

スポーツ科学研究, 11, 35-68, 2014 年

Characteristics of sedentary behavior associated with mental health among adults

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Background: Depression, a common mental illness, has a high global incidence. From 1999 to 2005, the number of cases of mood disorders has doubled, and in Japan, these trends are high (Ministry of Internal Affairs and Communications of Japan, 1999; Ministry of Internal Affairs and Communications of Japan, 2005). Recently, engaging sedentary behavior such as television viewing and computer use associated with depression is becoming clearer. However, a consensus on sedentary behavior for preventing depression has not yet been reached.

Purpose: The present study examines the association between sedentary behavior and depression among Japanese adults. **Methods:** The present study was performed using a cross-sectional study. The participant included 3,000 Japanese adults who lived in

Japan. Objective sedentary behavior was measured using accelerometer for seven consecutive days. The self-administered questionnaire survey which included questions on the Center for Epidemiologic Studies Depression Scale, and sociodemographic status such as gender, age, educational attainment (graduate school or university, 2-years university, high or junior high school), employment status (office worker, student, housewife, part-time worker, unemployed), marital status (married, unmarried), household income (<3,000,000, <5,000,000, <7,000,000, <10,000,000, ≥10,000,000 yen), and body mass index) was conducted by mail. Logistic regression analyses will be conducted to examine the independent relationships between sedentary behavior and mental health. At present, the researchers are gathering data.