

研究業績 英文表記

和文	
表題	熊本地震 6 カ月後における就労者の睡眠と主観的健康感との関連要因
著者名	古賀佳代子 ¹ 、木村裕美 ¹ 、檜垣靖樹 ² 、西尾美登里 ¹ 、久木原博子 ¹ 、池田 智 ¹ 、井上ゆり子 ¹
所属	1 福岡大学医学部看護学科 2 福岡大学スポーツ科学部
英文	
Title	Relevant factors with sleep and subjective health condition for workers 6 months after Kumamoto earthquakes
Author	Kayoko KOGA ¹ , Hiromi KIMURA ¹ , Yasuki HIGAKI ² , Midori NISHIO ¹ , Hiroko KUKIHARA ¹ , Satoshi IKEDA ¹ , Yuriko INOUE ¹
Affiliation	1 Department of Nursing, Fukuoka University School of Medicine 2 Faculty of Sports and Health Science, Fukuoka University

Abstract	<p>Objective : This study aimed to clarify the relationship between sleep and subjective health condition by focusing on disaster-affected workers six months after the Kumamoto earthquake.</p> <p>Methods : The study population comprised 676 workers at small and medium-sized companies located in Kamimashikigun, Kumamoto Prefecture, where damage after the Kumamoto earthquake was severe. Participants were sent a questionnaire with items related to basic characteristics (sex, age, and family members) , damage to home after the earthquake, subjective symptoms after the earthquake, injury from the earthquakes, changes in income, subjective wellbeing, changes in workload after the earthquake, Athens Insomnia Scale (AIS) , Impact of Event Scale-Revised (IES-R) , General Health Questionnaire (GHQ 28) , and health related QOL Short-Form Health Survey (SF-8) . Responses were collected from 456 people at 13 companies (68.1% response rate) . Of these, 438 responses (96.1%) were valid. This study was approved by the ethical review committee of Fukuoka University School of Medicine.</p> <p>Results : The participants included 334 males and 104 females with an average age of 43.3 years. Two groups were created based on Abbreviated Injury Scale (AIS) scores : 279 participants were in the insomnia group and 159 participants were in the non-insomnia group. Compared with that in the non-insomnia group, the patients in the insomnia group were old, had poor subjective health status, and were more likely to have subjective symptoms and injury after the earthquake. The study found a significant positive correlation with intrusion and hyperarousal symptoms in the IES-R subscales. In the SF-8 responses, there were significant negative correlations with BP (Bodily Pain) , GH (General Health) , VT (Vitality) , SF (Social Functioning) , RE (Role Emotional) , MH (Mental Health) , and MCS (Mental Component Summary) . In a logistic regression analysis of sleeping condition in Athens Insomnia Scale (AIS) , BP [OR : 0.942, CI : 0.907-0.978] and avoidance symptoms [OR : 0.881, CI : 0.799-0.971] improved sleeping condition, whereas hyperarousal symptoms [OR : 1.553, CI : 1.324-1.823] , social life function [OR : 0.954, CI : 0.916-0.994] , and daily role function (mental) [OR : 0.916, CI : 0.866-0.97] were negatively related with good sleeping condition.</p> <p>Discussion : The Kumamoto earthquake influenced the sleep quality for most disaster-affected workers, with approximately 60% reporting insomnia. Because workers with insomnia may exhibit hidden subjective symptoms or suffer from mental stress, long-term preventive systems should be developed and established by companies to improve worker health. Longitudinal studies are required to further examine factors related to sleep condition and outcomes of support systems.</p>
keyword	Earthquakes, Sleep, Subjective well-being, Mental stress

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