

Examining Gender Differences in Vulnerability to Depressive Recurrence.

The purpose of this study is to clarify the characteristics of women in terms of maintenance and recurrence of depressive symptoms by comparing their current depressive symptoms, cognitive reactivity, which is a risk factor for recurrence, and automatic thinking and behavioral activation, which are intervention targets to reduce depressive symptoms, with those of men. The history about whether they had experienced previous depressive episodes questionnaire that was developed based on the SCID, automatic thoughts, behavioral activation, current depressive symptoms, and cognitive reactivity were measured through an online survey, and data from 467 respondents (207 men and 260 women, $M = 37.23$ years, $SD = 15.23$) were used for analysis. The results of a t-test with gender as the independent variable and each variable as the dependent variable showed that the total score of cognitive reactivity ($t(438) = 2.57, p < .05$), and a subscale of cognitive reactivity, aggression ($t(465) = 3.21, p < .01$), risk aversion ($t(465) = 3.14, p < .01$), and rumination ($t(465) = 3.80, p < .001$), were significantly higher for women than for men. Age ($t(402) = -6.89, p < .001$) and acceptance/coping ($t(406) = -3.42, p < .01$) a subscale of cognitive reactivity were significantly lower for women than for men. In addition, a χ^2 test was conducted to examine gender differences in the number of past depressive episodes experienced. The results showed no gender difference in the number of past depressive episodes in the sample ($\chi^2(1) = .51, n.s.$). From the above, the tendency for negative thoughts to be triggered by minor mood changes was higher in women than in men. Thus, it is possible that incorporating approaches aimed at reducing cognitive reactivity may be effective in preventing recurrence of depression, especially in women.

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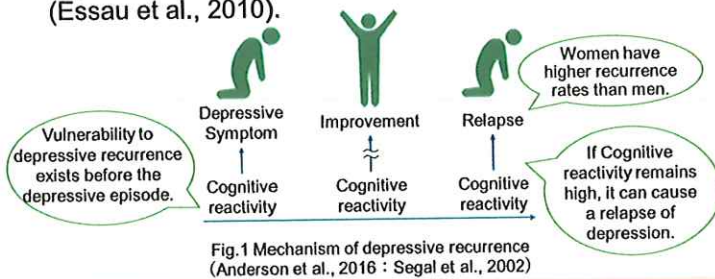
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Introduction

- Making the prevention of recurrence of depression an urgent issue.(Zajacka, Kornstein, & Blier,2013).
- Cognitive reactivity, one of the vulnerabilities for depression recurrence, is the tendency for negative thoughts to be triggered by minor mood changes, and higher cognitive reactivity predicts depression recurrence (Segal et al., 2002).
- Gender differences have been observed in the rates of depression recurrence over the course of one's lifetime (Essau et al., 2010).



Objectives

- We Compared women and men to identify women's characteristics of depressive recurrence.

Method

Participants

- Total= 437(women = 242, men = 192 men, others = 3, Mean age = 36.9, SD = 15.13)

Measures

- Shortened Japanese version of the Automatic Thoughts Questionnaire-Revised (ATQ-R; Hollon & Kendall, 1980) (Sakamoto et al., 2004),
- The "behavioral activation" factor in the Japanese version of the Behavioral Activation for Depression Scale (BADs; Kanter et al., 2007) (Takagaki et al., 2013)
- The Japanese version of The Center for Epidemiologic Studies Depression Scale (CES-D, Radloff, 1977) (Shima et al, 1985)
- The Japanese version of the Leiden Index of Depression Sensitivity-Revised (LEIDS-R, Van der Does & Williams, 2003) (Yamamoto et al., 2014)

Procedure

- An online survey was conducted in Japan.
- All research activities were approved by the institutional review board of the first author's institution

Consequence

Table. 1 Results of *t*-tests with gender as independent variable and each scale as dependent variable.

	Women (N = 260)		Men (N = 207)		<i>t</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>		
Age	33.03	13.33	42.51	15.85	-6.89 ***	-
Cognitive reactivity	43.80	21.65	38.59	21.99	2.57 *	.24
Hopelessness/Suicidality	6.58	5.63	5.83	5.26	1.47	.14
Acceptance/Coping	2.18	2.43	3.03	2.84	-3.42 **	.32
Aggression	8.23	5.14	6.74	4.79	3.21 **	.30
Control/Perfectionism	4.22	3.44	3.87	3.42	1.08	.10
Risk Aversion	10.56	4.73	9.10	5.28	3.14 **	.29
Rumination	12.03	5.56	10.01	5.87	3.80 ***	.35
Positive Automatic Thoughts	13.74	5.34	13.21	5.16	1.08	.10
Negative Automatic Thoughts	12.27	6.30	13.06	6.40	-1.34	.12
Behavioral Activation	15.99	9.36	15.45	9.03	0.62	.06
Depressive Symptom	17.40	10.94	19.12	11.17	-1.67	.16

* $p < .05$, ** $p < .01$, *** $p < .001$

Cognitive reactivity($t(438) = 2.57, p < .05$)
Women > Men

Acceptance/Coping($t(406) = -3.42, p < .01$)
Women < Men

Aggression($t(465) = 3.21, p < .01$)
Risk Aversion($t(465) = 3.14, p < .01$)
Rumination($t(465) = 3.80, p < .001$)
Women > Men

Negative AT($t(465) = 1.08, p = .280$)
Positive AT($t(465) = -1.34, p = .180$)
Behavioral Activation($t(465) = 0.62, p = .534$)
Depressive Symptom($t(465) = -1.67, p = .096$)
Women = Men (No significant difference)

Discussion

- Significant differences in cognitive reactivity by gender were found, indicating that women may be more responsive to changes in mood. On the other hand, there was no tendency for women to perceive things more negatively or to be in a state of behavioral inactivity.
- Thus, the results indicate that improving cognitive reactivity may be important in preventing the recurrence of depression, especially in women.

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発表成果報告書

- * ご自身の研究発表の概要だけでなく、学会での国際交流体験などにつきましても必ずご記載ください。

うつ病の再発率には性差があり、男性に比べて女性の方が再発しやすい傾向にあることが指摘されている(Essau et al., 2010)。そこで本研究は、うつ病再発のリスクファクターの1つとして考えられている、認知反応性の高さを、男女で比較した。比較対象として、現在の抑うつ症状、抑うつ症状軽減のための介入ターゲットである、自動思考、行動活性化も性別により比較し、抑うつ症状の維持・再発という観点から、女性の特徴を明らかにすることを目的とした。SCIDをもとに作成した、過去のうつ病エピソードの有無に関する質問紙、自動思考、行動活性化、現在の抑うつ症状、認知的反応性をインターネット調査により測定し、467名(男性207名、女性260名、M=37.23歳、SD=15.23)のデータを用いた。性別を独立変数、各変数を従属変数としたt検定の結果、認知的反応性の総スコア($t(438) = 2.57, p < .05$)、認知的反応性の下位尺度である攻撃性($t(465) = 3.21, p < .01$)、リスク回避性($t(465) = 3.14, p < .01$)、反芻($t(465) = 3.80, p < .001$)は、男性よりも女性の方が有意に高かった。また、年齢($t(402) = -6.89, p < .001$)と認知的反応性の下位尺度である受容/対処($t(406) = -3.42, p < .01$)は、男性よりも女性の方が有意に低かった。一方で、肯定的自動思考、否定的自動思考、行動活性化、現在の抑うつ症状において性差は見られなかった。さらに、過去に経験した抑うつエピソードの数における性差を検討するために χ^2 検定を行った。その結果、過去の抑うつエピソードの数に性差は認められなかった($\chi^2(1) = 0.51, n.s.$)。したがって、認知反応性を低下させることを目的としたアプローチを取り入れることが、特に女性においてうつ病の再発予防に有効である可能性が示された。

このような発表を行うことで、様々な研究者とコミュニケーションをとることができた。特に、国際学会では、世界各国の研究者が参加しており、日本語が通じない環境で行うディスカッションは、申請者にとって非常に刺激的な体験であった。

(日本語 1200 字以内)

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