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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

A study of the personality structure of elderly patients with eating disorders suggests that the schizotypal personality disorder is involved in the severity of symptoms. A study of the borderline personality disorder indicated the effectiveness of short-term and moderately structured inpatient treatment. A text of dialectical behavior therapy was translated from English into Japanese. A collaborative study of neurosis in China clarified that obsessive-compulsive disorder is the most common disorder at outpatient clinics in urban areas in China. Furthermore, a study of a new treatment strategy for pervasive personality disorders and self-harm behavior was begun.

Morita therapy group

A study of the effectiveness of inpatient Morita therapy in 23 subjects with social anxiety disorder indicated that symptoms, social adaptation, and self-acceptance were improved. In addition, standardizing outpatient Morita therapy was started as an activity of the Japanese Society for Morita Therapy. We also performed a study of the personalities of patients with chronic depression, a study of the relationship between panic disorder and generalized anxiety disorder in terms of the personality and comorbidity, and a follow-up study of patients who showed improvement with inpatient Morita therapy.

Psychopharmacology group

In basic research, the mechanisms of the central actions of a new generation of anti-psychotic agents and antidepressants were studied with a microdialysis technique, and the brain mechanisms underlying the processes of learning and the memory of drug dependence were studied in rats. In clinical research we studied clinical characteristics of craving in substance dependence, brain receptors in patients with obsessive-compulsive disorder, a new treatment strategy for mood disorders with concurrent administration of

atypical antipsychotic drugs and selective serotonin reuptake inhibitors or mood stabilizers or both.

Psychophysiology group

In clinical research, we studied the effects of selective serotonin reuptake inhibitors on obstructive sleep apnea-hypopnea syndrome, the effects of the amino acid glycine on nocturnal sleep, the effects of cognitive behavioral therapy and Morita therapy on psychophysiological insomnia, and the effects of new nonbenzodiazepine hypnotics on human balance function. In chronobiological research, we studied the effects of vitamin B12 on nocturnal sleep, the effects of a 5-time-zone eastward flight on psychophysiological functions, and the chronobiological effect of psychiatric rehabilitation therapy on chronic schizophrenia.

Psychogeriatric group

The Itoigawa study, a longitudinal general-population study involving the 8-year follow-up of a representative sample of 8,000 persons 65 years or older in Itoigawa City (Niigata Prefecture) aimed to analyze the relationship between various risk factors, normal and pathological cerebral ageing, and risk factors for other conditions, such as mild cognitive impairment. A second area of research concerns the neuropsychological evaluation of neurodegenerative and psychiatric diseases. We believe the profiles of cognitive impairment derived from this research will improve the diagnostic accuracy and lead to new models of neurocognitive impairment in neurodegenerative and psychiatric diseases.

General hospital psychiatry

We have continued a study, in collaboration with the National Cancer Center Hospital East, of psychological distress in the families of cancer patients. The results suggest that early psychiatric intervention is needed, depending on the mental status of family members. We have also continued cognitive-behavioral therapy aimed at preventing recurrences of depression; our findings suggest that early intervention has strong educational and therapeutic effects.

Clinical electroencephalography group

The effects of atypical antipsychotics on electroencephalograms (EEGs) was investigated from the viewpoint of the glutamate hypothesis. A retrospective study was performed to clarify the clinical significance of the 6-Hz spike and wave on EEGs. Furthermore, studies examined epileptic seizures and chronological EEG changes in mentally handicapped patients and the characteristics of epilepsy in the elderly.

Clinical psychology group

We have continued to study the psychotherapy process, techniques of psychoanalytic psychotherapy, Morita therapy, and counseling. Furthermore, we have studied the characteristics of developmental disorders and many types of personality disorder through psychological assessments. In addition, we have devoted time to resident training.

Publications

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