

Abstract No. : 0545

Presentation Category : Posters

Scientific Streams : Children & Adolescents

Effects of Psychological Flexibility on Mental Health Mediated by Psychological Characteristics of Japanese Young Adult Carers

Mizuki BANDO^{1*}, Tomohiro ASAKURA¹, Sawako KAWASAKI², Waka NAKANO², Ayaka KISHIDA², Hiroshi SATO²

¹ *Graduate School of Humanities, Kwansei Gakuin University, Japan*

² *School of Humanities, Kwansei Gakuin University, Japan*

In recent years, there has been growing concern about the mental health of young adult carers in Japan. While social support is essential in alleviating the burden on young adult carers, there are examples of young adult carers rejecting the assistance of others. They may reject this assistance so they can avoid the experience of losing the care role by receiving it, which may have an impact on their help-seeking preferences. Therefore, the aim of this study was to explore the relationships among the core processes of Acceptance and Commitment Therapy (ACT), help-seeking preferences, young carer tendencies, and outcome variables. A total of 141 Japanese university students aged 18–25 years completed questionnaires. Five of the 141 students answered that they fit the description of a young adult carer. Data were collected using (1) the Japanese version of the Acceptance and Action Questionnaire- II, (2) the Japanese version of the Cognitive Fusion Questionnaire, (3) the Japanese version of the Valuing Questionnaire, (4) a help seeking preference measure, (5) the Japanese version of the Young Carer Psychological Scale Revised version, (6) the Japanese version of the Hospital Anxiety and Depression Scale, (7) the 10-Item MOA Quality of Life Questionnaire, and (8) the Subjective Well-Being Scale. A hypothetical model was tested using structural analysis of covariance with the three ACT variables as independent variables, the mental health variables as dependent variables, and helping orientation and young carer tendency as mediating variables. The results showed that only values had an effect on helping orientation while helping orientation had an effect on young carer tendency, depression, and quality of life. The young carer tendency did not affect any of the outcome variables. The young carer tendency did not affect any of the outcome variables. Thus, it is suggested that being a young adult carer may not specifically increase the effectiveness of ACT. The fact that help-seeking preference affected young carer tendency suggests that increasing help-seeking preference may make it easier for young carers to initiate help-seeking behavior, resulting in a reduction in care burden. This survey was conducted with general university students. It is hoped that future surveys will be conducted with active caregivers to obtain suggestions for more effective

intervention methods to reduce the burden on young adult carers and improve their mental health.

Effects of Psychological Flexibility on Mental Health Mediated by Psychological Characteristics of Japanese Young Adult Carers

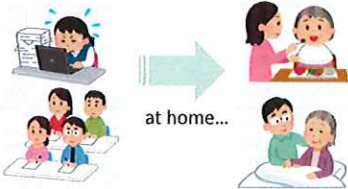
Mizuki BANDO¹, Tomohiro ASAKURA¹, Sawako KAWASAKI¹, Waka NAKANO², Ayaka KISHIDA², Hiroshi SATO²
¹, Graduate School of Humanities, Kwansai Gakuin University, Japan
², School of Humanities, Kwansai Gakuin University, Japan



Introduction

What is Young Adult Carers?

young person between the ages of 18 and roughly 25 who is a daily caregiver for a family member.



In Japan, their mental health is a concern.

Social support is essential to reduce the burden on young adult carers (Pakenham et al., 2007).

However, they may exhibit negative tendencies toward support from others due to guilt or adherence to care roles. (Bolas et al, 2007)

Is this due to experiential avoidance or cognitive fusion?

the aim of this study was ...

to explore the relationships among the core processes of Acceptance and Commitment Therapy (ACT), help-seeking preferences, young carer tendencies, and outcome variables.

Results and Discussion

1. Only values had a positive impact on help seeking preference. The higher values were associated with significantly higher help seeking preference, subjective maturity, contribution to household chores, QOL, and well-being, and the lower depression and anxiety.

2. The higher help seeking preference, the lower the young carer tendency and depression and anxiety, and the higher QOL.

3. The young carer tendency did not affect any of the outcome variables.



- ◆ Interventions focused on value clarification may increase assistance orientation.
- ◆ Increasing help-seeking preferences may make it easier for young carers to initiate help-seeking behavior, resulting in a reduction in care burden.
- ◆ Being a young adult carer may not specifically increase the effectiveness of ACT.

Method

Participants : A total of 141 Japanese university students aged 18–25 years.

Five of the 141 students answered that they fit the description of a young adult carer.

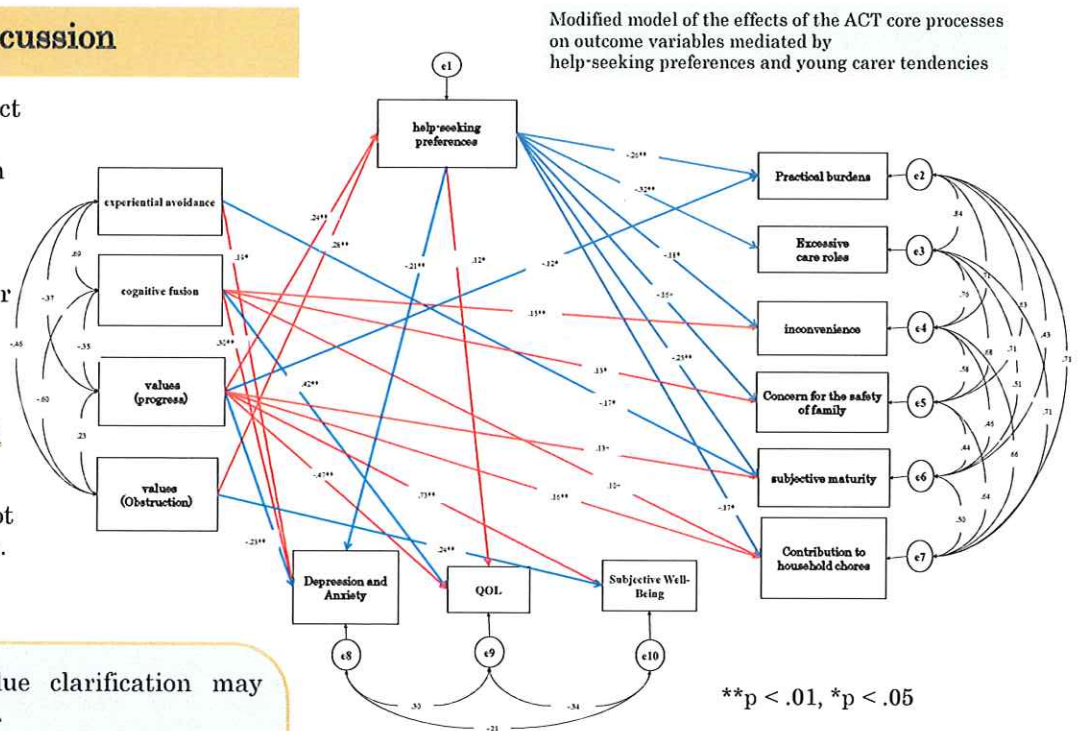
Procedure : This survey was conducted online from September to November 2022.

Questionnaire Content :

- ① the Acceptance and Action Questionnaire- II (嶋他, 2013)
- ② the Cognitive Fusion Questionnaire(嶋他, 2016)
- ③ the Valuing Questionnaire(土井他, 2017)
- ④ a help seeking preference measure(田村・石隈, 2001)
- ⑤ the Young Carer Psychological Scale Revised version(奥山, 2018)
- ⑥ the Hospital Anxiety and Depression Scale(北村, 1993)
- ⑦ the 10-Item MOA Quality of Life Questionnaire(木村他, 2009)
- ⑧ the Subjective Well-Being Scale(伊藤他, 2003)

Data Analysis:

A hypothetical model was tested using structural analysis of covariance with the three ACT variables as independent variables, the mental health variables as dependent variables, and helping orientation and young carer tendency as mediating variables.



Limitations of this study

This survey was conducted with general university students. It is hoped that future surveys will be conducted with active caregivers to obtain suggestions for more effective intervention methods to reduce the burden on young adult carers and improve their mental health.

First Author : Mizuki BANDO

Graduate School of Humanities, Kwansai Gakuin University, Japan

Email : hcl01219@kwansai.ac.jp

発表概要報告書

私は韓国・ソウルで行われた第10回世界認知行動療法会議に参加し、ポスター発表を行った。今回発表した研究は「心理的柔軟性が若者ケアラーの心理的特性を媒介して精神的健康におよぼす影響」である。この研究は卒業研究で行ったものであり、わが国でヤングケアラー・若者ケアラーの問題が社会問題となっている背景を受け、若者ケアラーの精神的健康に対する心理的柔軟性の影響を検討したものであった。私にとって今回は初めての学会参加であり、さらに海外の学会で英語による発表であったため不安も大きかったが、現地につくと日本人学生も多く見受けられ安心したのを覚えている。

ポスター発表当日、ポスターを貼り配布資料の準備等をしていた際、さっそく他の学生が私のポスターに興味を持ち、立ち止まってくれた。同じく日本から来た学生であり、若者ケアラーを対象とした研究を行う予定であることから同様のテーマを扱った私の研究に興味を持ったとのことであった。研究の概要についての説明を行った後、聴衆からの質問に答える中で、ヤングケアラーや若者ケアラーの問題について研究することの意義や、ケアラーを研究対象とする際の配慮点などについて意見を交換することができた。また、海外の学生も発表を聞きに来てくれ、拙い英語ではあったと思うが発表を行うことができた。しかし、慣れない英語であったこともあり、聴衆からの質問に十分に答えることができなかつたり、自分の研究の意義などについてうまく英語で伝えることができなかつたりなど、もどかしい思いをした。今後は英語での発表やコミュニケーションにさらに慣れていく必要があると感じた。

また、海外の研究者の発表を聞き、海外ではメンタルヘルスに関するアプリの開発が進んでおり研究で広く用いられていることや、VRを利用した研究も多数あった。そのような最新技術を利用した研究や、他国の多様な文化や社会性が反映された研究に触れることができ、研究者としての視野をさらに広げることができた。

まだ経験の浅い私であっても、このような研究成果の発表の舞台ではあるテーマを研究する先駆者のひとりとして見られることを感じ、さらに研究を進めていく意欲が高まった。また、研究者として責任をもって自分の研究について発信し、多くの人に伝えることの重要性を改めて感じた。今回の学会参加で得た知識をこれからの研究に活かし研究活動に邁進するとともに、研究を発信するためのプレゼンテーション能力やコミュニケーション能力をさらに磨いていきたい。

(日本語 1200 字以内)

採用された方についてはウェブページ等で内容が公開される場合があります。