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発表題目（※学会発表の場合のみ記載）	Daily Use of Metacognitive Strategy for Worry, Functional Behavior, and Attention Control Ability Predicts Well-being in High Worrier
<p>発表抄録（※PDFデータがある場合、トピック作成の際に、成果報告書と共に抄録PDFも添付してください。その場合、以下は「別添のとおり」と記入してください。また抄録を公開しているURLがある場合は、末尾に記してください。）</p> <p>または事業の概要と成果（※当該事業に関連するURLがある場合は、末尾に記してください。）</p>	
<p>It has been suggested that excessive worry and functional behavior (FB) predicts individual adjustment, that excessive worry is partly determined by metacognitive dysregulation, and that FB is partly determined by attention dysregulation. However, there are no studies that have examined this using ecologically valid methods. Therefore, the present study used experience sampling methods and behavioral outcomes to examine this issue. Twenty-one participants (91% female) who were right-handed and scored 56 or more on the Penn State Worry Questionnaire (PSWQ) score participated in an experience sampling study and received beeps, seven times a day, over the course of 7 days. They also completed the Dichotic Listening (DL) task and other psychological scales, some of which will be analyzed in a different article (including PSWQ, Voluntary Attention Control Scale, Behavioral Activation for Depression Scale-Short Form). We used a Hierarchical Linear Model for analysis. As a result of examining the effects on subjective well-being (SWB), the following factors were found to be significant: Intensity of Worry ($\beta = -.09, p < .01$), components of maladaptive metacognitive responses (Avoidance; $\beta = -.04, p < .01$; Safety Behavior; $\beta = -.03, p < .10$; Threat Monitoring; $\beta = -.04, p < .10$), context-independent behavioral activation (BA; $\beta = -.48, p < .01$), and DL task scores (Selective Attention; $\beta = .42, p < .05$; Switching Attention; $\beta = -.55, p < .01$; Divided Attention; $\beta = .28, p < .10$). Then, we examined the effects of Switching Attention in the DL task on FB and SWB via BA, and the only significant effect found was that of context-independent BA on SWB ($\beta = .51, p < .01$). The approximate standardized coefficients of indirect effects were larger than those of direct effects only when BA was the mediating factor. Finally, we examined the moderating effects of Selective Attention and Divided Attention and found that the only significant interaction was between Switching Attention and SWB. These results suggest the necessity of not only reducing worry and maladaptive metacognitive responses but also improving attentional function and behavioral activation to improve well-being in highly anxious individuals. On the other hand, the relationship between attentional function, FB, and BA needs to be examined in a larger sample which includes non-worriers.</p>	

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