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Effects of depressive rumination, childhood abuse, and trait anxiety on depressive symptoms

(社会人大学院博士課程3年精神医学分野)

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【Background】 Depressive rumination has been defined as negative rumination about one's depressed mood/symptoms and the causes/consequences of this state. In recent years, it has been reported in the field of psychology that ruminating predicts the persistence and severity of depression and the onset or recurrence of depression. The present study focused on the mediation by rumination and hypothesized that childhood abuse and trait anxiety would affect depressive symptoms through rumination as a mediator. Our hypothesis was tested using path analysis in adult volunteers from the community.

【Methods】 Between April 2017 and April 2018, 473 general adult volunteers were surveyed using questionnaire-based rating scales. We examined demographic information, rumination (Ruminative Responses Scale), trait anxiety (State-Trait Anxiety Inventory-Y), and the experience of childhood abuse (Child Abuse and Trauma Scale). The effects of these factors on depressive symptoms (Patient Health Questionnaire-9) were analyzed by multiple regression analysis and path analysis. This study was approved by the ethics committee of Tokyo Medical University.

【Results】 Multiple regression analysis of depressive symptoms as a dependent variable included 12 independent variables and revealed that trait anxiety, rumination, childhood experiences of abuse, family history of psychiatric illness, and living alone had significant effects on depressive symptoms ($R^2=0.506$). Path analysis revealed that childhood abuse experiences influenced depressive symptoms directly and indirectly via their effects on trait anxiety and depressive rumination ($R^2=0.500$).

【Conclusion】 The present study suggests that depressive rumination mediates the effects of childhood

abuse experiences on depressive symptoms in adulthood as trait anxiety does.

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Complex Effect of Multiple Factors of Victimization in Childhood on Depressive Symptoms in Adulthood

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【Background】 Large prospective studies have reported that experiences of victimization in childhood was associated with the subsequent development of depression. However, it is not clear how victimization affects depressive symptoms. In the present study, we hypothesized that victimization in childhood, the quality of parenting, and adulthood life events independently affect depressive symptoms in adulthood, and this hypothesis was tested by multiple regression analysis. We also hypothesized that the quality of parenting acts on adult depressive symptoms through victimization in childhood as a mediator, and this hypothesis was tested by path analysis.

【Methods】 Between April 2017 and April 2018, self-administered questionnaires were administered to 449 adult volunteers. We used questionnaires about demographic information, the Patient Health Questionnaire-9 (PHQ-9): depressive symptoms in adulthood, experiences of victimization in childhood, Parental Bonding Instrument (PBI): parental care and overprotection, and Life Experiences Survey (LES): positive and negative scores of life event evaluation. The association between these variables and depressive symptoms in adulthood was analyzed using univariate and multivariate analyses. Path analyses were also performed using PBI, victimization, LES, and PHQ-9. The study was conducted with the approval of the Ethics Review Committee of Tokyo Medical University and written consent to participate in the study was obtained from the subjects.

【Results】 The experience of victimization in childhood