

## 研究業績 英文表記

和文	
表題	新型コロナ禍(COVID-19)とメンタルヘルスに関する一考察 － 感染拡大に伴うストレスとパーソナリティ特性からの検討 －
著者名	松本 麻希、太田 秀樹
所属	西九州大学 子ども学部 心理カウンセリング学科
英文	
Title	A Study on Covid-19 and Mental Health － Examining from the Point of View of Stress and Personality Characteristics Associated with the Spread of the Infection－
Author	Maki MATSUMOTO , HIDEKI OOTA
Affiliation	Department of Psychological Counseling , Faculty of Children's Studies, Nishikyushu University
Abstract	<p>The novel coronavirus disease (COVID-19) has quickly spread around the world and the “everyday life we took for granted” has completely changed. Under these circumstances, there is fear of the effect of COVID-19 on various aspects of our mental health. However, studies that have clarified the specific stress and effects associated with it and the actual conditions and characteristics, are currently limited in number.</p> <p>Therefore, in this study we conducted a survey of 83 university students with the aim of clarifying the specific nature of the stress associated with the spread of COVID-19 infection and clarifying the characteristics and actual conditions associated with COVID-19 infection. The study focuses on two aspects – the “fear of COVID-19 infection” that individuals have, as well as an individual’s “obsessive-compulsive tendencies as a personality characteristic”.</p> <p>The results demonstrate that there are three categories of stressors associated with the spread of COVID-19 infection, namely, “stressors associated with self-imposed control of behavior and activities”, “stressors associated with the awareness of risk of infection”, and “stressors associated with changes in the situation”.</p> <p>Furthermore, regarding the relationship between the fear of COVID-19 infection and obsessive-compulsive tendencies, it was clarified that persons with a strong sense of fear of COVID-19 infection also tended to have statistically significantly higher checking and cleaning scores.</p>
keyword	Novel coronavirus disease (COVID-19), mental health, Stress, fear, obsessive - compulsive tendencies

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