

研究業績 英文表記

和文	
表題	地域で生活する精神障害者の気分とセルフコンパッションに及ぼすマインドフルネス・ヨーガの有効性
著者名	安藤満代・伊藤佐陽子・久木原博子
所属	西九州大学・京都西山短期大学・国際医療福祉大学
英文	
Title	Efficacy of Mindfulness Yoga on Mood and Self-compassion of person with mental illness living in a community as a pilot study
Author	Ando, M., Ito, S., Kukihara, H.
Affiliation	Nishikyusyu University, Kyoto Seizan Junior College, International University of Health and Welfare
Abstract	<p>Persons with mental illness feel symptoms like depression, anxiety, or fatigue. It is important for them to decrease symptoms and increase well-being. The present study investigated efficacy of mindfulness yoga on mood and self-compassion of persons with mental illness. Participants were persons with menall illness who lived in a community. Thirteen participants received once mindfulness yoga practice for 60 hours in a welfare facility. They completed POMS 2 (Profile of Mood Scale) and Self-Compassion Scale. Anger-Hostility, Confusion-Bewilderment, Fatigue-Lethargy, Tention-Anxiety significantly decreased. Self-kindness of Self-Compassion Scale significantly increased. Impression for participating for this program were “Refleshed both mentally and physically” or “Relaxed” and so on. These results suggest that the Mindfulness Yoga may be useful to maintain mood comfortable and increase self-compassion partially of persons with mental illness living in community.</p>
keyword	person with mental illness, community, mood, self-compassion

※本データの英文表記は実際の論文上の表記とは異なります。