

Department of Psychiatry

Kazuhiko Nakayama, *Professor*
 Hiroshi Itoh, *Professor*
 Hisatsugu Miyata, *Associate Professor*
 Kazutaka Nukariya, *Assistant Professor*
 Motohiro Ozone, *Assistant Professor*
 Tatsuhiro Nakanishi, *Assistant Professor*
 Minako Koga, *Assistant Professor*

Hiroo Kasahara, *Professor*
 Kei Nakamura, *Professor*
 Hironari Sue, *Associate Professor*
 Wataru Yamadera, *Assistant Professor*
 Kazuya Ono, *Assistant Professor*
 Toshihiko Hashizume, *Assistant Professor*

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 study group

The first study concerned the pathological structure of the mixed state of major depression and autistic disorders and that of self-injurious behavior from the viewpoint of nonadaptive defense mechanisms. The second study investigated background factors of a patient who has been absent from work because of mental disorders from the viewpoint of the mental health in the office. Third, we started a basic investigation of the psychological problems of patients with acquired immunodeficiency syndrome and began to develop diary training as a new treatment for Asperger disorders.

Morita therapy group

Guidelines for outpatient Morita therapy have been established. Studies have been continued on various topics, such as character profiles of patients with chronic depression, the relationship between panic disorder and generalized anxiety disorder from the aspect of patients' character and comorbidity, the subtypes of obsessive-compulsive disorder (OCD), and the "fall-in reaction" occurring in the process of mood or anxiety disorders. Also started this year were qualitative research on the life stories of patients with OCD and a study on factors in the recovery of patients with depression undergoing inpatient Morita therapy.

Psychopharmacology group

In basic research, the mechanism of the central actions of a new generation of psychotropic drugs was studied using microdialysis or radioimmunoassay, and the brain mechanisms of learning and memory underlying drug dependence were studied in rats. Clinical research involved studies of the clinical effectiveness and adverse events of new psychotropic drugs, positron emission computed tomography study of brain receptors in patients with mental disorders, molecular biological studies of mental disorders in corroboration with the department of virology, and genetic research on antipsychotic

agent—induced akathisia.

Psychophysiology group

Studies examined the effects of *yokukansan* and quetiapine on the cyclic alternating pattern as an index of sleep structures, the effects of nasal continuous positive airway pressure in patients with obstructive sleep apnea syndrome, the effects of cognitive behavioral therapy and Morita therapy on outpatients with psychophysiological insomnia, and the clinical effects of modafinil on central hypersomnia. Furthermore, a clinical investigation examined sleep disturbance in patients with functional gastrointestinal disorders.

Psychogeriatric group

First, epidemiological studies were performed in Itoigawa City, Niigata Prefecture, focusing on the current use and costs of nursing care insurance and on predictors of mortality risk in the elderly. Second, studies of mental disorders in patients with breast cancer were performed in collaboration with the general hospital psychiatry research group and the department of surgery. In addition, we started a clinic specializing in dementia.

General hospital psychiatry

We have continued therapy based on cognitive-behavioral therapy aimed at preventing recurrences of depression. To improve this therapy, we introduced a computer system for more effective presentations and introduced more precise sleep-evaluation methods to supplement the existing evaluation system. Furthermore, we investigated new indications for this treatment, such as atypical depression and insomnia, and the supportive mental care for cancer patients, their family, and medical staff.

Clinical electroencephalography group

Studies were performed on the clinical significance of the 6-Hz spike and wave on electroencephalography, the characteristics of “social withdrawal” caused by epilepsy, the subjective and objective premonitory symptoms as epileptic prodromes, and medications for patients with epilepsy and psychotic symptoms. Furthermore, we reported on a case of sleep-related abnormal behavior resembling epilepsy.

Clinical psychology group

Studies examined psychotherapeutic processes, the treatment techniques of cognitive behavior therapy and Morita therapy, and the characteristics of developmental disorders and higher brain dysfunctions using psychological assessments. Furthermore, we educated graduate students and medical residents.

Publications

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