

『ストレス脳』参考文献

第1章

World Health Organization (2017), Depression and other common mental disorders:

Global Health Estimates. Licence: CC BY-NC-SA 3.0 IGO.

World Health Organization. Depression statistics 13 sept 2021.

<https://www.who.int/news-room/fact-sheets/detail/depression>.

第2章

Diamond, J (1991), *The Third Chimpanzee: The Evolution and Future of the Human Animal*.

Hutchinson RADIUS. [ジャレド・ダイアモンド／長谷川真理子、長谷川寿一訳『人間は

どこまでチンパンジーか？—人類進化の栄光と翳り』（新曜社、1993）】

- Feldman Barrett, Lisa (2018), *Så skapas känslor, hjärnans hemliga liv*. Natur och Kultur. [サ・フェルズドマン・ズレット／高橋洋訳『情動は()の()で()される——脳の隠れた働きを構成主義的情動理論』(紀伊國屋書店 2019)]
- Gozzi, A et al. (2010), "A neural switch for active and passive fear." *Neuron*, Vol. 67, issue 4, pages 656-666. DOI: 10.1016/j.neuron.2010.07.008.
- "Penn researchers calculate how much the eye tells the brain." *EurekaAlert!* 2006-07-26.

参考文献

- Bai, S et al (2019), "Efficacy and safety of anti-inflammatory agents for the treatment of major depressive disorder: a systematic review and meta-analysis of randomised controlled trials." *Journal of Neurology, Neurosurgery & Psychiatry*, Vol. 91 issue 1, pages 21-32. DOI: 10.1136/jnnp-2019-320912.
- Burklund, L et al. (2014), "The common and distinct neural bases of affect labeling and reappraisal in healthy adults." *Frontiers in psychology* 5:221.
DOI:10.3389/fpsyg.2014.00221.

- Chippaux, J (2012). "Epidemiology of snakebites in Europe: A systematic review of the literature Toxicon." Volume 59, Issue 1, Pages 86-99.
- Crocq, M (2015), "A history of anxiety: from Hippocrates to DSM." Dialogues in clinical neuroscience, Vol. 17, issue 3. DOI: 10.31887/DCNS.2015.17.3/macrocq.
- Hariri, A R et al (2003), "Neocortical modulation of the amygdala response to fearful stimuli." Biological Psychiatry, Vol. 53 issue 6, pages 494-501. DOI: 10.1016/s0006-3223(02)01786-9.
- Nesse, R (2019), *Good Reasons for Bad Feelings Insights from the Frontier of Evolutionary Psychiatry*. Dutton. [ランゲルフ・M・ネシー／加藤智子訳『なぜ心はこんなに脆いのか——不安や抑うつが進化心理学』（草思社、2021）]
- WHO, ed (2015), "Deaths on the roads: Based on the WHO Global Status Report on Road Safety 2015" (PDF) (official report). Geneva, Switzerland: World Health Organization (WHO). Retrieved 26 January 2016.

- "A cross-cultural examination." Population and Development Review, Vol. 33 issue 2, pages 321-365. DOI: 10.1111/j.1728-4457.2007.00171.x.
- Andrew S P et al (2009), The bright side of being blue: Depression as an adaptation for analyzing complex problems Psychol Rev. 2009 Jul; 116(3) : 620-654. DOI: 10.1037/a0016242.
- Bai, S et al (2019), "Efficacy and safety of anti-inflammatory agents for the treatment of major depressive disorder: a systematic review and meta-analysis of randomised controlled trials." Journal of Neurology, Neurosurgery & Psychiatry, Vol. 91 issue 1, pages 21-32. DOI: 10.1136/jnnp-2019-320912.
- Bosma-den Boer, M M et al (2012), "Chronic inflammatory diseases are stimulated by current lifestyle: how diet, stress levels and medication prevent our body from recovering." Nutrition & metabolism. Vol. 9 issue 1. DOI:10.1186/1743-7075-9-32.
- Eurostat. Statistics explained. Cancer statistics, 2021-08.
- Goldman, Lee (2018), *Too much of a good thing - How four key survival traits are now killing us*. Little brown. ISBN 978-03-1623-681-2.

- Gurven, M et al (2007), "Longevity among hunter-gatherers: a cross cultural examination." Population and Development review.
- https://greatergood.berkeley.edu/article/item/four_ways_happiness_can_hurt_you
- Husain, M I et al (2017), "Anti-inflammatory treatments for mood disorders: Systematic review and meta-analysis." Journal of psychopharmacology, Vol. 31 issue 9, pages 1137-1148. DOI: 10.1177/0269881117725711.
- Jha, M K et al (2019), "Anti-inflammatory treatments for major depressive disorder, what's on the horizon?" The Journal of clinical psychiatry, Vol. 80 issue 6. DOI: 10.4088/JCP.18ac12630.
- Quan N, Banks, W A (2007), "Brain-immune communication pathways." Brain, behavior, and immunity, Vol. 21, issue 6, pages 727-735. DOI: 10.1016/j.bbi.2007.05.005.
- Raison, C L, Miller, A H (2013), "The evolutionary significance of depression in Pathogen Host Defense (PATHOS-D)." Molecular psychiatry, Vol. 18 issue 1, pages 15-37. DOI: 10.1038/mp.2012.2.
- Riksarkivet (n.d.), "TBC och sanatorier."

Straub, R (2017), "The brain and immune system prompt energy shortage in chronic inflammation and ageing." *Nature Reviews Rheumatology* Vol. 13 issue 12, pages 743-751. DOI: 10.1038/nrrheum.2017.172.

Wium-Andersen, M K et al (2013), "Elevated C-reactive protein levels, psychological distress, and depression in 73, 131 individuals." *JAMA Psychiatry*, Vol. 70 issue 2, pages 176-184. DOI: 10.1001/2013.jamapsychiatry.102.

Wray, N R et al (2017), "Genome-wide association analysis identifies 44 risk variants and refine the genetic architecture of major depressive disorder." *Nature genetics*, Vol. 50, issue 5, pages 668-681. DOI: 10.1101.167577.

参考文献

Berger, M et al (2018), "The Expanded Biology of Serotonin" *Annual Review of Medicine*, Vol. 60, issue 1, pages 355-366. DOI: 10.1146/annurev.med.60.042307.110802.

Cacioppo, J et al (2018), "The growing problem of loneliness." *Lancet*, Volume 391, issue 10119, page 426.

Cole, S W et al (2015), "Myeloid differentiation architecture of leukocyte transcriptome dynamics in perceived social isolation." Proceedings of the National Academy of Sciences, Vol. 112 issue 49, pages 15142-15147. DOI: 10.1073/pnas.1514249112.

Cruwys, T et al (2013), "Social group memberships protect against future depression, alleviate depression symptoms and prevent depression relapse." Social Science & Medicine.Vol. 98, pages 179-186. DOI: 10.1016/j.socscimed.2013.09.013.

Dunbar R et al (2001), "Social laughter is correlated with an elevated pain threshold." Proceedings of the Royal Society B, Vol. 279, issue 1731, pages 1161-1167. DOI: 10.1098/rspb.2011.1373.

Dunbar, R (2021), *Friends - understanding the power of our most important relationships*. Little Brown. ISBN 978-14-0871-173-6.

Folkhälsomyndigheten (2020), Skolbarns hälsovanor - så mår skolbarn i Sverige jämfört med skolbarn i andra länder. 2020-05-19.

Kahlon, M et al (2021), "Effect of Layperson-Delivered, Empathy-Focused Program of Telephone Calls on Loneliness, Depression, and Anxiety Among Adults During the COVID-

- 19 Pandemic: A Randomized Clinical Trial." *JAMA Psychiatry* Vol. 78, issue 6, pages 616-622. DOI:10.1001/jamapsychiatry.2021.0113.
- Keles, B et al (2019), "A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents." *International Journal of Adolescence and Youth*, Vol. 25, issue 1, pages 79-93. DOI: 10.1080/02673843.2019.1590851.
- Masi, C et al (2010), "A Meta-Analysis of Interventions to Reduce Loneliness." *Personality and Social Psychology Review*, Vol. 15, issue 3, pages 219-266. DOI: 10.1177/1088868310377394.
- McPherson, M et al (2006), "Social Isolation in America: Changes in Core Discussion Networks over Two Decades." *American Sociological Review*, Vol. 71, issue 3, pages 353-375. DOI:10.1177/000312240607100301.
- Meltzer, H et al (2012), "Feelings of loneliness among adults with mental disorder." *Social psychiatry and psychiatric epidemiology*, Vol. 48, issue 1, pages 5-13. DOI: 10.1007/s00127-012-0515-8.
- Mineo, L (2017), "Good genes are nice, but joy is better." *The Harvard Gazette*, 2017-04-11.

- Ortiz-Ospina, E (2019), "Is there a loneliness epidemic?" Our World in Data 2019-12-11.
- Provine, R P, Fischer, K R (1989), "Laughing, smiling, and talking: relation to sleeping and social context in humans." *Ethology* Vol. 83, issue 4, pages 295-305. DOI: 10.1111/j.1439-0310.1989.tb00536.x.
- Tomova, J et al (2020), "Acute social isolation evokes midbrain craving responses similar to hunger." *Nature Neuroscience*, Vol. 23, pages 1597-1605. DOI: 10.1038/s41593-020-00742-z.
- Trzesniewski, K et al (2010), "Rethinking Generation Me: A Study of Cohort Effects From 1976-2006." *Perspectives on Psychological Science* Vol. 5, issue 1, pages 58-75. DOI: 10.1177/1745691609356789.
- Wells, Horwitz & Seetharaman, The Facebook files. Facebook Knows Instagram Is Toxic for Teen Girls, Company Documents Show. Wall Street Journal, sept 14, 2021.

鎌心軸

Babjak, M et al (2000), "Exercise treatment for major depression: maintenance of

- therapeutic benefit at 10 months." *Psychosomatic medicine* Vol. 62, issue 5, pages 633-638. DOI: 10.1097/00006842-200009000-00006.
- Bridle, C et al (2018), "Effect of exercise on depression severity in older people: systematic review and meta-analysis of randomised controlled trials." *The British journal of psychiatry: the journal of mental science*, Vol. 201, issue 3, pages 180-185. DOI: 10.1192/bjp.bp.111.095174.
- Choi, K W et al (2019), "Assessment of Bidirectional Relationships Between Physical Activity and Depression Among Adults: A 2-Sample Mendelian Randomization Study." *JAMA psychiatry*, Vol. 76, issue 4, pages 399-408. DOI: 10.1001/jamapsychiatry.2018.4175.
- Folkhälsomyndigheten (2021). *Psykisk hälsa och suicidprevention/Barn och unga - psykisk hälsa/Fysisk aktivitet och psykisk hälsa.*
- Harvey, S B et al (2017), "Exercise and the Prevention of Depression: Results of the HUNT Cohort Study." *American Journal of Psychiatry*, Vol. 175, issue 1, pages 28-36. DOI: 10.1176/appi.ajp.2017.16111223.

- Hu, M et al (2020), "Exercise interventions for the prevention of depression: a systemic review of meta-analyses." *BMC Public health*, Vol. 20, article 1255. DOI: 10.1186/s12889-020-09323-y.
- Kandola, A A et al (2020), "Individual and combined associations between cardiorespiratory fitness and grip strength with common mental disorders: a prospective cohort study in the UK Biobank." *BMC Medicine*, Vol. 18 article 303. DOI: 10.1186/s12916-020-01782-9.
- Kandola, A et al (2020), "Depressive symptoms and objectively measured physical activity and sedentary behaviour throughout adolescence: a prospective cohort study." *Lancet Psychiatry*, Vol 7, issue 3, pages 262-271. DOI: 10.1016/S2215-0366(20)30034-1.
- Netz, Y et al (2017), "Is the Comparison between Exercise and Pharmacologic Treatment of Depression in the Clinical Practice Guideline of the American College of Physicians Evidence-Based?" *Frontiers in pharmacology*. Vol. 8 article 257. DOI: 10.3389/fphar.2017.00257.
- Raustorp et al (2018), "Comparisons of pedometer-determined weekday physical activity

among Swedish school children and adolescents in 2000 and 2017 showed the highest reductions in adolescents." *Acta Paediatrica*. Vol 107, issue 7.

Schmidt-Kassow M et al (2013), "Physical Exercise during Encoding Improves Vocabulary Learning in Young Female Adults: A Neuroendocrinological Study." *PLoS One*, Vol. 8, issue 5. e64172. DOI: 10.1371/journal.pone.0064172.

Schuch, F et al (2019), "Physical activity protects from incident anxiety: A meta-analysis of prospective cohort studies." *Depression & Anxiety*, Vol. 36, issue 9, pages 846-858. DOI: 10.1002/da.22915.

Tafet, G E, Nemeroff C B (2020), "Pharmacological Treatment of Anxiety Disorders: The Role of the HPA Axis." *Frontiers in Psychiatry*, Vol. 11, article 443. DOI: 10.3389/fpsy.2020.0044.

Wegner, M et al (2020), "Systematic Review of Meta-Analyses: Exercise Effects on Depression in Children and Adolescents." *Frontiers in Psychiatry*, Vol. 8, issue 81. DOI: 10.3389/fpsy.2020.00081.

Winter, B et al (2007), "High impact running improves learning." *Neurobiology of learning*

and memory, Vol. 87, issue 4, issue 597-609. DOI: 10.1016/j.nlm.2006.11.003.

参考文献

- Colla, J et al (2006), "Depression and modernization: a cross-cultural study of women." *Psychiatry Epidemiology*. 2006 Apr;41(4):271-279.
- Goldney, R D et al (2010), "Changes in the prevalence of major depression in an Australian community sample between 1998 and 2008." *The Australian and New Zealand journal of psychiatry*, Vol. 44, issue 10, pages 901-910. DOI: 10.3109/00048674.2010.490520.
- Hollan, D W, Wellenkamp, J C (1994), *Contentment and suffering: Culture and experience in Toraja*. New York: Columbia University Press.
- Nishi, D et al (2019), "Prevalence of mental disorders and mental health service use in Japan." *Psychiatry and Clinical Neurosciences Frontier Review*, Vol. 73, issue 8, pages 458-465. DOI: 10.1111/pcn.12894.
- Rodgers, A (2017), "Star Neuroscientist Tom Insel Leaves the Google-Spawmed Verily for ... a Startup?" *Wired magazine* 2017-11-05.

Socialstyrelsen och Cancerfonden. Cancer i siffror 2018. ISBN 978-91-88161-18-5.
Socialstyrelsen. Statistik om hjärtinfarkter, 2018.
Statistiska centralbyrån, Life expectancy 1751-2020.
World Health Organization (2017), "'Depression: let's talk' says WHO, as depression tops list of causes of ill health."

標 ∞ 標

Feldman, S, "Consumer Genetic Testing Is Gaining Momentum. Statista." Nov 18, 2019.
Lebowitz, M S, Ahn, W K (2018), "Blue Genes? Understanding and Mitigating Negative Consequences of Personalized Information about Genetic Risk for Depression." Journal of genetic counseling, Vol. 27, issue 1, pages 204-216. DOI: 10.1007/s10897-017-0140-5.
Lebowitz, M S et al (2013), "Fixable or fate? Perceptions of the biology of depression." Journal of consulting and clinical psychology, Vol. 81, issue 3, pages 518-527. DOI: 10.1037/a0031730.

Rosling, H (2019), *Factfulness. Tio knep som hjälper dig att förstå världen*. Natur och

Kultur.「ハンス・ロスリング、オーラ・ロスリング、アンナ・ロスリング・ロンランド／上杉周作、関美和訳『FACTFULNESS——10の思い込みを乗り越え、データを基に世界を正しく見る習慣』(日経BP社、2019)」

第9章

Frankl, V (1946), *Living must be meaningful*. ISBN 978-91-2711-259-9.「ヴィクトール・E・フランクル／霜山徳爾訳『夜と霧——ドイツ強制収容所の体験記録』(みすず書房、1985)」

Torres, N (2020), "Advertising makes us unhappy." *Harvard Business Review*, Jan-Feb 2020.