

論文審査の要旨

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学位授与の要件	学位規則第4条第1項・2項該当		
<p>論 文 題 目</p> <p style="text-align: center;">Interoceptive attention tendencies and their role in applications of Self-Active Relaxation Therapy</p>			
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<p>[論文審査の要旨]</p> <p>Mental health promotion programs targeted at the community recovery of disasters must be sufficiently broad and balanced enough to appeal to healthy people while still raising awareness of common mental disorders and providing a skill that is meaningful for adaptive behavioral adjustments to the stressors that are relevant to everyday life. This dissertation identifies Self-Active Relaxation Therapy (SART) as a stress management program based on Dohsa-hou (Japanese Psychotherapy) that has been used as a vehicle for mental health support in disaster recovery and provides comprehensive and culturally appropriate steps to address the validity of its underpinning framework in body awareness constructs, and evaluates degrees of its effectiveness as a public mental health promotion program for applications.</p> <p>To evaluate a mental health promotion program with feasible transfer and alignment with the needs and goals of disaster recovery management, this dissertation addresses the following central questions: (1) to determine whether constructs via the Multidimensional Assessment of Interoceptive Awareness (MAIA) are valid internally and cross-culturally with latent variable analysis (Study 1) and incrementally in collaborative research using resting-state EEG (Study 2); (2) to address issues with the model specification of the Japanese MAIA using an overlooked test of predictive validity using regressions with trait anxiety (Study 3.1); (3) to ensure that the transported scale of the MAIA as an etic framework demonstrates relationships with emic (focal) constructs developed for SART using correlational analysis (Study 3.2); and (4) to evaluate whether stress management programs that use SART can be leveraged to facilitate effects on interoceptive attention tendencies in a university student sample with a test-retest control group (Study 4) and hospital nurses (Study 5) as a field test for public mental health promotion.</p> <p>The structure of the dissertation is as follows:</p>			

In Chapter 1, Introduction: Challenges and Needs in Chronic Disaster Recovery

In Chapter 2, Review of the Literature

In Chapter 3, Psychometric Properties of Interoceptive Attention Tendencies (Study 1)

In Chapter 4, Incremental Validity of Interoceptive Attention Tendencies from Neurophysiological Indices (Study 2)

In Chapter 5, Integrated Tests of Nomothetic Span using the Combined Emic-Etic Approach (Study 3-1 and 3-2)

In Chapter 6, Effects of Stress Management Applications of SART on Interoceptive Attention Tendencies (Study 4 and 5)

In Chapter 7, General Discussion and Conclusions

These findings indicate that it is possible to fill a pressing need for a candidate disaster recovery management program for public mental health. The studies: (1) proposed SART as a solution by leveraging an intact globally utilized framework of constructs for body awareness changes from health practices and psychotherapy operationalized by interoceptive attention tendencies (i.e., primary set of dependent variables); (2) addressed validity questions for the use of interoceptive attention tendencies in Japan vis-à-vis integrated measurement properties and cross-disciplinary inferences (Study 1); and (3) detected their effectiveness in applications of SART on subclinical settings as a tool to determine its ability to contribute to domains of sensibility about the body, the regulation of mood states, and the management of stress through the deliberate practice of relaxation (Study 2, 3-1, 3-2, 4 and 5).

This dissertation can be highly evaluated for the following three points:

1. Providing a framework of common constructs of interest to the mechanism of body awareness change in SART with interoceptive attention tendencies measured by the MAIA;
2. Offering evidence of positive body awareness enhancement from stress management applications employing SART, especially with regard to the supported changes along the dimensions of Attention Regulation, Self-Regulation, and Trusting in healthy groups, and Body Listening among hospital nurses with anxiety proneness;
3. Comprehensively addressing questions of validity and indicators of effectiveness for a system of constructs in a mental health promotion format that could be flexibly and feasibly applied to address the needs of individuals undergoing community recovery from disasters with chronic features.

As a result of the final examination, the author of this dissertation is deemed to have sufficient qualifications to be awarded a Doctorate Degree (Philosophy in Psychology).

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