

大学生におけるうつ病および希死念慮の心理社会的予測

心理的不調（基準変数）を引き起こす原因は何か（説明変数）という課題に答えを出す際に、基準変数と説明変数を同時点で測定したのでは、両者の相関関係はわかりませんが、因果関係について言及することはできません。同時に測定しているのですから、どちらが原因でどちらが結果かを判断できないからです。そこで、前方視的に一定の集団を追跡して調査し、早い時点の現象（説明変数）が遅い時点の現象（基準変数）を引き起こしたと推定することが必要になります。そこで我々は、2大学の学生を対象にして毎週の調査票配布による9週間にわたる前方視的メンタルヘルス調査を行いました。使用した尺度とその内容は以下の通りです。

抑うつ状態: Self-rating Depression Scale (SDS; Zung, 1965) は20項目からなる自己記入式評価票。因子分析の結果、3因子 (affective, cognitive, somatic) から構成されていることが確認されている (Kitamura ら, 2004)。本研究ではこのうち情動の下位尺度に該当する7項目を depression 項目として用いる。

希死念慮: SDS の1項目は自殺念慮を問う項目になっている。

ネガティブ・ライフ・イベント: 前回調査時点以降に発生したもっともインパクトのあったライフイベント (ストレスフルな出来事) negative life events (NLE) につき100点満点でその影響を記載させ、その種類と内容を調査。

対処行動: 課題優先対処行動, 情緒優先対処行動, 回避優先対処行動に各1項目を設定。

認知スタイル: 認知の「ゆがみ」について、自動思考、推論の誤り、非機能的態度の3点を確認。

自動思考は Automatic Thoughts Questionnaire-Revised (ATQ-R; Kendall ら, 1989) で測定。Beck の理論に基づいて、Hollon ら(1980)の作成した ATQ は抑うつ時に自動的に浮かんでくる negative な考えを30項目挙げ、5件法で答えるもの。これに新たに positive な考えを10項目加え40項目としたのが、Kendall ら(1989)が開発した Automatic Thoughts Questionnaire-Revised (ATQ-R) である。本調査では、先行研究において因子付加量のもっとも多かった6項目を使用。

推論の誤りは **Thinking Error Scale** で測定。これは Beck ら (1979) の推論の誤りリストを参考にして丹野ら (1997) が作成した 19 項目からなる自己記入式調査票である。本調査では、先行研究において因子付加量のもっとも多かった 6 項目を使用。

非機能的態度は **Dysfunctional Attitude Scale (DAS; Weissman, 1979)** で測定。これは抑うつスキーマを調べることを目的とした自己記入式調査票。本来 100 項目の尺度であるが、40 項目の短縮版が作成されている(DAS-A, DAS-B)。DAS-A と DAS-B の α 係数は 0.89 と 0.92 であり、Beck Depression Inventory による各抑うつ症状との相関は 0.48 から 0.55 であった。DAS は治療を敏感に反映する指標として有名であり、治療の成功した患者は、治療がうまくいかない患者に比べ DAS 得点が下がることが確認されている(Simons et al. 1984)。

自己効力感: 自己効力感は **Self-Efficacy Scale (SES; Sherer ら, 1982)** で測定。Bandura によって体系化された社会学習理論によれば人間の行動を決定する要因には、「先行要因」、「結果要因」、「認知的要因」の 3 者がありこれらの要因が絡み合って、人と行動、環境という 3 者間の相互作用が形成されるという。ある行動を起こす前にその個人が感じる「遂行可能感」、自分自身がやりたいとおもっていることの実現可能性に関する知識、あるいは、自分にはこのようなことがここまでできるのだという考えが、自己効力感である (Bandura, 1973)。SES は特性的自己効力感を測定するために作成された自己記入式調査票で、「行動を起こす意志」、「行動を完了しようと努力する意志」、「逆境における忍耐」などから構成されている。

Resilience: Resilience Scale (RS: Wagnild & Young, 1993) は resilience を測定する自己記入式尺度。25 項目より構成され、各項目は 7 件法 (disagree から agree まで) で評価する。内的整合性、構成概念妥当性については Wagnild & Young (1993) の報告がある。

Interpersonal Competency: 日本における対人関係の特徴を評価する尺度を高井が作成。Japanese Interpersonal Communication Competence Scale (JICS, Takai & Ota, 1994) は 31 項目からなる 5 段階評定尺度で、低スコアほど日本人の対人コミュニケーションパターンを示す。因子構造は「察し能力 (Perceptive Ability)」、「自己抑制能力 (Self-Restraint)」、「社会的適正 (Hierarchical Relationship Management)」、「対人感受性 (Interpersonal Sensitivity)」、「不明確性への忍耐力 (Tolerance for Ambiguity)」の 5 因子である。日本人大学生をサンプルとした調査においては信頼性係数 ($\alpha = .81$) が報告されている。

Adult Attachment: Bartholomew ら (1991) の作成した Relationship

Questionnaire (RQ) にて測定する。RQ は 4 項目の自己記入式調査票。

Shame and Guilt Feeling: Test of Self-Conscious Affect (TOSCA: Tangney ら, 2000) は shame を中心とした自己意識感情を評価する自己記入式尺度。TOSCA は 16 の短い事例を提示し、被検者がそうした体験をしたらどのように感じるかについて、1 事例に 4 ないし 5 の感情状態を定義し、各感情について 5 件法で答えるように構成されている。16 の事例は 11 のマイナスの出来事を表し、5 の事例はプラスの事例を表している。評価する感情は shame, guilt, externalization, detached, alpha pride, beta pride の 6 つである (Tangney & Fischer, 1995)。TOSCA の日本語版は Tangney グループの日本人研究者によるものがすでに存在する。なお、プラスの事例を削除することで TOSCA の短縮版とすることができる。さらに Two Kinds of Guilt (TKG: Hasui & Kitamura, 2004) を用いる。これは Klein の理論から導き出した 2 種類の罪責感 (persecutory guilt と penitential guilt) に関する自己記入式調査票である。2 項目 (Persecutory Guilt : 何かまずいことをしたとき周囲の人が責めるような感じがする : penitential guilt : 何かまずいことをしたとき自分の心の中で申し訳ないとか、やり直せないか、謝りたいと感じる) から構成されている。

Borderline Personality Organization: コーネル大学の Clarkin et al. (2001) は Kernberg 自身との共同作業の結果、彼の personality organization 理論に沿ったパーソナリティ評価法 Inventory of Personality Organization (IPO) を開発した。5 件法 83 項目から構成される自己記入式調査票で、5 つの下位尺度 — 原始的防衛、同一性拡散、現実検討、攻撃性、道徳観 (超自我) — を抽出できるものである。われわれは IPO の翻訳権を取得し、日本語版を作成し、その信頼性と妥当性を報告 (Igarashi ら, 2005)。

Narcissistic Personality: Narcissistic Personality Inventory (NPI: Raskin & Hall, 1979) はパーソナリティの自己愛性傾向を評価する自己記入式尺度。Raskin & Hall (1979) は当初 223 項目 (各項目は 2 つの文章のうち自分にあつた表現を強制的に選択させる) の尺度を作成し、予備研究の結果から Form A (40 項目) と Form B (40 項目) からなる NPI を作成した。Raskin & Hall (1979) の NPI を研究した Emmons (1984) は因子分析の結果から 54 項目版を提案している。ここでは各項目は「該当・非該当」の 2 件法を取っているように思われる。Emmons (1984) はさらに 38 項目版を示した。小塩 (2004) は 30 項目 5 件法の短縮版 (NPI-S) を作成した。NPI-S の下記尺度はそれぞれ 10 項目から構成される「優越感・有能感」「注意・賞賛欲求」「自己主張性」である。

Child abuse and childhood trauma: Sanders ら (1995) の作成した 5 件法 38 項目の自己記入式調査票である Child Abuse and Trauma Scale (CTAS) を用いる。

Perceived Rearing: 15 歳以前の非養育体験について Parental Bonding Instrument (PBI; Parker ら, 1979) を用いて測定する。PBI は 15 歳以前の父および母から受けた養育を遡及的に評価させる 25 項目からなる自己評価尺度である。日本語訳は鈴木ら (北村, 1998) が行い、その妥当性を Kitamura ら (1993) が報告している。PBI の下位尺度は、親の愛情を評価するケア care 得点と、過保護・過干渉を評価する過干渉 over-protection 得点とが用意されている。PBI は、両親や同胞による他者評価と高い一致率を示すことから、養育行動の回顧的確認を意味するだけでなく、実際の養育行動を反映したものである可能性が示唆されている (Parker, 1989)。また PBI は、Parker (1979) が再検査法によって高い信頼性を確認している。PBI の因子構造については、Parker ら (1979) の設定した 2 つの下位尺度を支持する研究 (Kazarian ら, 1987; Arrindell ら, 1989; Mackinnon ら, 1993) と 3 因子構造を主張するもの (Cubis ら, 1989; Kendler ら, 1997; Gomez-Beneyto ら, 1993; Murphy ら, 1997) がある。日本語版 PBI の因子構造については Uji ら (2005) が 2 因子構造を報告し、確認的因子分析でもこのモデル適合度が確認された。

Posttraumatic Growth: Posttraumatic Growth Inventory (PTGI; Tedeschi ら, 1996) を用いて測定する。

Hasui, C., Igarashi, H., Nagata, T. and Kitamura, T.: Guilt and its multidimensionality: Empirical approaches using Klein's view. *American Journal of Psychotherapy*, 62 (2); 117-142, 2008.

After examining the definitions of two types of guilt, persecutory and penitential, based on Melanie Klein's view, we developed a single-item measure of these types and examined reliability and validity of the measure in three studies. Concurrent validity of the measure was shown among a university student population using the Test of Self-Conscious Affect-3 as an external validator. The questionnaire was not influenced by a socially desirable response style. Concurrent validity was demonstrated by studying different external variables: the two types of guilt feelings are moderately correlated with each other, but penitential guilt is more strongly correlated to variables related to ego maturation. Test-retest stability is only modest, suggesting that the constructs of measured guilt feelings may fluctuate over time.

Hiramura, H., Shono, M., Tanaka, N., Nagata, T., and Kitamura, T.: Prospective study

on suicidal ideation among Japanese undergraduate students: Correlation with stressful life events, depression, and depressogenic cognitive patterns. *Archives of Suicide Research*, 12(3); 238-250, 2008.

To examine the effects of stressful life events (SLE), depression (affective symptoms of Zung's Self-rating Depression Scale), and depressogenic cognitive patterns (the Automatic Thought Questionnaire-Revised: ATQ-R) on suicidal ideation, questionnaires were distributed to some 500 Japanese undergraduate students at the baseline (T1) and two weeks later (T3). In T1, structural equation modeling confirmed that (1) the ATQ-R and depression, but not the SLE influence suicidal ideation, and (2) the ATQ-R also influences suicidal ideation through depression. These findings were confirmed in a longitudinal analysis. The results suggest that the effects of SLE on suicidal ideation are indirect and are mediated by depressogenic cognitive styles and depression.

Uji, M., Hasui, C., Kitamura, T., and Nagata, T.: The impact of negative life event on the psychological growth. In (ed.) M. Blakely, and S. Timmons, *Life Style and Health Research*, pp. 117-134, Hauppauge: Nova Science Publishers, 2008.

Negative life events (NLEs) are unavoidable in our lives, although what particular events are perceived as "negative" depends on an individual's mental state, personality, age, and the culture he or she belongs to. Negative life events sometimes deepen an individual's personality, bring about positive changes in interpersonal relationships, and, as a result, enrich his or her life. We assessed psychological growth following an NLE using the Posttraumatic Growth Inventory (PTGI, Tedeschi & Calhoun, 1996), with a study population of 419 Japanese university students. We also measured each student's psychological resilience (Resilience Scale: RS, Wagnild & Young, 1993) and perceptions of parental care as a child (Parental Bonding Instrument: PBI, Parker, Tupling, & Brown, 1979). Factor analysis of the PTGI showed a three-factor structure. The PTGI subscale scores were significantly correlated with Resilience Scale score. All three PTGI subscales were correlated with paternal care and maternal respect of child autonomy. Two PTGI subscales were correlated with maternal care. One PTGI subscale was correlated to the mother's low indifference toward the child. Using a structural equation model, we assessed whether the NLE, which the respondents experienced at some point during a four month (120 days) period, had a positive effect on PTGI scores; this model included the pre-study depressive level. The pre-study depressive state intensified the NLE during the four month study period, and the NLE significantly heightened the score of the PTGI. We divided the participants into two groups, a high resilience group and a low resilience group, and conducted a simultaneous analysis of multi-groups. In the best fit model, the high-resilience group was more likely to experience psychological growth as a result of the NLE. We discuss the results from a clinical perspective.

蓮井千恵子, 永田俊明, 北村俊則: レジリエンスと罪責感: 希死念慮の予測. *心理臨床学雑誌*, 25(6); 625-635, 2008.

レジリエンスは、人格的な特性もしくは、逆境を乗り越えたり、ストレスに耐えうることを促進すると考えられる対処行動の資質のことと定義されている。また、懲罰的罪責感とは、自己の攻撃性を外界に投

影し、あたかも外界から攻撃されているように感じることである。本研究は、大学生における希死念慮を規定する心理的要因としてレジリエンス、罪責感、ネガティブ・ライフ・イベントを含んだ質問用紙を複数回にわたって大学生に配布した。共分散構造分析によるモデル検定と、希死念慮が連続して高かった対象者を同定し、T 検定を行った。レジリエンス得点が高い人ほど希死念慮得点が低く、懲罰的罪責感を強く感じる人ほど、希死念慮が強くなっていた。さらに4週間にわたって高い希死念慮を有した群は、そうでない群に比べ、懲罰的罪責感、贖罪的罪責感、ネガティブ・ライフ・イベントの得点が有意に高い一方でレジリエンス得点は有意に低かった。希死念慮を訴える人に対して、レジリエンス能力を高める援助、さらに自身の外部に投影している攻撃性の意識化が必要であると考えられた。

Shikai, N., Uji, M., Shono, M., Nagata, T., and Kitamura, T.: Dispositional coping styles and childhood abuse history among Japanese undergraduate students Open Family Studies Journal, 1, 76-80, 2008.

Dispositional coping styles in adulthood may be influenced by one's experiences as a child. Japanese university students were examined in terms of their coping styles and child abuse history. Regression analyses revealed that an emotion-oriented coping style was predicted by neglect and emotional abuse during childhood.

Hasui, C., Igarashi, H., Shikai, N., Shono, M., Nagata, T., and Kitamura, T.: The Resilience Scale: A duplication study in Japan. Open Family Studies Journal, 2; 15-22, 2009.

To examine the factor structure, construct, and predictive validity of the Resilience Scale (RS), Japanese university students (N = 504 to 547) were examined. The RS has a good internal consistency and a single factor structure. Students high in resilience were less likely to be depressed or suicidal; more likely to adopt task-oriented coping but less likely to adopt emotion-oriented coping; more likely to have secure attachment with an opposite-sex partner; less likely to have shame feeling but more likely to have pride feeling; more likely to show healthy narcissistic personality traits but less likely to show identity diffusion; more likely to report their parents as high in care and low in overprotection; and more likely to report receiving punishment as a child. The RS is shown to be a significant predictor of the depressive severity two weeks later after controlling for demographic variables, baseline depression, and negative life events, which occurred during the previous week. Thus, the RS is a valid measure in a Japanese student population.

Igarashi, H., Hasui, C., Uji, M., Shono, M., Nagata, T., and Kitamura, T.: Effects of child abuse history on borderline personality traits, negative life events, and depression: A study among a university student population in Japan. Psychiatry Research (on line first)

To simultaneously examine the impact of childhood abuse history on borderline personality traits, negative life events,

and depression, undergraduate students (N=243) were studied by questionnaire surveys with one week intervals. Neglect and emotional abuse as well as sexual maltreatment predicted borderline personality traits and baseline depression. Baseline depression as well as the impact of negative life events occurring the week prior predicted depression a week later. However, after considering the baseline depression level, child abuse history failed to predict the follow-up depression level. Borderline personality traits did not moderate these findings. Childhood emotional and sexual abuse history may influence the depression and borderline personality traits.

Uji, M., Kitamura, T., and Nagata, T.: The study on the relationship of self-conscious affects to coping styles and depressive reaction after a negative life event. In (ed.) xxxxxxxx Life Style and Health Research, pp. xx-xx, Hauppauge: Nova Science Publishers, 2008. (in the press)

Uji, M., Kitamura, T., and Nagata, T.: The study on the relationship of self-conscious affects to coping styles and depressive reaction after a negative life event. In (ed.) xxxxxxxx Life Style and Health Research, pp. xx-xx, Hauppauge: Nova Science Publishers, 2008. (in the press)

This study aimed to explore how the resultant affects of conflictive social interpersonal relationships influence mental health, as well as to investigate how specific coping styles mediate between these affects and mental health.

To assess the self-conscious affect, the Test of Self-Conscious Affect-3 (TOSCA-3, Tangney, Dearing, Wagner, & Gramzow, 2000) which evaluates 6 self-conscious affects (guilt-proneness, shame-proneness, externalization, detachment, alpha pride, and beta-pride) was adopted. In this study, among the 6 affect categories, the four affects which originate from negative evaluations of the presented scenarios (guilt-proneness, shame-proneness, externalization, and detachment) were selected in the analysis. The Coping Inventory for Stressful Situations (CISS, Endler, and Parker, 1990) was used for estimating the coping style. It included three coping styles: task-oriented coping, emotion-oriented coping, and avoidance-oriented coping.

A structural equation model which makes it possible to explore the causal relationship between self-conscious affects, coping styles, and mental health, was chosen as a statistical technique. Among the 394 Japanese university students who agreed to participate in this study, 298 experienced moderate to severe stressful negative life events during a four month study. Of those 298 respondents, 268 completed every item of the TOSCA-3, the CISS, and the Self-rating Depressive Scale (SDS, Zung, 1965). These 268 were subjected to a structural equation model.

Among the four affect categories which occur under stressful situations, only shame-proneness directly contributed to a depressive reaction whereas the other three (guilt-proneness, externalization, and detachment) did not. Shame-proneness tended towards an emotional-oriented coping style, but it inhibited task-oriented coping. Guilt-proneness induced task-oriented coping and avoidance-oriented coping. Externalization induced task-oriented coping and emotion-oriented coping. Detachment gave rise only avoidance-oriented coping. Interestingly, among the

three coping styles, only task-oriented coping induced a depressive reaction, whereas emotion-oriented coping and avoidance-oriented coping did not.

These results were discussed from the psychological perspective but also looked briefly at how it might be applied in a clinical setting within psychiatry.

Liu, Q., Nagata, T., Shono, M., and Kitamura, T.: The effects of adult attachment style and negative life events on daily depression: A sample of Japanese university students. *Journal of Clinical Psychology* (in the press)

To investigate the relationship among adult attachment style, life stress, and daily depression, a sample of 437 undergraduate students was prospectively studied. Insecure adult attachment and perceived life stress were related to the daily depressive mood. Further analyses using both multiple hierarchical regression and SEM demonstrated that adult attachment style and perceived life stress independently predicted depression and had no interactive effects on daily depression. The impact of adult attachment on depression was not contingent upon the presence of life stress and securely attached participants were less impacted by occurred depression. These results suggest that adult attachment may serve as a basis for the focus and content of mental health intervention and prevention.

PAPERS SUBMITTED

Shikai, N., Shono, M., Nagata, T., and Kitamura, T.: Do people cope with situations as they say? Relationship between perception of coping styles and actual coping behaviors. (submitted)

The perception of coping styles individuals think they will employ when encountering stressful situations may differ from actual coping responses in real situations. In a longitudinal study on some 500 university students, the perceived coping styles were identified by the Coping Inventory for Stressful Situations (CISS) on the first occasion. In the subsequent eight test occasions, which occurred on a weekly basis, the students were asked about a negative life event that occurred during the past week and the actual coping responses they employed. The perceived coping style and the actual coping response matched well for task-oriented and emotion-oriented copings. However, the perceived coping style and actual coping response were weakly correlated in the avoidance-oriented coping.

Liu, Q., Nagata, T., Igarashi, H., Uji, M., and Kitamura, T.: Effects of child abuse history on adult attachment style, and depression: A study of a university student

population in Japan (submitted)

Both adult attachment style and depression have been linked to childhood abuse history. However, few studies have examined the interactions between these three variables. Japanese university students were asked about their early abuse experiences, adult attachment styles, and depression, and then followed for one week. Baseline depression was predicted by childhood neglect, emotional abuse, and sexual maltreatment, whereas a poor self model of attachment style was predicted by neglect and emotional abuse. Depression one week later was predicted by the impact of negative life events occurring during the previous week, insecure self model of attachment styles, and baseline depression. Thus, the effects of child abuse history on depression were partially mediated by poor self model of attachment styles.

PAPERS IN PREPARATION

Uji, M., Kitamura, T., and Nagata, T.: The study on the relationship between the perceived maternal parenting and self-conscious affects. (in preparation)

Hiramura, H., et al.: Suicidal ideation among Japanese undergraduate students from a developmental perspective: Its relationships with depression, borderline personality organization, and childhood adversities. (in preparation)

Although previous studies repeatedly noted that childhood adversities and borderline personality disorder characteristics would influence suicidal ideation, few studies have attempted to reveal the independent contributory role of each factor to suicidal ideation. Using multivariate method among Japanese college students, we found childhood adversity including negative adolescent-parent interactions and childhood abuse experiences have statistically significant impact on suicidal ideation through borderline personality characteristics, where depression operates as partial mediator. *Trait suicidal ideation*, meaning longer lasting suicidal ideation which is distinct from time-limited suicidal ideation concomitant with depression and situation-dependent one, may require tailored interventions to combat both depression and harmful and self-defeating coping strategies. It is recommended that future public health efforts to address suicide should consider the role of personality characteristics.

Igarashi, H., Hasui, C., Uji, M., Shono, M., Nagata, T., and Kitamura, T.: Narcissistic and Borderline Personality Traits: Their Relationship with Childhood Abuse Experiences among a Student Population in Japan (in preparation)

In a Japanese university student population, the concepts of narcissistic personality traits

(measured by the Narcissistic Personality Inventory: NPI) and borderline personality concept (measured by the Inventory of Personality Organization: IPO) were discrete but Identity Diffusion (an IPO subscale) and Desire for Admiration (an IPO subscale) shared a covariance. The influences of five types of child abuse experiences on their narcissistic and borderline personality traits were investigated. Neglect and Emotional Abuse, Sexual Maltreatment, and Authoritarianism contributed to the borderline personality traits whereas low Authoritarianism contributed to narcissistic personality traits.