of mediation effects**表 3.** 中介效应 Bootstrap 分析

	中介路径	效应值	SE	LLCL	ULCL
直接效应		-0.10	0.07	-0.23	0.04
中介效应	自我概念清晰性	-0.24	0.04	-0.33	-0.17
总效应		-0.37	0.05	-0.47	-0.26

注: SE = 间接效应标准误, LLCL = 95%置信区间下限, ULCL = 95%置信区间上限。

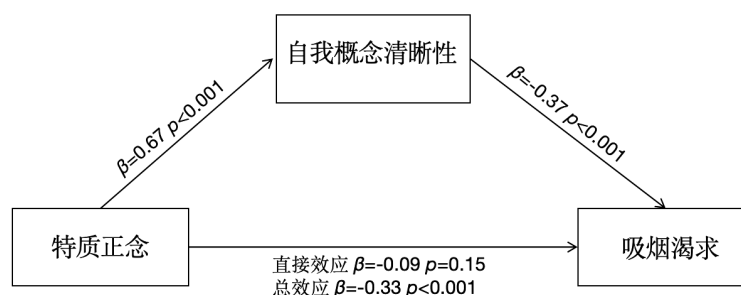


Figure 1. Mediation model diagram

图 1. 中介模型图

## 4. 讨论

### 4.1. 特质正念对于吸烟渴求的抑制作用

本研究发现，个体特质正念水平越高，吸烟渴求程度越低，两者之间存在显著的负相关关系。这一发现验证了正念理论在日常生活中的适用性，拓展了其适用范围，强调了正念在负向调节吸烟渴求方面的作用。

过去研究证实了特质正念对戒断吸烟者渴求的负向影响(Barré et al., 2022; Garland et al., 2014; Smith-Russell & Bowen, 2023; Tapper, 2018)，本研究扩展探索范围至非戒断状态，发现结果与前人研究一致，进一步支持了正念在吸烟渴求管理中的作用，强调了其对非戒断吸烟者的实质效果。

本研究提示，通过正念训练提高吸烟者正念水平，即使无戒烟意向，也能明显减轻吸烟渴求。这为设计更灵活的戒烟干预策略提供新依据，凸显正念训练对非戒断吸烟者的应用价值。

近年研究发现，即使不戒断，仅 2 周正念干预也能明显减轻吸烟者的负面情绪、渴求和吸烟行为(Ruscio et al., 2016)。这凸显了正念干预的短期效果，支持了其在吸烟渴求管理中的可行性。这也为未来研究提供新视角，探讨正念产生持久效果的可能性。

### 4.2. 自我概念清晰性的中介作用

研究证实自我概念清晰性完全中介了特质正念对吸烟渴求的影响，反映个体自我认知的清晰、一致性(Gill et al., 2020)。

正念帮助个体重新审视行为，采取更符合自我价值的行动，从而深入理解自我，提高自我概念清晰度(Kang et al., 2013)。这对吸烟者尤为重要，正念引导可助其自觉选择符合内在价值观的行为，从认知层面提高自我概念清晰度。

自我概念更清晰的个体通常表现出更积极的应对方式，较少出现焦虑、抑郁等负面情绪(Liu et al., 2017)。这种积极应对和负面情绪的减少，往往可以降低对物质依赖的渴求(Bowen & Marlatt, 2009)。因此，自我概念清晰度的提高，通过调节个体的情绪反应，间接影响了对吸烟的渴求程度(Tapper, 2018)。

负面情绪的减少可帮助中断渴求的自动化过程，支持自我概念清晰性在正念作用减少吸烟渴求中的中介作用。清晰的自我概念有利于个体更好地认识、理解自身需求，从而减少对吸烟的依赖(Lee, 2021; Quinones & Kakabadse, 2015)。

## 5. 结论

特质正念与吸烟渴求呈显著负相关，且能负向预测吸烟渴求；自我概念清晰性在特质正念对吸烟渴求起完全中介作用。

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