

研究業績 英文表記

和文	
表題	地域在住高齢者の睡眠の質と身体機能及び身体活動との関係:うつの有無別の比較
著者名	木室ゆかり, 畑本陽一, 古瀬裕次郎, 池永昌弘, 市川麻美子, 清永明, 檜垣靖樹, 柳井研究グループ
所属	西九州大学看護学部, 福岡大学身体活動研究所, 福岡大学スポーツ科学部, 国立健康・栄養研究所, 医薬基盤・健康・栄養研究所 栄養・代謝部門, 帝京大学スポーツ医学センター
英文	
Title	Relationship between sleep quality and physical function and physical activity in community-dwelling older adults: examination by depression and non-depression groups
Author	Yukari Kimuro ¹ , Yoichi Hatamoto ^{2,4} , Yujiro Kose ^{2,3} , Masahiro Ikenaga ² , Mamiko Ichikawa ⁵ , Akira Kiyonaga ² , Yasuki Higaki ^{2,3} , Yanai study group
Affiliation	¹ Faculty of Nursing Science, Nishikyushu University, Japan, ² Fukuoka University Institute for Physical Activity, Japan, ³ Faculty of Sports and Health Science, Fukuoka University, Japan ⁴ Department of Nutritional and Metabolism, National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition, ⁵ Department of Sport and Medical Science, Teikyo University
Abstract	<p>This study investigated whether sleep quality was associated with physical function, physical activity and physical fitness in older adults, by depression and non-depression.</p> <p>Participants were community-dwelling adults aged 65+ (N = 455) in Yanai city, Japan. Sleep quality was evaluated with the Pittsburgh Sleep Quality Index (PSQI-J; maximum score 21, sleep disorders (SD) defined as ≥ 6). The Geriatric Depression Scale-Short Version (GDS-S-J) was administered. In this study, possible depression was defined as ≥ 5. Physical function measures were Timed Up & Go (TUG) and Chair Stand (CS) tests. Physical activity was assessed with step counts and activity time using a uniaxial accelerometer, and physical fitness was examined with an incremental exercise test using a cycle-ergometer. Participants were classified as depression (GDS-S-J ≥ 5), non-depression (GDS-S-J < 5), and sleep-disordered (SD) status was compared in these two groups. Chi-squared tests and analysis of covariance with adjustment for age and gender were computed.</p> <p>Results for the 255 participants (64 men, 191 women) without missing data were analyzed. 90 subjects (35.3%) scored as SD on PSQI-J. 26 subjects (10.2%) scored as depression on GDS-S-J. Between SD and control participants, no significant differences were found for physical function, physical fitness or physical activity in the depression group. In the non-depression group, step counts and low-intensity activity time were significantly lower ($p < 0.05$) for SD participants.</p> <p>Our findings suggest that sleep quality is associated with physical activity in community-dwelling older adults without depression.</p>
keyword	sleep disorder, depression, physical activity, community-dwelling older adults