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## A Descriptive Examination of the Concomitant Perception of Over-Adaptative People in Japan

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### INTRODUCTION

Over-adaptation is one of the labels of the state image of mental ill-health due to self-inhibiting behavior. Psychological support has been provided to over-adapted individuals, such as acquiring social skills (Mashiko, 2016). However, its effectiveness has been inconsistent (Ren, 2021). One of the reasons for this may be the mixing of subtypes of over-adaptation with different qualities. Previous studies have pointed out that a lack of social skills (Mashiko, 2016) and cognitive distortions (Ishizu, 2012) are influential factors in maintaining adaptive behaviors. However, considering over-adaptive behavior from the perspective of cognitive-behavioral theory, it could be understood within the framework of rule-dominant behavior as it does not depend on its own contingency. Therefore, over-adaptive behavior may be influenced by contingencies. The present study aimed to conduct a descriptive study of cognitive-behavioral characteristics, including contingency perception, in over-adaptive individuals.

### METHODS

A total of 158 university students participated in the study. The following factors were measured: (a) demographics; (b) over-adaptation using the Adult Over-adaptation Scale (Mizusawa, 2014); (c) social skills using the Adult Social Skills Scale (Aikawa et al., 2005); (d) cognitive distortions using the short version of the Irrational Belief Measurement Scale (Mori et al., 1994); (e) entropy perception using the EROS Japanese version (Kunisato, 2011); (f) Behavioral inhibition/activation systems using the BIS/BAS scale, Japanese version (Takahashi et al., 2007); (g) behavioral activation using the BADS-SF, Japanese version (Yamamoto et al., 2015); (h) depression using the CES-D (Shima et al., 1985); and (i) stress reaction using the SRS-18 (Suzuki et al., 1997). This study was approved by the Waseda University Ethics Committee on Research with Human Subjects (consent number: 2021-355).

### RESULTS

Those whose degree of over-adaptation was greater than the median were subjected to hierarchical cluster analysis. This was done to examine the cognitive-behavioral characteristics of over-adapted individuals. As a result, three clusters were extracted that could be interpreted from the dendrogram shape. The first cluster included 23 (29%), 28 (35%), and 29 (36%) participants. One-way analysis of variance was performed to examine the characteristics of each cluster. The results showed that the second cluster had a significantly higher degree of contingency than the other clusters ( $p = .00$ ,  $\eta^2 = 0.36$ ). Cluster two also showed significantly lower degrees of depression and stress reactions than cluster three (depression [ $p = .00$ ,  $\eta^2 = 0.21$ ]; stress reaction [ $p = .00$ ,  $\eta^2 = 0.18$ ]).

### DISCUSSION

The results suggest that multiple over-adaptation subtypes are mixed. Individuals who over-adapt to many contingencies may have low depression and stress levels. That their behavior benefits others may be a pleasant event for them. Conversely, those with low levels of social skills and perceived contingency have high levels of depression and stress; their over-adaptive behavior might be maintained independent of their contingency. Therefore, in supporting over-adapted persons, subtype-specific interventions that consider their cognitive-behavioral characteristics may effectively transform their over-adapted state and reduce depression.

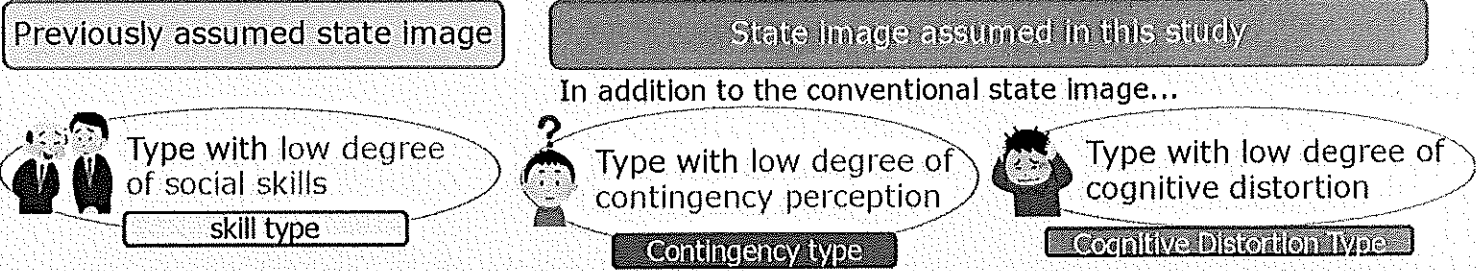
Keywords: Over-adaptation, social skills, cognitive distortions, depressive

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## Introduction

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- However, its effectiveness has been inconsistent (Ren, 2021). One of the reasons for this may be the mixing of subtypes of over-adaptation with different qualities



Purpose of this study: to provide a descriptive review of the cognitive-behavioral characteristics of the state image in over-adjusted individuals.

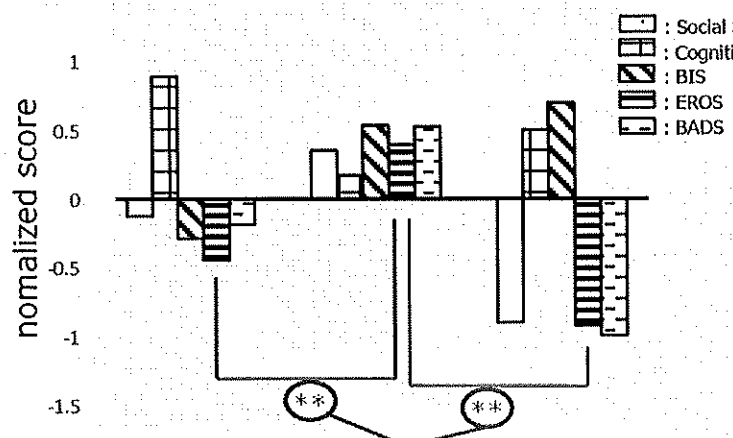
## Method

Participants : A total of 158 university students (mean 21.2 ± 1.8 years)

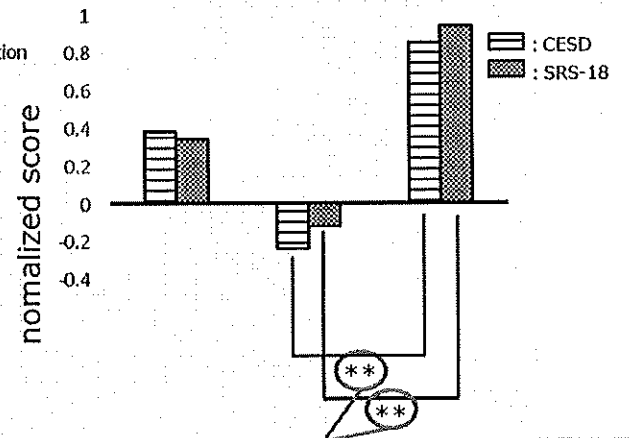
### Measure

- ① demographic items (age, sex)
- ② Over-adaptation using the Over-Adaptation Tendency Scale for Adults (Mizusawa, 2014)
- ③ Social skills using the social skills self-rating scale for adults (Akawa et al., 2005)
- ④ Cognitive Distortion using the Japanese version of the Irrational Belief Test (Mori et al., 1994)
- ⑤ contingency perception using the Japanese version of the Environmental Reward Observation Scale (Kunisato et al., 2011)
- ⑥ Behavioral Inhibition System/Behavioral Activation System using the Japanese version of the BIS/BAS Scales (Takahashi et al., 2007)
- ⑦ Behavioral activation using the Behavioral Activation for Depression Scale-Short Form (Yamamoto et al., 2015)
- ⑧ Depression using the Japanese version of the Center of Epidemiologic Studies Depression Scale (Shima et al., 1985)
- ⑨ Stress response using the Stress Response Scale (Suzuki et al., 1997)

## Results & Discussion



Skill clusters are more likely than other clusters to degree of contingency perception compared to the other clusters higher ( $p < .05$ )



Skill clusters have higher levels of depression and stress reactions compared to BIS clusters ( $p < .05$ )

Over-adjusted individuals with a low degree of contingency perception and a state image that makes it difficult for them to focus on the consequences of their actions are more likely to have more significant depression and stress reactions. depression and stress reactions can be more severe.

In supporting over-adjusted persons, especially those who have over-adaptive behaviors due to low social skills, it is possible that adding a procedure to increase the contingency perception may be effective in transforming the over-adjusted state and reducing depression.

## 発表概要報告書

**問題:** 自己抑制的な行動をとることによって精神的に不健康な状態に陥っている状態像のラベルの1つに過剰適応がある。過剰適応者に対する心理的支援の効果は一貫していないことが指摘されている(任, 2021)。その理由の一つとして、質の異なる過剰適応の状態像が混在していることが考えられる。これまでの知見においては、ソーシャルスキルの不足(益子, 2016)や認知の歪み(石津, 2012)が過剰適応に影響していることが指摘されている。しかしながら、自身の随伴性に依存しない点において、ルール支配行動の枠組みから過剰適応行動を理解できる可能性があると考えられる。そこで本研究では、過剰適応者における随伴性知覚をはじめとした認知行動論的特徴に関して記述的に検討することを目的とした。

**方法:** 大学生を対象に、(a)デモグラフィック項目、(b)過剰適応:成人用過剰適応尺度(水澤, 2014)、(c)ソーシャルスキル:成人用ソーシャルスキル尺度(相川他, 2005)、(d)認知の歪み:不合理な信念測定尺度短縮版(森他, 1994)、(e)随伴性知覚:EROS日本語版(国里, 2011)、(f)行動抑制系/行動賦活系:BIS/BAS尺度日本語版(高橋他, 2007)、(g)行動活性化:BADs-SF日本語版(山本他, 2015)、(h)抑うつ:CES-D(島他, 1985)、(i)ストレス反応:SRS-18(鈴木他, 1997)を用いて調査を行い、158名を分析対象とした。本研究は、早稲田大学「人を対象とする研究に関する倫理審査委員会」の承認を得て実施された(承諾番号:2021-355)。

**結果:** 過剰適応者の認知行動論的特徴を検討するために、過剰適応の程度が中央値よりも大きい者を抽出し、階層的クラスタ分析を行った。その結果、解釈可能な3つのクラスタを抽出した。一元配置分散分析を行った結果、第2クラスタは他のクラスタと比較して、随伴性知覚の程度が有意に高いことが示された( $F(2, 79) = 21.67, p = .00$ )。また、第2クラスタは第3クラスタと比較して、抑うつとストレス反応の程度が有意に小さいことが示された(抑うつ( $p = .00$ ); ストレス反応( $p = .00$ ))。

**考察:** 過剰適応には複数のサブタイプが混在していることが示唆された。随伴性知覚の程度が高い過剰適応者は抑うつやストレスの程度が低く、自身の行動が他者にとって有益であることがその者にとって快事象である可能性があると考えられる。反対に、ソーシャルスキルや随伴性知覚の程度が低い者は抑うつやストレスの程度が高く、その者の随伴性に依存せずに過剰適応行動が維持していると考えられる。したがって、過剰適応者の認知行動論的特徴を考慮したサブタイプに応じた介入が過剰適応状態の変容や抑うつの低減に有効となる可能性があると考えられる。(1184字)

(日本語 1200字以内)

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