



Title	Occasions for laughter and dementia risk: findings from a six-year cohort study
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論 文 内 容 の 要 旨
Synopsis of Thesis

氏 名 Name	王 雨
論文題名 Title	Occasions for laughter and dementia risk: findings from a six-year cohort study (笑いの機会と認知症リスク：6年間のコホートからの研究結果)
論文内容の要旨	
<p>〔目 的(Purpose)〕</p> <p>Currently, there is little evidence on the relationship between laughter and the risk of dementia, and since laughter is mainly a social behavior, we aimed to examine the association between various occasions for laughter and the risk of dementia in Japanese older adults.</p>	
<p>〔方法ならびに成績(Methods/Results)〕</p> <p>We draw upon a 6-year follow-up data from the Japan Gerontological Evaluation Study, including 12,165 independent older adults aged 65 years and over. Occasions for laughter were assessed using a questionnaire, while dementia was diagnosed using the standardized dementia scale of the long-term care insurance system in Japan. Cox proportional hazards models were estimated, yielding hazard ratios (HRs) and 95% confidence intervals (CIs).</p> <p>The multivariable hazard ratio of dementia incidence for all participants in the high versus a low variety of occasions for laughter was 0.84 (95% confidence interval: 0.72–0.98, p for trend < 0.001). A greater variety of occasions for laughter was associated with a lower risk of dementia 0.78 (95% confidence interval: 0.63–0.96, p for trend < 0.001) among women, but less pronounced for men with significant associations only for the medium group. Laughing during conversations with friends, communicating with children or grandchildren, and listening to the radio was primarily associated with decreased risk. Various occasions or events for laughter were marginally associated with a decreased risk of dementia among women while laughing while accompanied by friends was associated with a lower risk among men.</p>	
<p>〔総 括(Conclusion)〕</p> <p>There are some occasions for laughter in individual and social settings associating with a reduced risk of dementia in this cohort. Our study highlights the important role of positive psychology and psychosocial factors in delaying dementia risk in older adults.</p>	

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>This dissertation investigated the association of occasions for laughter, one of the crucial components of positive psychology, and the dementia risk in a large cohort. From the results, we have known some laughter occasions in individual and social settings (i.e. laughing during conversations with friends, communicating with children or grandchildren, and listening to the radio) were associated with a reduced risk of dementia. These results are very meaningful for the ageing society. We have realized that dementia is gradually becoming a significant challenge in Japan and worldwide. While effective ways to treat and prevent dementia have not been suggested or limited, compared to other approaches that might bring the challenge to older people, we would like to recommend older adults laugh more, especially with other people, to delay dementia risk.</p>			
<p>The research gap was finely detected, the research design was well organized, the research question was addressed accordingly, and the interpretations of the results and discussions were comprehensive and relevant. This positive topic sheds light on the new approaches to promote healthy and happy ageing under the intense COVID-19 era.</p>			
<p>In conclusion, this dissertation is approved by the examination panel for obtaining a doctorate.</p>			