



Title	Associations of disaster-related and psychosocial factors with changes in smoking status after a disaster: a cross-sectional survey after the Great East Japan Earthquake
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論文審査の結果の要旨及び担当者

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論文審査の結果の要旨		
<p>本論文は、東日本大震災と福島第一原発事故により避難を余儀なくされた住民を対象に実施された福島県県民健康調査の詳細調査（こころの健康度・生活習慣に関する調査）のデータを用いて、避難経験に起因する社会心理環境因子と喫煙状況との関連について明らかにした論文である。</p> <p>その結果、PCLにより把握された避難生活や喪失体験によるストレス及び、K6により把握された抑うつ傾向と喫煙状況の変化との関連を分析したところ、喫煙の開始には精神疾患既往歴、仮設住宅等の居住、被災経験、仕事の変化、失業、PCL及びK6が促進要因となることが示され、一方、禁煙の開始には、学歴が促進要因となることが示された。喫煙行動の抑制には従来の禁煙治療ではなく、災害による避難者への社会的・心理的なサポートの必要性が示唆された。</p> <p>本研究は大規模複合災害が喫煙状況に与える影響を分析した国内外でも数少ない研究であり、博士（医学）の学位授与に値する。</p>		

論 文 内 容 の 要 旨
Synopsis of Thesis

氏 名 Name	中野裕紀
論文題名 Title	Associations of disaster-related and psychosocial factors with changes in smoking status after a disaster: a cross-sectional survey after the Great East Japan Earthquake (東日本大震災における震災・避難経験に起因する社会環境因子と喫煙状況の関連: 福島県県民健康調査から)
論文内容の要旨	
〔目的(Purpose)〕	
<p>Few studies have comprehensively examined changes in smoking status and related factors after a disaster. We examined these factors among residents of an evacuation area in Fukushima after the Great East Japan Earthquake.</p>	
〔方法ならびに成績(Methods/Results)〕	
<p>The study participants included 58 755 men and women aged ≥ 20 years who participated in the Fukushima Health Management Survey in 2012 after the disaster. Smoking status was classified as either current smokers or current non-smokers before and after the disaster. The participants were divided into the following groups: (1) non-smokers both before and after the disaster, (2) non-smokers before and smokers after the disaster, (3) smokers before and non-smokers after the disaster and (4) smokers both before and after the disaster. The adjusted prevalence ratios and 95% CIs of changes in smoking status for demographic, disaster-related and psychosocial factors were tested using logistic regression analysis that was stratified by smoking status before the disaster.</p>	
<p>Among the 44 729 participants, who were non-smokers before the disaster, 634 (1.4%) began smoking after the disaster. Among the 14 025 smokers before the disaster, 1564 (11.1%) quit smoking after the disaster, and the proportion of smokers in the evacuation area consequently decreased from 21.2% to 19.6%. In the multivariable model, factors significantly associated with beginning smoking included being a male, being younger, having a lower education, staying in a rental house/apartment, house being damaged, having experienced a tsunami, change jobs and the presence of traumatic symptoms and non-specific psychological distress. On the contrary, factors associated with quitting smoking included being a female, being older, having a higher education and having a stable income.</p>	
〔総 括(Conclusion)〕	
<p>The proportion of smokers slightly decreased among residents in the evacuation area. The changes in smoking statuses were associated with disaster-associated psychosocial factors, particularly changes in living conditions, having experienced a tsunami, change jobs and developing post-traumatic stress disorder</p>	