

帕金森病抑郁、偏侧起病及脑白质变化的关系：研究现状与展望

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摘要

帕金森病抑郁患病率高, 但诊治不足, 严重影响患者的生活质量及疾病预后。不同起病侧的帕金森病患者脑白质改变不同, 患者的抑郁易感性及严重程度亦不同, 但帕金森病抑郁、偏侧起病及脑白质变化三者之间的具体关联尚不明确。本文综述了帕金森病抑郁、偏侧起病及脑白质变化的相关研究进展, 旨在探究三者之间的潜在关联, 并提出未来将偏侧起病纳入帕金森病抑郁研究临床分层的可操作性及必要性, 以期对帕金森病抑郁的白质改变相关机制提供更多的见解。

关键词

帕金森病抑郁, 偏侧起病, 脑白质

Relationships among Depression in Parkinson's Disease, Lateralized Onset and Brain White Matter Changes: Current Research and Prospects

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Abstract

The prevalence of depression in Parkinson's disease (DPD) is high, yet its diagnosis and treatment

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remain inadequate, which severely impairs patients' quality of life and affects disease prognosis. Brain white matter (WM) changes differ between PD patients with different onset sides, and they also show different degrees of depression vulnerability and severity. However, the specific relationship among DPD, lateralized onset, and brain WM changes remains unclear. In this review, we summarize recent advances on DPD, unilateral onset and brain WM changes. We explore potential associations among these three factors and propose the feasibility and necessity of integrating unilateral onset into clinical stratification for DPD-related studies. The goal is to provide further insights into the mechanisms underlying WM changes associated with DPD.

Keywords

Depression in Parkinson's Disease, Lateralized Onset, Brain White Matter

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1. 引言

抑郁是帕金森病(Parkinson's Disease, PD)最常见的非运动症状之一[1], 患病率约为 40%~50% [2]。抑郁症状可早于运动症状数年出现[3], 与 PD 患者生活质量降低、功能状态恶化、认知障碍进展加快以及不良预后密切相关[4], 早期诊断及治疗帕金森病抑郁(Depression in Parkinson's Disease, DPD)非常重要[5]。然而, 尽管其临床意义显著, 但由于与 PD 相关的其他症状或治疗的副作用重叠, DPD 经常被诊断不足和治疗不足, 据悉有超过 60%的 DPD 患者未能被神经科医师识别[2], 确诊后也仅有 20%的 DPD 患者因心理状态而接受治疗[6]。

PD 患者的运动症状通常以偏侧起病, 即身体的一侧首先开始出现运动症状[7], 即使症状进展至双侧时, 起病侧在整个疾病过程中仍表现出更严重的症状[8], 因而起病侧也被称为症状优势侧[9]。这种症状单侧优势已广泛用于 PD 的早期诊断与临床分期, 也可以作为鉴别 PD 与其他帕金森综合征的重要临床特点[9]。不同起病侧的 PD 患者在运动症状类型及进展轨迹方面存在差异[10]。有趣的是, 这种偏侧起病的不对称性并非运动症状所独有[7], 抑郁、认知、肢体疼痛、疲劳、足底异常交感神经皮肤反应等非运动症状也存在[11][12]。从病理生理学角度看, 偏侧起病可能反映中枢神经系统受累的不对称性, 即 PD 中起病侧对应的大脑半球黑质纹状体多巴胺能系统受累情况较另一侧更严重[9], 半球易损性差异及神经网络连接特征性改变也是偏侧起病的潜在机制之一[7], 但具体机制尚未完全阐明。

随着神经影像学技术的发展, 弥散张量成像(Diffusion Tensor Imaging, DTI)已成为活体评估脑白质(White Matter, WM)微结构完整性的重要影像学方法之一, 其能够测量水分子在大脑中的弥散, 通过各向异性分数(Fractional Anisotropy, FA)、平均弥散系数(Mean Diffusivity, MD)、轴向弥散系数(Axial Diffusivity, AD)、径向弥散系数(Radial Diffusivity, RD)反映 WM 微结构的改变[13]。既往 DTI 研究显示不同起病侧的 PD 患者存在分散但显著的 WM 不对称性, 其中右侧起病的 PD (Right Onset PD, RPD)患者相较于左侧起病的 PD (Left Onset PD, LPD)患者 WM 不对称性更为明显[12]。

因此, 在 DPD 相关研究中将偏侧起病因素纳入分层分析, 有助于更深入理解疾病的临床异质性及其潜在神经病理学机制。本文总结 DPD、偏侧起病及 WM 的研究进展, 探讨三者之间的潜在联系, 旨在为 DPD 的 WM 改变相关机制提供更多的见解, 为 DPD 的临床评估与综合管理提供更多的认识。

2. DPD 的临床特征、评估

DPD 的临床症状包括情绪低落、快感缺乏、食欲减退或亢进、失眠或嗜睡、精神运动性兴奋或迟缓、精力减退、过度或不当的内疚感、思维或集中力下降、易怒、对未来持悲观态度以及反复出现自杀念头[1]。然而, DPD 临床表现上常与 PD 相关运动症状及躯体症状, 如面部表情减少、睡眠障碍、疲倦、食欲下降等高度重叠, 进而导致 DPD 漏诊[4]。且抑郁症状在部分 PD 患者中可随运动状态或用药时相波动, 进一步增加了抑郁评估的难度及复杂程度[14]。相当比例的 DPD 在常规神经科随访中未能得到系统识别或规范评估[15]。目前尚无 DPD 的特定评定量表, 临床实践中多借助通用抑郁量表进行 DPD 的筛查和严重程度评估[16]。汉密尔顿抑郁量表(Hamilton Depression Rating Scale, HAMD)具有一定的信度和区分效度, 现广泛用于筛查和测量 PD 患者的抑郁严重程度, 但由于其包含较多可能受 PD 相关症状干扰的躯体和神经植物性条目, 可能会过度诊断 DPD [6]。老年抑郁量表(Geriatric Depression Scale, GDS)是一种简短的自我报告测量工具, 侧重于心理方面(如绝望)和抑郁症的社会后果, 因包含较少重叠的躯体症状条目而被多项研究推荐用于 DPD 的筛查[16], 其中 Weintraub 等人发现 GDS-15 在年轻和老年 PD 患者中具有相似的效度, 提出 GDS-15 适合作为所有年龄段的 PD 患者抑郁筛查工具[17]。对于合并认知受损或痴呆的 PD 患者, 康奈尔痴呆症抑郁量表(Cornell Scale for Depression in Dementia, CSDD)在跨认知水平评估抑郁方面显示出较好的适用性[16]。其他常用量表还包括医院焦虑和抑郁量表-抑郁子量表(Hospital Anxiety and Depression Scale-Depression Subscale, HADS-D)、贝克抑郁量表(Beck Depression Inventory, BDI)、Zung 抑郁自评量表(Zung Self-Rating Depression Scale, SDS)、抑郁焦虑压力量表(Depression Anxiety Stress Scales, DASS21)等[16] [18]。但量表评定更适用于筛查和随访监测, 其并不能替代系统的临床诊断访谈[19]。

3. 偏侧起病与 DPD 的关系

3.1. 偏侧起病的定义及评估方法

偏侧起病是 PD 的典型临床特征之一, 指震颤、强直或运动迟缓等运动症状在疾病初期会首先累及一侧肢体[7]。这种症状单侧优势可持续存在长达 20~30 年[9], 即使症状逐渐累及双侧, 起病侧仍维持相对更重的症状, 显示不对称模式具有一定稳定性[8]。在临床实践中, 起病侧的判定通常依据患者回顾性病史所提供的最早出现症状的侧别, 并结合神经系统查体中左右侧运动体征的相对严重程度进行综合判断[9]。在研究与随访评估中多通过统一 PD 评定量表(Unified Parkinson Disease Rating Scale, UPDRS)第三部分左右侧分项评分差异进行量化, 以此界定起病侧[20]。

3.2. 不同起病侧 PD 患者抑郁发生情况的研究进展

不同起病侧 PD 患者抑郁发生情况在不同研究中的结论并不一致。Fleminger 等通过使用 BDI 量表及社会压力与支持访谈(Social Stress and Support Interview, SSSI)的方式发现, 左侧体征更重(Worse on the Left Side of the Body, LHP)组患者的抑郁平均得分约为右侧体征更重(Worse on the Right Side of the Body, RHP)组患者的两倍, 提示 LHP 组患者更容易合并抑郁[21]。Foster 等将病程纳入调节变量, 以 GDS、BDI 等量表评估, 结果提示 RPD 与更严重的抑郁相关[22]。St. Clair 等以 SDS 量表为评估工具, 发现 RHP 组患者抑郁评分虽高于 LHP 组, 但差异无统计学意义, 作者据此认为体征优势侧别对情感功能的影响并不突出[23]。Pellicano 等在未用药的早期 PD 患者中, 通过 HADRS、BDI 等量表及结构化精神病学访谈(Structured Clinical Interview, SCID-P)评估后发现, LPD 组与 RPD 组在神经精神及神经心理变量上均无显著差异, 亦提示起病侧别对抑郁无显著影响[24]。总体而言, 既有研究支持不同起病侧 PD 患者抑郁发生

情况无显著差异的观点,也有研究指出左侧或右侧起病的 PD 患者更易出现抑郁症状的观点。不同研究结论不一致,可能与评估工具、结局定义、病程阶段、既往治疗暴露及招募来源差异等方法学因素有关[16][25]。

4. DPD 患者 WM 变化的研究进展

4.1. DPD 患者 WM 变化的影像学表现

基于 DTI 的神经影像学研究中, Sherbaf 等人发现, 共病 RBD 和/或抑郁症状的 PD 患者在包括小脑脚、胼胝体及长联结纤维如扣带、穹窿和下纵束在内的多个 WM 束存在连接强度减弱[26]; Ansari 等人发现, 在控制 RBD 共病影响后, DPD 患者相较无抑郁 PD (Non-Depressed Parkinson's Disease, NDPD)患者在双侧钩束、双侧下纵束、双侧穹窿、左侧下额枕束、右侧皮质脊髓束、胼胝体膝部以及小脑中脚存在更低的连接性[27]; Huang 等人发现与 NDPD 患者相比, DPD 患者在左侧钩束、左侧上纵束、左侧前丘脑放射、胼胝体小钳以及下纵束出现 FA 降低, 并认为左半球前部纤维连接受损可能参与 PD 抑郁的发生[28]; Wu 等人在两组均为右侧起病的 PD 患者中发现, 相较无抑郁组, 抑郁组在左侧前辐射冠、左侧丘脑后辐射、左侧扣带束、左侧上纵束、左侧矢状层及左侧钩束出现异常, 并在结论中强调抑郁相关改变主要位于左半球[29]; Li 等人发现, 与健康对照及 NDPD 相比, DPD 在胼胝体体部、右侧前放射冠及左侧海马部扣带束等区域出现 AD/MD 改变, 指出 DPD 涉及额叶与边缘系统相关 WM 通路的改变[30]。Yang 等人发现, 与 NDPD 相比, DPD 的 WM 改变主要累及双侧皮质脊髓束、右侧扣带束、左侧海马旁扣带束、双侧下纵束及双侧上纵束[2]。Lacey 等人无论采用常规定义的抑郁分组还是“极端组”策略, 均未能基于区域的空间 (Tract-Based Spatial Statistics Analysis, TBSS) 分析方法及基于感兴趣区域 (Region of Interest, ROI) 的分析方法中复现 DPD 与 NDPD 的 WM 微结构差异[31]。总的来说, DPD 患者尚无特征性 WM 改变模式, 但各项研究结论的差异需除外抑郁评估差异、神经影像分析方法、PD 样本的临床异质性以及样本量不足等的影响。

4.2. WM 改变导致 DPD 的机制

Kostić 等人提出, DPD 可被理解为一种“断联综合征”, 即情绪相关网络结点间结构连接受损所致的环路级失衡可能参与抑郁表型的形成[32]。Ansari 等在控制 RBD 共病影响后仍观察到 DPD 与 NDPD 的结构连通性差异, 也支持参与情绪识别的关键神经回路可能存在功能障碍的观点[27]。Huang 等人进一步提出, DPD 可能存在类似重度抑郁症 (Major Depressive Disorder, MDD) 的“额叶 - 边缘系统耦合减弱”, 提示 WM 断联可通过削弱额叶与边缘系统之间的有效沟通而影响情绪调节过程[28]。Bhorne 等在纵向分析中发现, 抑郁评分与丘脑亚核相关纤维束宏观结构改变呈广泛关联, 并指出以丘脑为关键枢纽的基底节 - 丘脑 - 皮层网络中, “枢纽结点及其进出连接退化”可能参与抑郁症状的演变[33]。Andica 等人强调, 以轴突密度下降/轴突变性为代表的 WM 微观退变与精神表型相关, 提示“轴突丢失”可能是 PD 精神症状相关 WM 病理的重要组成[34]。Li 等则在讨论中强调, 胼胝体作为半球间信息传递的关键结构, 其异常与抑郁严重度及跨半球信息传递受限相关, 而“跨半球整合不足”可能加剧情感整合负担[30]。因此, 情绪相关网络连接受损, 包括以丘脑及胼胝体等为关键结点的 WM 改变, 可能参与 DPD 的形成。

值得注意的是, 既往研究还提示大脑半球情绪加工存在不对称性。具体而言, 右半球假说 (Right Hemisphere Hypothesis, RHH) 强调右半球在情绪信息的知觉、识别与整合中具有相对优势[35]; 效价假说 (Valence Hypothesis, VH) 则认为左右半球在情绪加工中存在一定分工, 即左半球相对更偏向正性情绪 (或趋近相关) 加工, 右半球相对更偏向负性情绪 (或回避相关) 加工[36]。两种经典理论虽侧重点不同, 但均提示大脑半球情绪加工相关功能并非完全对称分布, 其表现具有任务和网络依赖性[37][38]。因此, PD 偏侧起病所对应的病理不对称性影响运动表型的同时[9], 还可能与大脑半球情绪加工侧化及 WM 连接损伤等共

同作用，参与 DPD 的发生与演变，但其潜在机制尚不明确。

5. 偏侧起病与 WM 变化的相关性

Pozorski 等在 18 个月纵向随访中报告，与对照组相比，PD 患者 WM 完整性的下降更集中于吻侧(上部)脑干、尾侧皮层下 WM 及小脑脚等区域，并指出基线仅单侧临床体征者的 WM 改变速率高于基线已出现双侧体征者，从而将“单侧体征阶段”视为 WM 变化较活跃的时间窗[39]。Pelizzari 等发现，与健康对照组相比，RPD 患者在多处 WM 区表现出更广泛的弥散异常，而 LPD 患者在相同分析框架下未检出显著异常，得出“早期病例中，RPD 更易检出 WM 改变”的结论[40]。Zhu 等基于 PPMI 数据发现 RPD 患者可能比 LPD 患者存在更显著的 WM 损害，其中小脑下脚、小脑上脚、外囊、扣带回、额枕上束、钩束与毯的 WM 不对称性的特征改变模式预测 PD 起病侧的效果良好，提示 WM 网络的失衡可能是 PD 起病侧的机制基础[12]。WM 微结构的偏侧受累规律，不仅为解释 PD 临床表型异质性提供了影像学证据，更提示未来研究应将起病侧作为关键的分层依据，以实现疾病的精准评估。

6. 小结

DPD 患病率高，可导致 PD 患者生活质量降低、功能状态恶化、认知障碍进展加快以及预后不良，早期识别与分层管理具有明确临床价值。PD 的侧别优势可在抑郁等非运动症状中有所凸显。WM 结构的改变与 DPD 及偏侧起病均存在一定关联，但目前证据更多来自偏侧起病-DPD、DPD-WM、以及偏侧起病-WM 的两两关联累积，三者在同一队列、同一分析框架下的直接验证不足，因此未来将偏侧起病纳入 DPD 研究的临床分层，并结合 WM 微结构/连接网络信息进行综合评估，有望为 DPD 的 WM 相关机制提供更多的见解。

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