

研究業績 英文表記

和文	
表題	地域在住の高齢者における墓参りと抑うつ症状の縦断的關係
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英文	
Title	Longitudinal Relationship Between Grave Visitation and Depressive Symptoms Among Community-Dwelling Older Adults
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Abstract	Participating in religious activities benefits older adults' mental health; however, the effects of grave visitation, a significant religious practice in Japan, on older adults' mental health remain unclear. Therefore, this study examined the relationship between grave visitation frequency and depressive symptoms. Lower visitation at baseline was associated with worse GDS-15 scores in the follow-up. Those with decreased or continued low visitation had significantly worse depressive symptoms. After adjusting for baseline GDS-15 scores and covariates, the decreased group had significantly worse depressive symptoms than the continued high group. The findings indicate that changes in grave visitation frequency are significantly associated with depressive symptoms.
keyword	Community-dwelling older; adults; depressive symptoms; Religion

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