

Department of Psychiatry

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General Summary

Our research activities cover a wide range of topics: disorders at the psychologic and biologic levels, from childhood and adolescence, through adulthood, to the senile period. Sociologic, psychologic, physiologic, and biochemical methods were used.

Research Activities

Psychopathology, psychotherapy, and child psychiatry study group

Two main studies were performed in the fields of psychopathology and psychotherapy. The first study concerned the effectiveness of short-term and moderately structuralized treatment for inpatients with borderline personality disorder. The second study investigated, from the viewpoint of mental health in the office, the background factors of patients who were absent from work because of mental disorders. A text on dialectical behavioral therapy by Marsha Linehan was translated into Japanese and was published.

Morita therapy group

A study established the effectiveness of Morita therapy for social anxiety disorder. In addition, outpatient Morita therapy was standardized, and guidelines for it are being established. Studies involved: 1) character profiles of patients with chronic depression, 2) the subjective experience of patients who showed improvement through inpatient Morita therapy, 3) the relationship between panic disorder and generalized anxiety disorder from the aspect of patient's character and comorbidity, and 4) psychopathological research on "fall-in reaction" occurring in the process of mood or anxiety disorders. In addition to the above studies, research on the subtypes of the obsessive-compulsive disorder was started.

Psychopharmacology group

In basic research, the mechanism of the central action of a new generation of psychotropic drugs was studied with microdialysis or radioimmunoassay, and brain mechanisms underlying the processes of learning and memory in drug dependence were studied in rats. Clinical research included a study of the clinical characteristics of craving for drugs of abuse regarding the difficulty in abstaining from them, a positron emission computed tomography study of brain receptors in patients with mental disorders, molecular biological studies of mental disorders in corroboration with

Department of Virology, and rational pharmacotherapy with second-generation antipsychotic agents.

Psychophysiology group

Studies examined differences in the side effects of benzodiazepine and nonbenzodiazepine hypnotics in regard to their modes of action on benzodiazepine receptors, the effects of selective serotonin reuptake inhibitors on obstructive sleep apnea-hypopnea syndrome, the effectiveness of continuous positive air-way pressure on obstructive sleep apnea-hypopnea syndrome, the effects of cognitive behavioral therapy and Morita therapy on psychophysiological insomnia, and the effects of *kanyokusan* and quetiapine on the cyclic alternating pattern as an index of sleep structure. In addition, clinical studies examined refractory insomnia and sleep disturbance in patients with functional gastrointestinal disorders.

Psychogeriatric group

The epidemiological studies in Niigata Prefecture Itoigawa City that were started in 1998 have been continued. These studies investigated the current use and costs of nursing care insurance and the predictors of the risk of mortality in the elderly. We have planned another study of mental disorders in patients with breast cancer, with a focus on the relationship with demographic factors and physical state, in cooperation with the general hospital psychiatry research group and the Department of Surgery. In addition, we started to open a clinic specializing in dementia.

General hospital psychiatry

We have continued treatment based on cognitive-behavioral therapy to prevent recurrences of depression. To improve this therapy, we have tried to use a computer system for more effective presentations and have introduced a new system to more accurately evaluate sleep. Furthermore, we investigated new indications for this therapy, such as insomnia and atypical depression. Collaborative studies were performed with the National Cancer Center Hospital East to investigate psychological distress in the family members of cancer patients. Furthermore, supportive mental care was started for cancer patients, their families, and medical staff.

Clinical electroencephalography group

We have continued a study reconsidering the clinical characteristics of classical electroencephalograms (EEGs), and, through an investigation of the 6-Hz spike and wave complex, we have clarified that the affinity for histamine H1 receptors of second-generation antipsychotic drugs is related to abnormal EEGs or epileptic seizures or both. Additionally, an investigation of cases that are difficult to diagnose with EEG is under way in collaboration with research groups of the Departments of Psychophysiology and Neurosurgery.

Clinical psychology group

We have continued to discuss and study psychotherapeutic processes and the treatment

techniques of psychoanalytic psychotherapy, Morita therapy, and counseling. Furthermore, we have examined the characteristics of developmental disorders and various types of personality disorders through psychological assessments. We also studied clinical issues and educated trainees. Clinical psychologist Takei Itoh was invited to lecture at a clinical conference, where the evaluation of developmental disorders was discussed.

Publications

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