

研究業績 英文表記

和文	
表題	COVID-19 流行後の地域在住高齢者における外出頻度と心理状態との関連性
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英文	
Title	Association between Frequency of Going Out and Psychological Condition among Community - Dwelling Older Adults after the COVID - 19 Pandemic in Japan
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Abstract	Background: The psychological condition and frequency of going out (FGO) of community - dwelling older adults after the spread of COVID - 19 will provide insights for supporting the daily lives of community - dwelling older adults. Going out is defined as moving from one's own home to a place or region beyond one's own home and is considered to reflect the daily and social life of community - dwelling older adults. This study investigates the relationship between the FGO and current psychological condition after the second wave of COVID - 19 in community - dwelling older adults in Japan. Methods: This study adopted a self - administered questionnaire by mail. A total of 493 members of CO - OP Kagoshima were included in the analysis and divided into two groups according to the change in FGO. Multiple logistic regression analysis was conducted after a bivariate analysis to investigate the relationship between the FGO and psychological condition. Results: Significant differences were noted between the groups with decreased FGO and those with increased/unchanged FGO in general and pandemic - related psychological condition. Multiple logistic regression analysis showed a significant relationship between FGO and psychological condition, such as mental fatigue, not smiling as much as before, and anxiousness to go outside. Conclusion: Community - dwelling older adults may have experienced a decrease in the frequency of going out and a detrimental effect on their psychological condition after the COVID - 19 pandemic. This finding may inform strategies to identify priorities for psychological approaches altered by COVID - 19 to prevent confinement and stress in older adults.
keyword	community - dwelling older adults, COVID - 19, pidemiology, frequency of going out, psychological condition

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