

## 研究業績 英文表記

和文	
表題	日本の高齢者のレジリエンスとメンタルヘルスの促進に対する運動とマインドフルネスに基づくヨガプログラムの効果: 無作為化比較試
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英文	
Title	Effects of Exercise and Mindfulness-Based Yoga Programs on Promotion of Resilience and Mental Health of Older Adults in Japan: A Randomized Controlled Trial.
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Abstract	<p>The purpose of the present study was to investigate the mediating roles of resilience on the relationship between groups (exercise/mindfulness/control) and minor psychiatric disorders measured. Then, the effects of exercise and mindfulness-based yoga programs on resilience were examined using randomized control design. The data were collected from three community centers in Fukuoka, Japan, and a total of 55 participants, who were over 65 years of age and met inclusion criteria, were randomly assigned to one of the three groups. Then, the participants were asked to complete the demographic survey as well as the GHQ-12. The results of the path mediation analyses showed that resilience fully mediated the relationship between group and minor psychiatric disorders. Furthermore, there was a significant difference in resilience and psychiatric disorders between exercise/mindfulness groups and the control group, while there were no differences between the exercise and mindfulness-based yoga groups. Potential intervention programs are discussed.</p>

keyword

Resilience Promotion, Physical Exercise, Mindfulness-Based Yoga,  
Older Adults, Randomized Control Design

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