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· 综述 ·

新冠疫苗犹豫及其影响因素研究进展

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[摘要] 2020 年暴发的新型冠状病毒肺炎疫情推动了新型冠状病毒疫苗(简称新冠疫苗)的研发和应用,但疫苗犹豫阻碍了新冠疫苗的普及接种。本文横向对比不同国家的新冠疫苗犹豫情况,结合已有的相关模型剖析影响新冠疫苗犹豫的因素,从而提出针对新冠疫苗犹豫的干预措施,以期改善新冠疫苗犹豫提供参考。

[关键词] 新型冠状病毒; 新型冠状病毒肺炎; 疫苗; 疫苗犹豫; 影响因素

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Advances in COVID-19 vaccine hesitancy and the influencing factors

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[Abstract] **Objective** The outbreak of coronavirus disease 2019 (COVID-19) epidemic in 2020 has strongly promoted the development and application of severe acute respiratory syndrome coronavirus 2 vaccine, however, universal vaccination is hindered by vaccine hesitancy. This paper reviews COVID-19 vaccine hesitancy of different countries, analyzes the factors influencing the COVID-19 vaccine hesitancy based on the existing relevant models, and puts forward intervention measures for COVID-19 vaccine hesitancy, so as to provide reference for reducing vaccine hesitancy.

[Key words] severe acute respiratory syndrome coronavirus 2; COVID-19; vaccine; vaccine hesitancy; influencing factor

2020 年新型冠状病毒(severe acute respiratory syndrome coronavirus 2, SARS-CoV-2)在全世界范围蔓延,严重威胁着人类健康,接种安全有效的疫苗实现群体免疫,对于结束新型冠状病毒肺炎(coronavirus disease 2019, COVID-19)大流行至关重要。目前已经开发出可用的新型冠状病毒疫苗(简称为新冠疫苗),但疫苗接种情况并不乐观。疫苗犹豫的原因存在背景特异性,目前国内对新冠疫苗犹豫缺乏系统研究,现将各国新冠疫苗犹豫情况及其影响因素概述如下。

1 疫苗犹豫定义

疫苗犹豫即在疫苗接种服务可及的情况下拒绝或延迟接种疫苗,包括拒绝接种某些疫苗、但同意接种其他疫苗,以及推迟疫苗接种或不确定是否接种疫苗。疫苗犹豫受诸多因素的影响,学者们分析疫苗犹豫影响因素并由此建立了著名的“3Cs”模型,主要涵盖信心(confidence)、自满(complacency)和便利(convenience)三方面。

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2 新冠疫苗犹豫现状

全球都面临着新冠疫苗接种犹豫不决的现象,且反疫苗接种运动的影响越来越大^[1-2],导致通过建立群体获得性免疫的方式抗击疫情变得很困难。无论是在发达国家还是发展中国家,在普通人群还是医务工作者中,新冠疫苗犹豫程度一直维持在较高水平。

2.1 发展中国家 2020 年 2 月及 8—9 月,在香港三次 COVID-19 流行期间对香港各类工作人员进行了两次横断面调查^[3],结果显示,在第三次流行期间犹豫程度高于第一次,其中文职、服务和销售人员犹豫程度最高,主要与疫苗的安全性有关。2020 年 3—4 月对中国大学生进行横断面调查^[4]结果显示,大多数人愿意参加新冠疫苗试验,与美国医科学生相比,疫苗犹豫程度较低。

2020 年 12 月于阿拉伯国家开展的调查^[5]结果显示,约旦、科威特、沙特阿拉伯居民对新冠疫苗接受率均低于 29.4%,其中,男性、受教育程度较高和有慢性疾病史的人犹豫度较低。科威特的犹豫度高于约旦,可能与其舆论环境有关。而早期沙特阿拉伯通过在线调查获得的接受率却高达 64.7%^[6-7]。

2.2 发达国家 2020 年 4 月对美国成年人的横断面调查^[8]结果显示,约半数人对接种疫苗犹豫,与年龄、种族、教育程度关系密切。5 月,美联社的民意调查^[9]结果显示,年轻人犹豫程度更高,非洲裔和西班牙裔美国人犹豫度远高于非西班牙裔白人,疫苗的不良反应和接种后感染 COVID-19 的风险为主要阻碍因素。10 月另一项调查^[10]结果提示,应高度关注 50 岁以下和低收入家庭的人群,并鼓励其接种疫苗。9 月、12 月美国疾病控制与预防中心的调查^[11]结果显示,愿意接种的人群比例上升,但年轻人、妇女、非西班牙裔黑人、受教育程度较低、收入较低、无医保的成年人的犹豫度仍较高,令人担忧。凯撒家庭基金会的调查^[12]结果显示,民主党人相比共和党人疫苗犹豫度低。在美国全国范围内,黑人感染病毒的可能性是白人的 3 倍,且一旦感染,其死亡的可能性是其他人的 2 倍^[13],但其疫苗犹豫程度却更高。

超过 10% 的意大利大学生存在疫苗犹豫^[14],其中医疗保健专业学生与其他专业学生相比无差异。在意大利第一次全国封锁之前、之中和之后对接种疫苗意愿的调查^[15]结果显示,在封锁期间,犹豫度

较低,且随着风险认知的增加而降低。

2020 年 7 月对英国成年人进行的横断面调查^[16]结果显示,约 40% 的人持犹豫态度,与社会人口因素、流感疫苗接种与否等有关。9—10 月犹豫率下降,且主要与“阴谋信念”、年龄、性别、收入和种族有关^[17]。

2020 年 3 月,法国全国封锁 10 d 后,18 岁及以上的法国人中,有 26% 的人不愿意接种新冠疫苗^[18]。4 月,每天死于 COVID-19 的人达到峰值,期间进行的四项调查显示^[19],仍有四分之一的参与者不愿接种,且对疫苗的态度与政治党派和政治制度显著相关^[20]。

2.3 不同群体 肥胖是 COVID-19 发病和死亡的高危因素,但新冠疫苗对肥胖患者的有效性可能较低,增加了肥胖人群对新冠疫苗的犹豫程度^[21]。保持卫生保健工作者的健康是预防、减缓病毒大流行的一个重要保证,但在 2020 年 2—3 月对中国香港护士的调查^[22]显示,犹豫度高达 60%,原因有“怀疑有效性和安全性”、“认为没有必要”等。对美国医科学生的一项调查^[23]显示,几乎所有参与者都对疫苗持积极态度,但仅半数愿意参加疫苗试验,23% 的人不愿意在疫苗获批后立即接种疫苗,提示开设有关新冠疫苗安全性和有效性教育课程的必要性。不同群体对新冠疫苗的犹豫程度不同,与不同群体的特征、扮演的社会角色不同等相关,需要采取针对性措施改变疫苗犹豫现状,提高接种率。

3 新冠疫苗犹豫的影响因素

3.1 信任度

3.1.1 疫苗 疫苗本身属性一直是公众关注的焦点。对疫苗安全性、有效性及不良反应的担心始终是全球疫苗犹豫的三大原因之首^[24]。运用结构方程模型分析证实疫苗安全性和有效性等指标有助于公众对新冠疫苗的接受^[25]。

社会环境也是疫苗犹豫的影响因素之一。在过去的十年中,中国发生了十余起疫苗危机事件,损害了公众对于疫苗的信心^[26]。此外,欧美地区曾发生过反疫苗接种运动^[27-29]。然而,Lin 等^[30]研究认为,对假冒或者有问题疫苗的担忧并不是影响新冠疫苗接种的主要障碍,因为 COVID-19 造成的威胁可能已盖过了公众对假冒或有问题疫苗的担忧。

3.1.2 政府 公众对疫苗的态度受政府相关部门关于疫苗策略的制定与管理的影响。Weintraub 等^[31]通过回顾过去疫苗运动和传染病流行经验教训,认为政府应该投资循证战略,以确保新冠疫苗起到保护公

众健康的作用,对卫生服务和生计的破坏降至最低。此外,推行疫苗强制接种^[32]和公益性免费接种^[33]也可以降低疫苗犹豫。

3.1.3 媒体与沟通模式 新冠肺炎的全球流行已成为社交媒体的焦点,但其中不乏大量虚假和误导性信息^[34]。有学者^[30, 32-35]提出,媒体向公众提供准确的疫苗信息对于推进新冠疫苗的接种至关重要。此外,公众也应该从权威性高的渠道获取疫苗相关信息,避免受到不当信息误导。正确的新冠疫苗知识能够帮助公众识别可靠的信息来源,网络媒体和传统媒体的联动合作有助于消除民众恐惧和风险认知,改善疫苗犹豫情况,进一步提高新冠疫苗接种率^[36]。

3.1.4 卫生服务工作者 在新冠大流行期间,医生、护士、社区卫生服务者等卫生服务工作者被公众认为是最可信赖的疫苗接种信息来源之一^[37]。然而,近期多项调查研究结果显示,卫生服务工作者表现出一定程度的新冠疫苗犹豫水平^[22, 38-40],这将破坏公众对疫苗的信心,但是相较于一般人群,卫生服务工作者新冠疫苗犹豫水平较低^[41]。

3.2 自满 研究^[42]表明,认为自己有一定 SARS-CoV-2 感染风险的个人,表现出较低的新冠疫苗犹豫。而有较高疫苗犹豫的人常常低估疾病感染风险,没有看到疫苗预防疾病的真正价值^[43]。在大流行期间,由于疾病威胁更加突出^[44],人们对接种疫苗表现出更大的兴趣。

社会经济地位、受教育程度的差异会造成人们健康素养的差异,且与疫苗犹豫水平呈现负相关^[4,45]。研究表明,中国青年学生有较低的 SARS-CoV-2 感染死亡率,因其健康素养较高,能更客观地评估感染风险和预防价值,更愿意采取保护性行为如接种疫苗等^[46-47],而不是一味地盲目自满。

3.3 便利 要想解决新冠疫苗犹豫现象,必须解决由于成本、冷链运输和疫苗难以获得的难题,疫苗获得的不便利性可能会降低人们对疫苗的信心和需求^[42]。因此,促进新冠疫苗的可获得性和便利性是改善疫苗犹豫现状的重要措施^[48]。政府和公共卫生当局要从已有的安全、有效的新冠疫苗中根据疫苗有效性、安全性和成本进行选择,选择一种特定的新冠疫苗按人群优先接种模式进行推广,从而提高整个社会疫苗接种便利性,进一步影响新冠疫苗犹豫率^[49]。

3.4 其他 集体责任感被定义为愿意通过疫苗群体免疫保护他人^[50]。集体责任感越强的受访者疫苗犹豫水平越低,接种新冠疫苗的意愿也越强^[40]。当身边足够多人接种疫苗时,“搭便车”心理会被削

弱,使得人们更加愿意接种疫苗^[51]。

疫苗来源也可能影响公众对疫苗的态度。Lin 等^[30]研究结果显示,中国的广大参与者显示出对国产新冠疫苗的偏好;而 Kreps 等^[52]研究结果显示,美国的成年人不太可能选择在美国以外开发的疫苗。

除此之外,个人参与信息搜索过程中的信息源,感知风险的能力,包括疾病流行情况,都会影响新冠疫苗犹豫程度。自新冠肺炎大流行开始以来,公众对于新冠的已知正确信息缺乏信任,而错误信息则被广泛传播,导致普通公众对新冠肺炎疫苗的接受率很低^[53]。社区是重要的信息源,主观的社会规范,以及社会圈子里的关键人物及医务工作人员所提供的信息在普及新冠疫苗接种方面至关重要^[54]。Fournet 等^[55]研究表明,对疫苗接种犹豫不决的群体,通常他们对疫苗安全问题感到担忧,对免疫接种的需求、程序和时间也不确定。综上所述,每个群体对信息的反应不尽相同,对信息源的熟悉和信任程度也是解决新冠疫苗犹豫的关键点^[56]。

4 疫苗犹豫的应对

担心新冠疫苗的安全性与其有效性是接种的主要障碍。新冠疫苗的快速研发引起公众对疫苗质量的担忧,需帮助居民建立对新冠疫苗的信任。疫苗生产者应公开新冠疫苗开发流程,以消除公众的疑虑。国家应完善问责制度,监督疫苗生产,将新冠疫苗纳入计划免疫。跨国合作开发新冠疫苗也将降低疫苗犹豫度^[57]。

作为公众信赖的信息来源,卫生服务工作者应鼓励新冠疫苗接种。如向患者推荐疫苗,在安全和方便的地方提供疫苗接种服务^[58],降低受种者在接种过程中的感染风险,通过网络沟通减少公众对疫苗有效性和副作用的担忧,通过双向交流识别疫苗犹豫的原因,提供受众所需信息^[59],提高接种率。周围人的支持和有影响力的领导人的推广,可增强公众对疫苗的信任。

疫情期间,人们主要通过社交媒体获取信息,虚假疫苗信息的传播加剧了疫苗犹豫,互联网公司需积极消除错误信息,个人需辨别虚假信息,就疫苗接种问题做出明智决定。针对不同社会群体的健康教育也是可取策略。

5 结语

疫苗犹豫降低疫苗接种率,破坏免疫规划成果,

危害人群健康。不管是发达国家还是发展中国家都存在不同程度的新冠疫苗犹豫。疫苗犹豫受多种因素的影响,其中公众对疫苗、政府、媒体和卫生服务工作者的信任,疫苗可及性、可负担性和可获得性,集体责任感及疫苗来源也会影响疫苗犹豫。针对新冠疫苗犹豫的特点及影响因素,可以从不同层面采取针对性措施,改善新冠疫苗犹豫,实现群体免疫。

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