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Optimal physical activity is associated with the reduction of depressive symptoms via neuroticism and resilience

(社会人大学院博士課程 4 年精神医学分野)

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【Background】 Personality traits, such as neuroticism, which is results in vulnerability to stress, and resilience, a measure of stress coping, are closely associated with the onset of depressive symptoms, whereas regular physical activity habits have been shown to reduce depressive symptoms. In this study, the mediating effects of neuroticism and resilience between physical activity and depressive symptoms were investigated by a covariance structure analysis.

【Methods】 Between April 2017 and April 2018, 526 adult volunteers were surveyed using self-administered questionnaires. Demographic information, habitual physical activity duration, neuroticism, and resilience were investigated. This study was conducted with the approval of the Medical Ethics Committee of Tokyo Medical University.

【Results】 The dose-response curve of physical activity duration and depression scores were U-shaped: the optimal physical activity duration for the lowest depression score was 25.7 hours/week. We found that the greater the difference from optimal physical activity duration (DOT), the higher the neuroticism and lower the resilience, and more severe the depressive symptoms. Covariance structure analysis demonstrated that neuroticism and resilience significantly and completely mediated the effects of DOT on depressive symptoms.

【Conclusion】 Our study suggests that there is an optimal physical activity duration that reduces depressive

symptoms, and that a greater deviation from the optimal physical activity duration has increased depressive symptoms through neuroticism and resilience.

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Trait anxiety and depressive rumination mediate the effect of perceived childhood rearing on adulthood presenteeism

(社会人大学院博士課程 4 年メンタルヘルス科)

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【Background】 Productivity loss due to physical or mental problems in the workplace, which is called presenteeism, leads to huge financial losses. Personal and working environment factors as well as physical and mental illnesses are related to presenteeism, but the mechanism remains fully unclarified. This study analyzed the effects of perceived childhood rearing on presenteeism of adult volunteer workers, and the mediator effects of trait anxiety and depressive rumination.

【Methods】 In 2017 and 2018, a cross-sectional paper-based survey was conducted, and written consent from 447 adult workers was obtained. Demographic information and results from the Parental Bonding Instrument, trait anxiety of State-Trait Anxiety Inventory Form Y, Ruminative Responses Scale, and Work Limitations Questionnaire were surveyed. Multiple regression analyses and structural equation modeling were conducted.

【Results】 The low quality of rearing from parents in childhood, low care and high overprotection, indirectly worsened current presenteeism via trait anxiety and depressive rumination. Presenteeism was directly worsened by trait anxiety and depressive rumination, and low quality of rearing from parents directly affected trait anxiety and depressive rumination, and trait anxiety affected depressive rumination.

【Conclusion】 This study clarified the long-term influ-