

201224089A (2/2)

厚生労働科学研究費補助金

障害者対策総合研究事業

新たな地域精神保健医療体制の
構築のための実態把握
および活動の評価等に関する研究

平成 24 年度 総括研究報告書 2/2

研究代表者 竹島 正

平成 25 (2013) 年 3 月

目 次

Ⅲ. 研究成果の刊行に関する一覧表

Ⅳ. 研究成果の刊行物・別刷

Ⅲ. 研究成果の刊行に関する一覧表

研究成果の刊行に関する一覧表

書籍

著者氏名	論文タイトル名	書籍全体の編集者名	書籍名	出版社名	出版地	出版年	ページ
竹島 正	8-1-6 保護者の現況.	精神保健福祉白書編集委員会	精神保健福祉白書2013年版 障害者総合支援法の施行と 障害者施策の行方	中央法規出版	東京	2012	pp147

雑誌

発表者氏名	論文タイトル名	発表誌名	巻号	ページ	出版年
Yamauchi T, Takeshima T, Koh E, Chiba H, Nakagawa R, Sudo A, Ono S, Okazaki Y, Kikawa T	A preliminary study on the attitude of the Japanese public towards creative artwork by people with mental illness.	Int J Soc Psychiatry.	58(4)	350-4	2012
河野稔明, 森隆夫, 立森久照, 竹島 正	精神科病院の機能分化における精神療養病棟の役割.	日本精神科病院協会雑誌	31 (5)	71-77	2012
河野稔明, 白石弘巳, 立森久照, 小山明日香, 長沼洋一, 竹島 正	精神科病院の新入院患者の退院動態と関連要因.	精神神経学雑誌	114 (7)	764-781	2012
竹島 正	革新的な啓発活動を進めるダックスセンター【第3回】カニンガムダックスコレクションの誕生とその後の発展.	心と社会	43(2)	116-122	2012.
竹島 正	革新的な啓発活動を進めるダックスセンター【第4回】カニンガムダックスセンターとの連携活動.	心と社会	43(3)	90-96	2012
竹島 正	かえる・かわる—精神保健医療の発展のために—.	精神神経学雑誌	114巻 第107回学術総会特別号	SS316-SS317	2012
竹島 正	メンタルヘルスの問題を経験した人たちの芸術活動のもつ意味.	みんなねっと	68	14-15	2012

町野 朔	保護者制度の改革と精神医療	法と精神医療	27号	43~51	2012
松本ちひろ、丸田敏雅、飯森眞喜雄	DSM-5発刊前の最新動向ーフィールドトライアルの結果を中心にー	精神医学	55 (2)	185-192	2012
松本ちひろ、丸田敏雅、飯森眞喜雄	DSM-5作成の最新動向	臨床精神医学	41 (5)	527-533	2012
丸田敏雅、松本ちひろ、飯森眞喜雄	精神医学診断の最新の動向	心と社会	43 (4)	108-115	2012
丸田敏雅、松本ちひろ、飯森眞喜雄	ICD-11作成の最新動向	臨床精神医学	41 (5)	521-526	2012
飯森眞喜雄、松本ちひろ、丸田敏雅	ICD-11の最近の動向	精神神経学雑誌			(印刷中)
丸田敏雅、松本ちひろ、飯森眞喜雄	ICD-11およびDSM-5における身体表現性障害の動向.	こころの科学	167(1)	19-22	2012
松本ちひろ、丸田敏雅、飯森眞喜雄	DSM-5作成 その後の動向	精神医学	54(1)	7-19	2012
丸田敏雅、中根秀之、松本ちひろ：訳	ICD-11プライマリヘルスケア版 提案された各カテゴリの記述 草案	平成24年度厚生労働科学研究費補助金(障害者対策総合研究事業)「新たな地域精神保健医療体制の構築のための実態把握および活動の評価等に関する研究」. 分担研究:国内外の精神科医療における疾病分類に関する研究		1-40	2012
栗田主一	地域包括ケアシステムの構築とわが国の認知症施策の方向性：特に認知症の早期診断・早期対応について.	日本認知症学会誌	27	2-9	2013
栗田主一	認知症に対応できる地域包括ケアシステムの確立に向けて.	日本老年医学会雑誌			(印刷中)
栗田主一	診療所医師の機能 - 認知症地域医療支援事業の意義について.	Geriatric Medicine	51	35-38	2013

栗田主一	地域包括ケアシステム を利用した認知症の早 期診断システムの推進.	保健医療科学	61(2)	125-129	2012
井藤佳恵, 稲垣宏 樹, 岡村毅, 下門 颯太郎, 栗田主一	大都市在住高齢者の精 神的健康度の分布と関 連要因の検討. 要介護要 支援認定群と非認定群 との比較.	日本老年医学 雑誌	49(1)	82-89	2012
岡村毅, 井藤佳恵, 金野倫子, 稲垣宏 樹, 杉山美香, 佐 久間尚子, 栗田主 一	都市在住高齢者の日中 の眠気と関連要因.	日本公衆衛生 雑誌	59(9)	675-683	2012

IV. 研究成果の刊行物・別刷

8-1-6 保護者の現況

精神保健福祉法第5章「医療及び保護」の第1節に保護者の規定があり、医療保護入院、措置入院となった精神障害者には保護者を選任すると規定されている（保護者がいないとき、または保護者がその義務を行うことができないときは居住地の市町村長）。保護者には、①精神障害者に治療を受けさせること、②財産上の利益を保護すること、③精神障害者の診断・治療にあたって医師に協力すること、④措置入院の場合の退院または仮退院にあたって引き取ること、が求められる。保護者は多くの場合に親族に委ねられ、担うべき役割が過重であるとして、保護者制度の見直しを求める声があるが、医療保護入院は精神科入院の4割以上を占めていることから、その見直しは制度運用の実態を踏まえた慎重な検討が必要とされる。「医療保護入院患者の保護者に関する調査」（以下、本調査）は、医療保護入院制度の運用実態および課題を明らかにすることによって、制度見直しや適正な運用に役立てることを目的として、岡山県の精神科病院24か所のうち20施設の協力を得て行われた。病院調査によると、入院患者に占める医療保護入院の割合は55.7%で、全国平均の41.1%より高かった。診断別では統合失調症等（F2）が51.3%、器質性精神障害等（F0）が38.0%であった。医療機関が経験している保護者制度の問題点としては「面会等のために来院しない」「退院を拒否している」「住所地が遠隔地であるため、実質的に保護義務を果たせない」等であった。保護者調査によると、患者と保護者の平均年齢はそれぞれ67歳、63歳と高く、保護者の多くは経済的および自身の健康面の問題を抱えていた。保護義務については約6割が「保護者を続けたい」と回答した。医療保護入院後の対応については、約7割の保護者が「引き続き病院、または施設にいてほしい」と回答した。保護者を務める市町村長への調査によると、市町村と病院の間で、患者との面会、今後の処遇についての話し合いのある患者は少数であり、市町村長は保護義務を十分に履行できていないことが示唆された。本調査は医療保護

患者の主診断別の保護者の続柄

主診断	患者から見た保護者の続柄							合計
	後见人・保佐人	配偶者	親	兄弟・姉妹	子	その他親族	市町村長	
器質性精神障害等	54(5.6)	261(27.3)	11(1.2)	89(9.3)	466(8.7)	29(3.0)	46(4.8)	956
統合失調症等	97(7.5)	127(9.8)	334(25.9)	475(36.8)	119(9.2)	25(1.9)	115(8.9)	1,292
その他	12(4.4)	75(27.8)	53(19.6)	59(21.9)	41(15.2)	6(2.2)	24(8.9)	270
合計	163(6.5)	463(18.4)	398(15.8)	623(24.7)	626(24.9)	60(2.4)	185(7.3)	2,518

保護義務についての意向

保護者を続けたい	60.0%
できれば他に委任したい	18.3%
できれば辞めたい	11.4%
入院手続き以外は協力したくない	7.8%
保護者制度を廃止してほしい	5.7%
保護者役目に葛藤あり	4.3%
その他	4.8%

入院と保護者制度の運用実態を地域レベルで明らかにした初めての調査である。保護者制度のあり方は、精神科医療に限らず、患者・家族にも大きな影響を及ぼすため、その見直しにあたっては、大規模な実証データ等に基づく慎重な検討が必要と考えられる。

(竹島正)

International Journal of Social Psychiatry

<http://isp.sagepub.com/>

A preliminary study on the attitude of the Japanese public towards creative artwork by people with mental illness

Takashi Yamauchi, Tadashi Takeshima, Eugen Koh, Hisomu Chiba, Ryuji Nakagawa, Anju Sudo, Sayaka Ono, Yuji Okazaki and Takehiko Kikkawa

Int J Soc Psychiatry 2012 58: 350 originally published online 18 March 2011

DOI: 10.1177/0020764010397584

The online version of this article can be found at:
<http://isp.sagepub.com/content/58/4/350>

Published by:



<http://www.sagepublications.com>

Additional services and information for *International Journal of Social Psychiatry* can be found at:

Email Alerts: <http://isp.sagepub.com/cgi/alerts>

Subscriptions: <http://isp.sagepub.com/subscriptions>

Reprints: <http://www.sagepub.com/journalsReprints.nav>

Permissions: <http://www.sagepub.com/journalsPermissions.nav>

Citations: <http://isp.sagepub.com/content/58/4/350.refs.html>

>> Version of Record - Jun 19, 2012

OnlineFirst Version of Record - Mar 18, 2011

What is This?

A preliminary study on the attitude of the Japanese public towards creative artwork by people with mental illness

International Journal of
Social Psychiatry
58(4) 350–354
© The Author(s) 2011
Reprints and permissions:
sagepub.co.uk/journalsPermissions.nav
DOI: 10.1177/0020764010397584
isp.sagepub.com
SAGE

Takashi Yamauchi,^{1*} Tadashi Takeshima,² Eugen Koh,³ Hisomu Chiba,⁴ Ryuji Nakagawa,⁵ Anju Sudo,⁶ Sayaka Ono,⁷ Yuji Okazaki⁸ and Takehiko Kikkawa⁹

Abstract

Background: Although researchers have suggested that consumer art can help reduce the stigma of mental illness, there is little evidence of the attitudes of the Japanese public towards such artwork.

Material: A total of 277 Japanese visitors attending an exhibition of visual arts by people with mental illness completed a short questionnaire.

Discussion: After their visit, approximately 87% of the participants reported being strongly or fairly impressed by the creative art. Word frequency analysis implied generally positive attitudes towards the works.

Conclusions: The Japanese public might generally have positive and empathetic attitudes towards artwork by people with mental illness.

Keywords

arts, attitudes, general population, mental illness, qualitative study, word frequency analysis

Introduction

The attitude of the general population towards mental illness has been considered to be a crucial barrier for individuals suffering from mental illness, in that it may influence their ability to recover and live within a community. In view of this, the World Psychiatric Association, for instance, has been implementing a major international programme aimed at reducing the stigma around and discrimination against schizophrenia (Sartorius, 1997; Thompson et al., 2002).

It has recently been suggested that art created by people with mental illness holds great potential in terms of reducing the stigma of and inducing favourable attitudes towards mental illness among the general public, and enhancing community relationships (Argyle and Bolton, 2005; Lamb, 2009; Lejsted and Nielsen, 2006; Masuda, 2001; Twardzicki, 2008), although the relationship between creativity and mental illness is still unclear (see the review by Waddell, 1998). There has been longstanding interest in the therapeutic role the creative arts may play in helping people adapt to or recover from mental illness (Crawford and Patterson, 2007; Green et al., 1987; Hacking et al., 2006, 2008; Röhrich and Priebe, 2006; Spandler et al., 2007; also see the reviews by Ruddy and Dent-Brown, 2007; Ruddy and Milnes, 2005). Although this process of therapy, rather than

the creative works themselves, is the main focus, some corporations and non-profit groups, and other organizations have recently supported projects that raise the visibility of such works and thereby help combat the stigma of mental illness (see the review by Lamb, 2009). For example, the

¹ Centre for Suicide Prevention, National Institute of Mental Health, National Centre of Neurology and Psychiatry, Tokyo, Japan

² Department of Mental Health Policy and Evaluation, National Institute of Mental Health, National Centre of Neurology and Psychiatry, Tokyo, Japan

³ Cunningham Dax Collection, Victoria, Australia

⁴ Seinan Hospital, Aomori, Japan

⁵ Ureshino Onsen Hospital, Saga, Japan

⁶ Cabinet Secretariat, Government of Japan, Tokyo, Japan

⁷ Independent Artist, Kyoto, Japan

⁸ Tokyo Metropolitan Matsuzawa Hospital, Tokyo, Japan

⁹ Chubu Gakuin University, Gifu, Japan

* Author was at Graduate School of Arts and Sciences, University of Tokyo at the time the research was carried out.

Corresponding author:

Takashi Yamauchi, Centre for Suicide Prevention, National Institute of Mental Health, National Centre of Neurology and Psychiatry, 4-1-1 Ogawahigashi, Kodaira, Tokyo 187-8553, Japan
Email: tyama@ncnp.go.jp

Cunningham Dax Collection (Shrimpton and Hurworth, 2008), based in Victoria, Australia, and BASTA – The Alliance for Mentally Ill People (previously called Bavarian Anti-Stigma Action, see the review by Rüsç et al., 2005), based in Munich, are active in various fields, and organise exhibitions of art by people with mental illness and other cultural activities. Thus, although their activities might have a different orientation, efforts to utilize the art created by people with mental illness to raise the mental health awareness of the public, which are common to both organizations, appear to be fruitful, especially in terms of favourably influencing the attitude of the general public towards them.

However, to the authors' knowledge, barring two pioneering studies (Shrimpton and Hurworth, 2008; Twardzicki, 2008), there is no evidence to establish the effects of creative works like paintings and performing arts by people with mental illness on the attitudes of the general public towards them. These two studies have involved the analysis of open-questioned questionnaires (i.e. textual data) and implied the effectiveness of these arts on the general public in changing attitudes towards them favourably. However, they have also argued about the subjective interpretation of the content of the open-ended descriptions and have highlighted specific comments as unique or typical of themes.

Furthermore, although some studies have been conducted to assess mental health literacy among the Japanese public (Takeshima et al., 2007), negative attitudes towards people suffering from mental illness have been common among them as well as other populations (e.g., Griffiths et al., 2006). On the other hand, as Crawford and Patterson (2007) argued, the tradition that creative activities and works by people with mental illness have been focused upon as a therapeutic process to express their thoughts, emotions and ideas symbolically is considered to be especially strong in the Far East, including Japan (Spaniol, 2001). Also, there have recently been a number of exhibitions that have displayed artwork created by people suffering from mental illness in Japan. However, no study has examined the attitudes of the general public towards such artwork in Japan.

Therefore, as a preliminary study with a view to examine whether the artwork created by people with mental illness can change the attitude of the general public towards such people, the current study examines the attitudes of the Japanese public towards such artwork after visiting exhibitions showcasing them using textual data as well as a brief closed-ended question. The current study received ethical approval from the National Centre of Neurology and Psychiatry in Tokyo, Japan.

Methods

Participants and procedures

The study involved 951 Japanese visitors attending an art exhibition held at a gallery in Kyoto, Japan. The exhibition

was promoted by distributing several hundred flyers, publishing articles in the local newspaper and through TV interviews. The exhibition introduced a total of 107 original creations by Japanese and Australians suffering from mental illness (Cunningham Dax Collection, 2009), including work on paper and canvas as well as several pieces of craftwork. In addition, professional artists had structurally arranged the exhibits in the gallery to enable the visitors to observe the change in expression from several decades ago to the present, according to the characteristics of the artwork (e.g. abstract or non-abstract). These works were displayed from 4 to 22 February 2009.

During the exhibition period, visitors were asked to voluntarily complete a short questionnaire survey on their attitude towards such works. Of the 951 visitors, 277 completed the questionnaire (described below), and 52 returned it without completion. To maintain anonymity, only the participants' gender and age were recorded (seven categories: 10s, 20s, 30s, 40s, 50s, 60s, and over 70). The participants comprised 126 women and 151 men. Among these, 7 participants (2.5%) belonged to the 10s category, 59 (21.3%) to the 20s, 67 (24.2%) to the 30s, 46 (16.6%) to the 40s, 50 (18.1%) to the 50s, 23 (8.3%) to the 60s, and 25 (9.0%) to the over 70.

Questionnaire

A short questionnaire was designed specifically for this study. The participants first answered a simple closed-ended question (Question A: 'How do you feel about the exhibition?'), which measured their appreciation for the displayed works on a four-point scale (1 = 'not interested', 2 = 'slightly interested', 3 = 'fairly interested', 4 = 'very interested'). They were then asked an open-ended question (Question B), that is, to freely describe what they personally found interesting about the exhibition. Since Question B could not be made mandatory, fewer participants answered it ($n = 222$).

Data analysis

For Question A, a χ^2 test was conducted on the data obtained using SPSS version 15.0 for Windows, with a significance level of $p < 0.05$.

For Question B, word frequency analysis (e.g. Fujigaki and Nagata, 1998; Kreis and Gorman, 1997; Yamauchi et al., in press) was used to obtain characteristic and meaningful words that were considered to represent the visitors' attitudes towards the arts from textual data. In other words, as compared to previous studies using textual data on the attitudes of the general public towards the artwork by people with mental illness (e.g. Shrimpton and Hurworth, 2008), the current study examined the attitudes using a more empirical method, namely, calculating the frequencies of occurrences of characteristic words.

First, an electronic database of the questionnaire was created. The database was protected by passwords that were known only by the first author. Second, words were extracted using SPSS Text Analysis for Surveys version 3.0 for Windows. Third, the words that were considered to represent the visitors' attitudes towards the art were identified by manual inspection. The information that could identify specific individuals and artworks was eliminated. Irrelevant words such as conjunctions were also deleted, retaining only essential words that represented the participants' attitudes towards the art. Furthermore, synonymous words were not counted separately. The data was analysed twice by the first author who referred to the original textual database and discussed the material with the sixth author. Finally, for the remaining words, the total frequency of the appearance of each word was counted. Subsequently, to present an overview of the characteristics of the most frequently identified words that were considered to represent visitors' attitudes towards the artwork, the ten most frequently used words for Question B were listed.

Results

With regard to Question A, 146 participants (52.7%) felt 'very interested', 94 (33.9%) 'fairly interested', 34 (12.3%) 'slightly interested', and only 3 (1.1%) felt 'not interested'. The χ^2 test revealed that the strongly or fairly impressed respondents were much higher in number than those who were unimpressed by the artwork at a significance level of $p < 0.001$. In addition, whereas Kruskal-Wallis test revealed no differences between the age groups with regard to the central tendency of the ratings for Question A, Mann-Whitney test revealed that the ratings for women were significantly higher than those for men ($z = 2.50, p < 0.05$).

With regard to Question B, word frequency analysis identified a total of 1,150 words. The list of the 10 most frequently written words that were considered to represent the visitors' attitudes towards the artwork are presented in Table 1. Although some words listed had neutral nuances, the frequencies of the words with fairly positive nuances, like 'good', 'colourful', 'powerful' and 'great', were high. By contrast, words that were considered to have negative nuances did not appear frequently.

Discussion

Creative activities and works by people suffering from mental illness have been focused upon as a therapeutic process to express their thoughts and emotions. However, results of the current study indicate that approximately 87% of the participants were strongly or fairly impressed with the arts created by the people with mental illness, and only 1% were unimpressed. Moreover, the word frequency analysis recurrently identified some words with positive nuances, such as 'good', 'powerful' and 'great', suggesting generally positive

Table 1. Frequencies of the words extracted from visitors' descriptions of their attitudes towards the creative works by people with mental illness ($N = 222$)

Ranking	Word	Frequency
1	good	22
2	colourful	19
3	powerful	18
4	great	16
5	intriguing	15
5	understandable	15
7	various	9
8	articulate	8
9	interesting	7
9	important	7

and empathetic reactions towards the artworks displayed and an acknowledgement of their aesthetic value as well as the artists' talent. For instance, 15 participants described the work as 'understandable', which seemed to indicate their sympathy towards people with mental illness. Therefore, although it is possible that both the quality and number of works displayed and the differences in the impact of each artwork can influence visitors' attitudes, projects like the art exhibition in the present study could help create a favourable attitude towards the art and people with mental illness. However, the attitudes of the visitors towards the artwork may be determined by how they are presented (Koh and Shrimpton, manuscript in preparation). Thus, the findings of the current study may reflect the nature of the exhibition (i.e. structural and characteristic display of the exhibits produced over the past several decades); this might provide the visitors with opportunities to appreciate the artworks in depth. Also, the role of art in Japanese culture may be a reason why consumer art exhibition appears to be a useful way of reaching the general public in the current study.

The findings of this cross-sectional study are preliminary. The assessment of the attitudes was fairly rudimentary, and their ratings were not well established and were carried out at a certain point of time immediately after the visit to the exhibition; thus, the questionnaire used in the current study does not reflect the attitude change of the visitors. Furthermore, as Pinfold et al. (2003) argued, owing to the nature of textual analysis, the attitudes of a study's participants expressed in written form may not translate into any enduring behavioural attitudes. Also, with regard to the validity of a textual analysis, it is possible that the procedure of this analysis can be affected by an observational bias, although in the current study, the words were identified with reference to the original textual data and its context.

Limitations

The current study has some limitations with regard to the interpretation of results. First, the effects of potential confounding factors, such as previous visits to exhibitions and

previous contact with people with mental illness, were not controlled for. There have recently been a number of exhibitions that presented the creative arts by people with mental illness in Japan. However, unpublished data indicated that, out of 43 visitors attending the exhibition where the current study was being conducted, 27 (65.1%) had never visited any other exhibition or similar activities. Second, the response rate is low and the findings of the current study might be affected by selection bias. Finally, participation in the current study was restricted to Japanese people; therefore, the applicability of the findings to a population with a different cultural background should be considered. For instance, it is possible that in other populations, an approach using artwork may be associated with the public showing more favourable attitudes towards people with mental illness than the Japanese public.

Conclusion

Although the current study poses some limitations, to the authors' knowledge, this is the first study examining the attitude of the Japanese public towards the visual arts created by people with mental illness by using textual data and conducting word frequency analysis. The findings of this study suggest that the Japanese public generally have positive and empathetic attitudes towards artwork by people with mental illness. Future studies should use a more sophisticated assessment tool, namely a questionnaire directly evaluating attitudes towards people with mental health problems, and a procedure with both pre- and post-project assessment in order to test the effects of consumer arts on attitude changes in the general public and to examine whether these attitude changes can be sustained for months or years.

Acknowledgements

The authors would like to thank Nobuo Oda, Ken-ichi Higashino, and the staff at the Department of Mental Health Policy and Evaluation, National Institute of Mental Health, National Centre of Neurology and Psychiatry for their help in data collection.

References

- Argyle, E. and Bolton, G. (2005) 'Art in the Community for Potentially Vulnerable Mental Health Groups.' *Health Education* 105: 340–354.
- Crawford, M.J. and Patterson, S. (2007) 'Arts Therapies for People with Schizophrenia: An Emerging Evidence Base.' *Evidence-Based Mental Health* 10: 69–70.
- Cunningham Dax Collection (2009) *The Cunningham Dax Collection Newsletter* (Issue 8, April 2009). Victoria: Cunningham Dax Collection.
- Fujigaki, Y. and Nagata, A. (1998) 'Concept Evolution in Science and Technology Policy: The Process of Change in Relationship among University, Industry, and Government.' *Science and Public Policy* 26: 387–395.
- Green, B.L., Wehling, C. and Talsky, G.J. (1987) 'Group Art Therapy as an Adjunct to Treatment for Chronic Outpatients.' *Hospital and Community Psychiatry* 38: 988–991.
- Griffiths, K.M., Nakane, Y., Christensen, H., Yoshioka, K., Jorm, A.F. and Nakane, H. (2006) 'Stigma in Response to Mental Disorders: A Comparison of Australia and Japan.' *BMC Psychiatry* 6: 21.
- Hacking, S., Secker, J., Kent, L., Shenton, J. and Spandler, H. (2006) 'Mental Health and Arts Participation: The State of the Art in England.' *Journal of the Royal Society for the Promotion of Health* 126: 121–127.
- Hacking, S., Secker, J., Spandler, H., Kent, L. and Shenton, J. (2008) 'Evaluating the Impact of Participatory Art Projects for People with Mental Health Needs.' *Health and Social Care in the Community* 16: 638–648.
- Koh, E. and Shrimpton, B. (manuscript in preparation) 'Art for Promoting Mental Health Literacy and Countering Stigma.'
- Kreis, C. and Gorman, P. (1997) 'Word Frequency Analysis of Dictated Clinical Data: A User-Centred Approach to the Design of a Structured Data Entry Interface.' *Proceedings of the AMIA Annual Fall Symposium* 1997: 724–728.
- Lamb, J. (2009) 'Creating Change: Using the Arts to Help Stop the Stigma of Mental Illness and Foster Social Integration.' *Journal of Holistic Nursing* 27: 57–65.
- Lejsted, M. and Nielsen, J. (2006) 'Art Created by Psychiatric Patients.' *Lancet* 368: s10–s11.
- Masuda, Y. (2001) 'Seishin-Syougaisya Syoukibo-Sagyoujo ni okeru Geijutsu-Katsudou no Igi II: Ningyou-Kyogen Katudou wo Toshita Keihatsu ni Tsuite no Ichi-Kousatsu' [in Japanese]. *Japanese Journal of Psychiatric Nursing* 28: 52–56.
- Pinfold, V., Toulmin, H., Thornicroft, G., Huxley, P., Farmer, P. and Graham, T. (2003) 'Reducing Psychiatric Stigma and Discrimination: Evaluation of Educational Interventions in UK Secondary Schools.' *British Journal of Psychiatry* 182: 342–346.
- Röhrich, F. and Priebe, S. (2006) 'Effect of Body-Oriented Psychological Therapy on Negative Symptoms in Schizophrenia: A Randomized Controlled Trial.' *Psychological Medicine* 36: 669–678.
- Ruddy, R. and Dent-Brown, K. (2007) 'Drama Therapy for Schizophrenia or Schizophrenia-Like Illnesses.' *Cochrane Database of Systematic Reviews* 1: CD005378. doi: 10.1002/14651858.CD005378.pub2.
- Ruddy, R. and Milnes, D. (2005) 'Art Therapy for Schizophrenia or Schizophrenia-Like Illnesses.' *Cochrane Database of Systematic Reviews* 4: CD003728. doi: 10.1002/14651858.CD003728.pub2.
- Rüsch, N., Angermeyer, M.C. and Corrigan, P.W. (2005) 'Mental Illness Stigma: Concepts, Consequences, and Initiatives to Reduce Stigma.' *European Psychiatry* 20: 529–539.
- Sartorius, N. (1997) 'Fighting Schizophrenia and its Stigma: A New World Psychiatric Association Educational Programme.' *British Journal of Psychiatry* 170: 297.
- Shrimpton, B. and Hurworth, R. (2008) *Understanding Mental Illness through Art: An Independent Review of the Cunningham Dax Collection*. Melbourne: University of Melbourne, Centre for Programme Evaluation.
- Spandler, H., Secker, J., Kent, L., Hacking, S. and Shenton, J. (2007) 'Catching Life: The Contribution of Arts Initiatives

- to Recovery Approaches in Mental Health.' *Journal of Psychiatric and Mental Health Nursing* 14: 791–799.
- Spaniol, S. (2001) 'Art and Mental Illness: Where is the Link?' *The Arts in Psychotherapy* 28: 221–231.
- Takeshima, T., Koyama, A., Koyama, T., Sawamura, K., Tachimori, H., Naganuma, Y. and Yagi, N. (2007) 'Kokoro to Karada no Kenkou ni Tsuitenno Kokumin-Ishiki no Jittai ni Kansuru Cyousa: Kekka Matome.' [in Japanese] URL (consulted February 2011): <http://www.ncnp.go.jp/nimh/keikaku/vision/pdf/kokuminisiki.pdf>.
- Thompson, A.H., Stuart, H., Bland, R.C., Arboleda-Florez, J., Warner, R. and Dickson, R.A. (2002) 'Attitudes about Schizophrenia from the Pilot Site of the WPA Worldwide Campaign against the Stigma of Schizophrenia.' *Social Psychiatry and Psychiatric Epidemiology* 37: 475–482.
- Twardzicki, M. (2008) 'Challenging Stigma around Mental Illness and Promoting Social Inclusion using the Performing Arts.' *Journal of the Royal Society for the Promotion of Health* 128: 68–72.
- Waddell, C. (1998) 'Creativity and Mental Illness: Is there a Link?' *Canadian Journal of Psychiatry* 43: 166–172.
- Yamauchi, T., Semba, T., Sudo, A., Takahashi, N., Nakamura, H., Yoshimura, K., Koyama, H., Ishigami, S. and Takeshima, T. (in press) 'Effects of Psychiatric Training on Nursing Students' Attitudes towards People with Mental Illness in Japan.' *International Journal of Social Psychiatry*.

投□
□稿精神科病院の機能分化における
精神療養病棟の役割*河野 稔明*¹ 森 隆夫*² 立森 久照*³ 竹島 正*⁴*¹国立精神・神経医療研究センター精神保健研究所 精神保健計画研究部 統計解析研究室 科研費研究員
*³同 室長 *⁴同 部長 *²あいせい紀年病院 理事長・院長Key Words** 精神療養病棟, 機能分化, 包括払い,
専門病棟

精神療養病棟の設置とほかの専門病棟の設置との前後関係を調査し、精神科病院の機能分化において精神療養病棟が果たしている役割を検討することも目的とした。

はじめに

精神療養病棟入院料は、長期の療養を必要とする患者の療養環境の向上をねらいとして1994年に創設された。同入院料は精神科の診療報酬として初めて導入された包括払いの項目であり、入院医療費が低く設定されている精神科において、看護職員不足を解消し、高い看護配置基準で医療を提供することに寄与する制度として期待された³⁾。現在では、ほぼ半数の病院が精神療養病棟を有し(厚生労働省精神・障害保健課が実施した2009年度精神保健福祉資料に係る6月30日調査(630調査)で819カ所, 50%), 精神病床の相当部分(同じく101,280床, 30%)を占めるようになったが、個々の病院における病棟運営は多様であり、そこに在院している患者の特性も均質ではない可能性がある。

本研究では、精神療養病棟の運用実態を明らかにすることを目的として、在院患者の特性をほかの特定入院料病棟や入院基本料病棟と比較し、また精神療養病棟に在院する患者の特性が病院の特色によってどのように異なるか検討した。さらに、

方法

1. 在院患者の特性(横断的検討)

2009年度630調査に回答した1,636の精神科病院のデータを用いて、下記の2つの分析を行った。病棟ごとの在院患者の特性は、年齢および在院期間の2軸で定量化した。年齢は630調査では「20歳未満」から「75歳以上」の5階級で調査しているが、40歳未満の「若年層」、40歳以上65歳未満の「中年層」、65歳以上の「老年層」の3階級に統合した。在院期間は「1カ月未満」から「20年以上」の8階級で調査しているが、1年未満の「短期層」、1年以上5年未満の「中期層」、5年以上の「長期層」の3階級に統合した。年齢、在院期間の各階級の在院患者の割合を在院患者特性の指標とし、それぞれ三角グラフ上に布置して視覚化した。

なお、すべての精神療養病棟1,833棟(在院患者総数97,027名)の年齢、在院期間を例に、三角グラフの読み取り方を図1に示した。

1) 精神療養病棟とほかの入院料病棟の比較

在院患者数20名以上の病棟を対象に、診療報酬上の特定入院料および入院基本料ごとに、病棟を単位として三角グラフを描画した。

分析する入院料は、精神療養病棟入院料(精神

*The role of psychiatric long-term care ward in functional differentiation of psychiatric hospital

**long-term care ward, functional differentiation, case payment, specialized ward

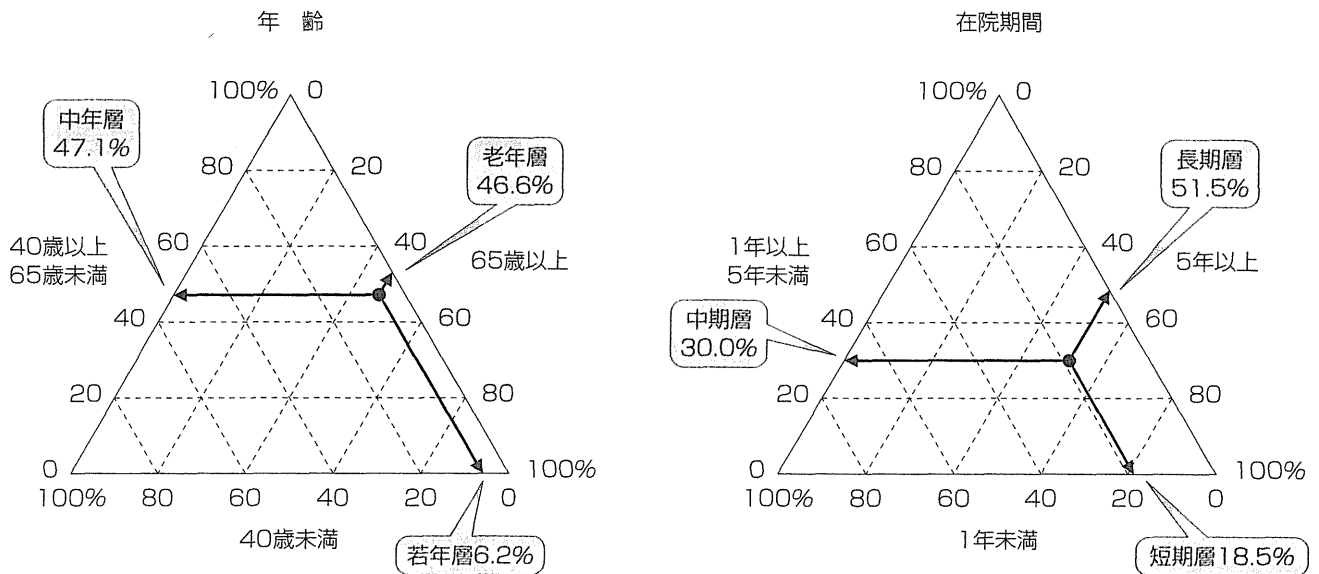


図1 三角グラフの読み取り方ー2009年度630調査における全精神療養病棟在院患者(97,027名)の年齢、在院期間の例

療養病棟, 1,822棟), 15対1入院基本料(基本15病棟, 2,616棟), 精神科急性期治療病棟入院料1(急性期1病棟, 241棟), 老人性認知症疾患治療病棟入院料1(認知症1病棟, 534棟)とした。

2) 精神療養病棟での病院特性による比較

すべての精神療養病棟1,833棟を対象に, 2つの病院特性(運営形態, 病床規模)について在院患者特性の異同を検討した。運営形態は精神保健福祉資料の集計区分に準拠し, 「国公立病院」(国立病院1棟, 独立行政法人国立病院機構6棟, 都道府県立病院10棟の計17棟), 「指定病院」(1,584棟), 「非指定病院」(232棟)の3区分とした。病床規模(精神病床数)は149床以下(163棟), 150~249床(652棟), 250~399床(636棟), 400床以上(382棟)の4区分とした。

それぞれの病院特性について, 区分ごとに年齢別, 在院期間別の在院患者数を合計し, 各階級の在院患者の割合を算出した。それに基づき, 病院特性ごとに区分を単位として三角グラフを描画した。

2. 専門病棟の設置時期(縦断的検討)

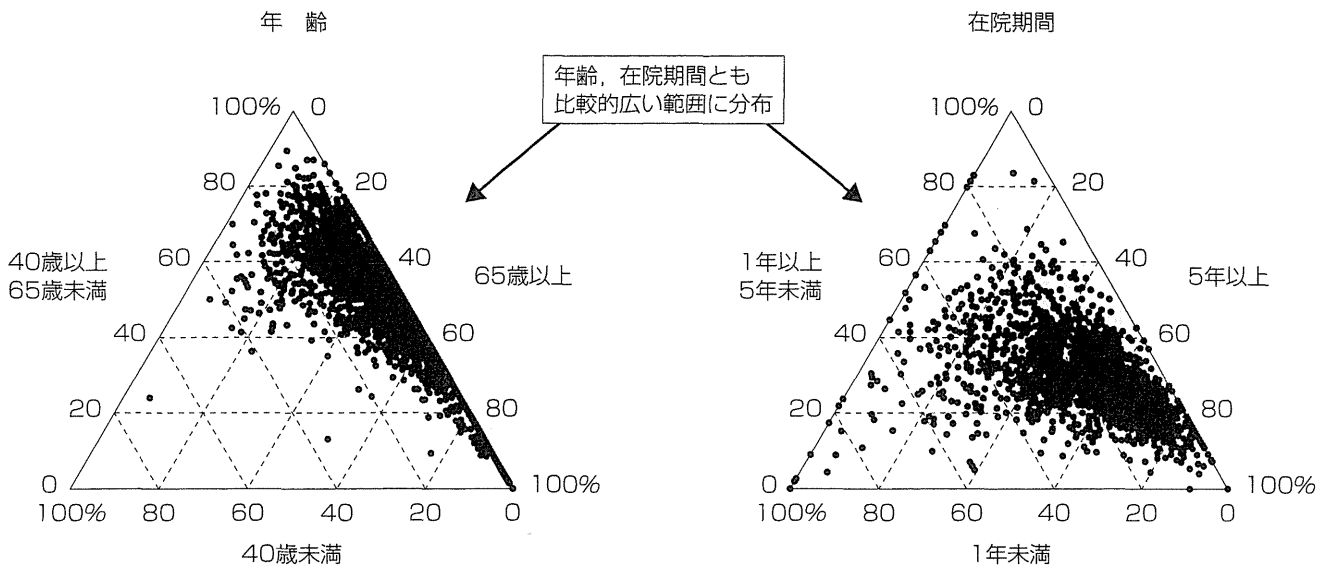
1996年度から2009年度までの630調査で, 運

営形態が一貫して「指定病院」または「非指定病院」であった1,306の病院を対象とした(両形態間での切り替えがあった病院を含む)。これらの病院には, 政令指定都市以外の市町村立病院が少数含まれるが, 多くは医療法人などの民間病院である。

専門病棟は3区分に大別し, その病院で初めて設置した年(初設置年)の前後関係を検討した。専門病棟の区分は「精神療養病棟」「救急・急性期病棟」「認知症病棟」の3つとした。精神療養病棟は, 精神療養病棟入院料(ただし, 2000年度以前は「A・B」, 2001~2005年度は「1・2」)を取得した病棟と定義した。救急・急性期病棟は, 精神科救急入院料(ただし, 2008年度以降は「1・2」), 精神科救急・合併症入院料, または精神科急性期治療病棟入院料「1・2」(ただし, 2000年度以前は「A・B」)と定義した。認知症病棟は, 老人性痴呆疾患〔治療・療養〕病棟入院料(2005年度以前), 老人性認知症疾患治療病棟入院料「1・2」(2006~2007年度), 認知症病棟入院料「1・2」(2008年度以降)と定義した(〔 〕内は中点で区切られた語句のいずれかを選択する)。

専門病棟の初設置年は, 1996年度630調査で設置されていた場合は1996年(救急・急性期病

(a) 精神療養病棟入院料 (精神療養) [1,822棟]



(b) 15:1入院基本料 (基本15) [2,616棟]

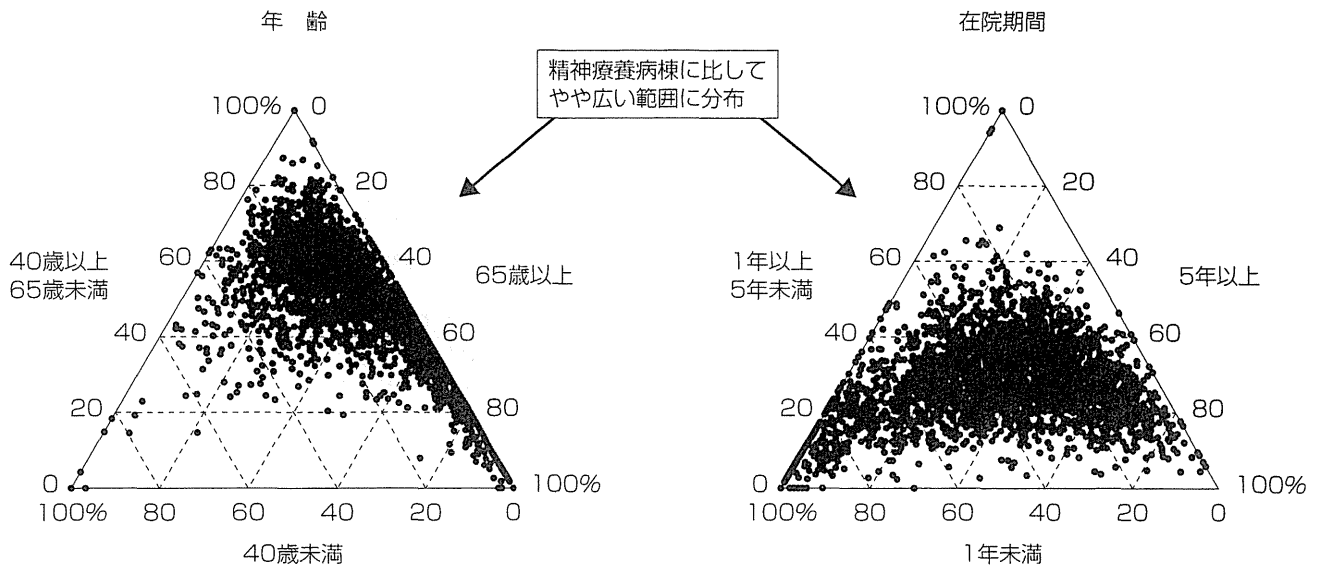


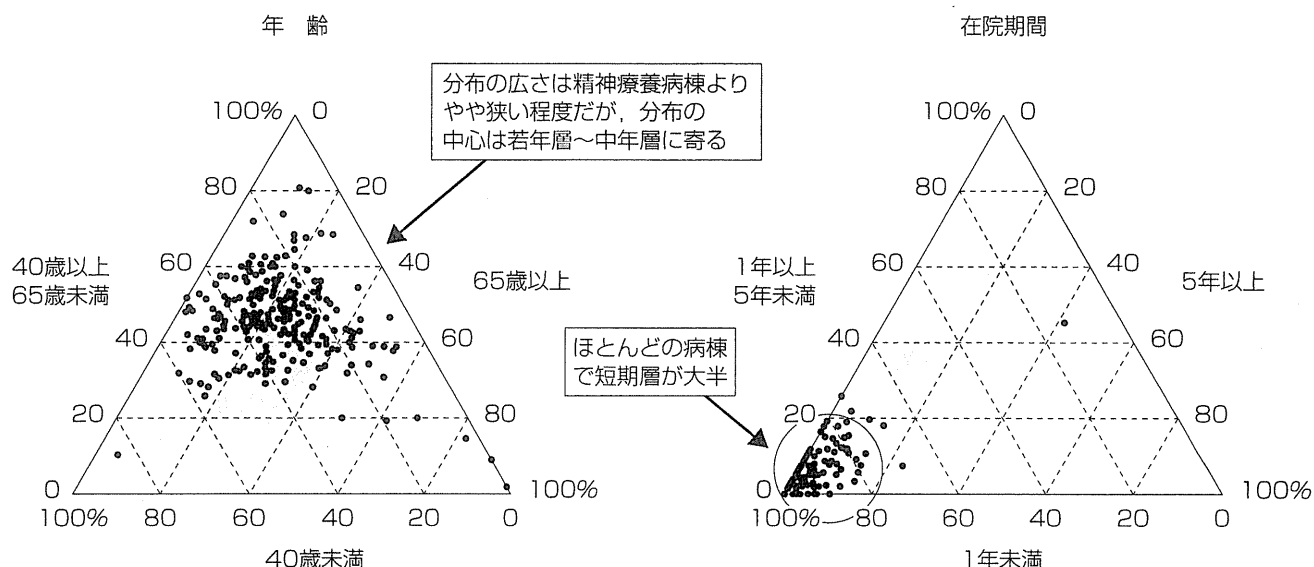
図2 - a, b 精神療養病棟とほかの入院料病棟の在院患者特性の比較

棟) または 1996 年以前 (精神療養病棟, 認知症病棟) とし, 1997 年度以降の 630 調査で設置があり, かつ 1996 年度から前年度までの 630 調査で設置がなかった場合は, その年度が始まる暦年とした。そのうえで, 3 区分の専門病棟から 2 区分を選んだ全 3 通りの組み合わせで初設置年をクロス集計し, バブルチャートを描画した。

2009 年度 630 調査までに専門病棟が設置された病院 (厳密には初設置年が定義された病院) の数は, 精神療養病棟 865, 救急・急性期病棟 323,

認知症病棟 444 であった。2 区分の組み合わせ (両方設置された病院) では, 精神療養病棟×救急・急性期病棟 290, 精神療養病棟×認知症病棟 367, 救急・急性期病棟×認知症病棟 149 となった。なお, いずれも設置されていない病院の数は 337 であった。

(c) 精神科急性期治療病棟入院料1（急性期1）[241棟]



(d) 老人性認知症疾患治療病棟入院料1（認知症1）[534棟]

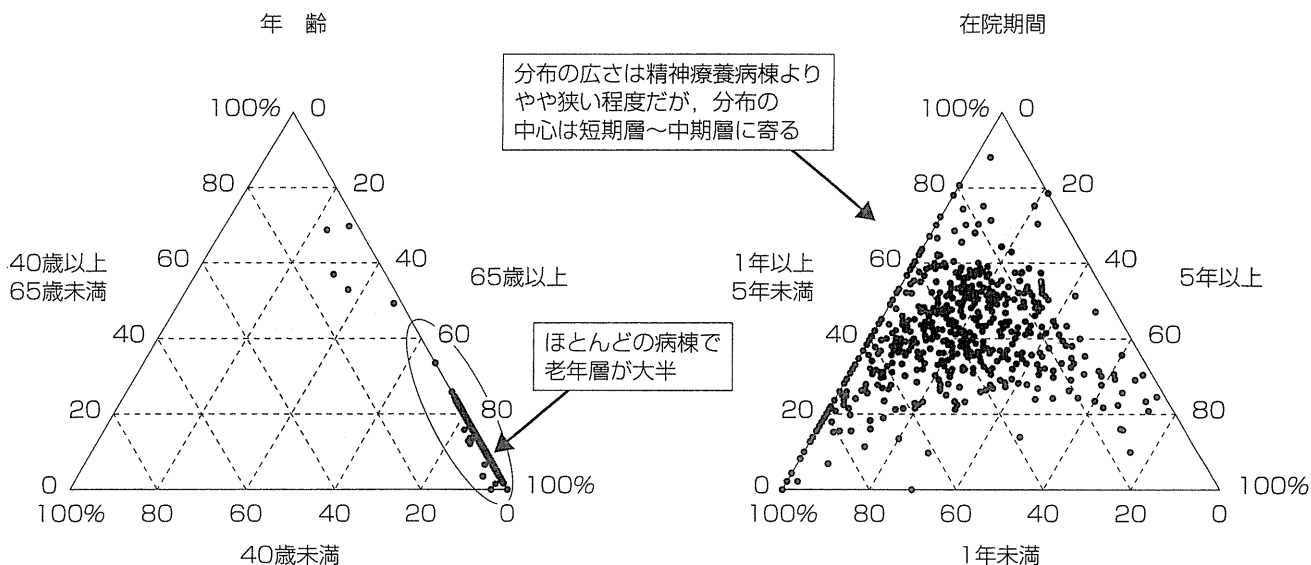


図2 - c, d 精神療養病棟とほかの入院料病棟の在院患者特性の比較

結果

1. 在院患者の特性（横断的検討）

1) 精神療養病棟とほかの入院料病棟の比較

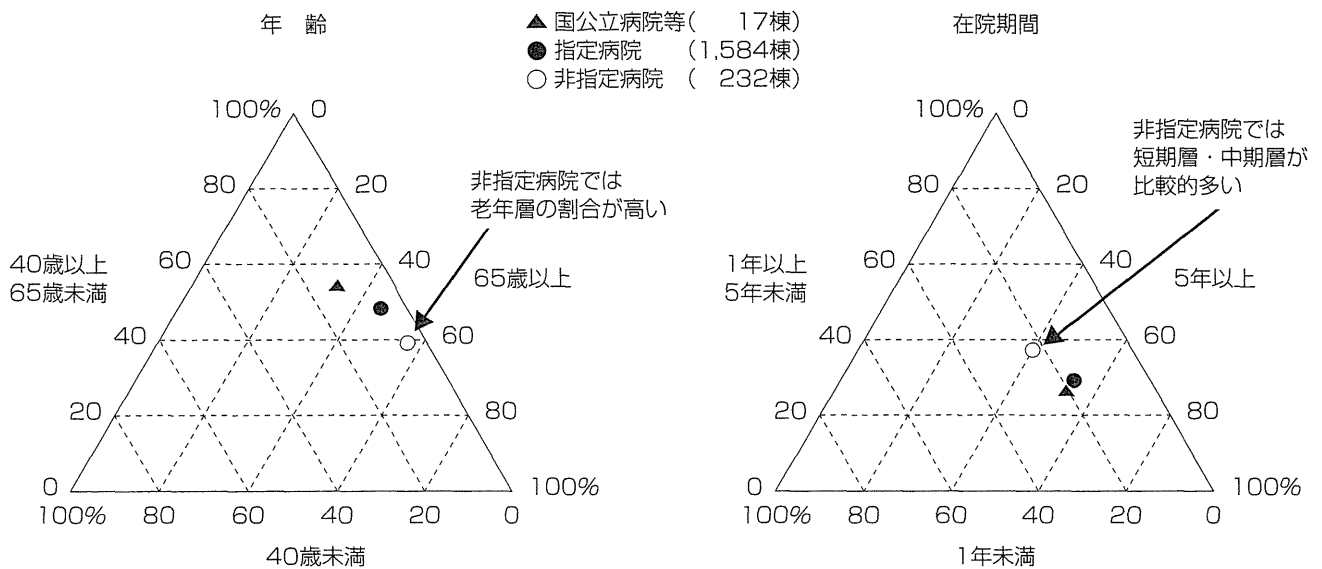
精神療養病棟の在院患者特性は、やや偏りがみられたが、年齢、在院期間ともに比較的広い範囲に分布した。年齢については、若年層の多い病棟はほとんどなかったが、中年層が多く老年層がそれに次ぐ病棟が中心であった。在院期間については、長期層、中期層、短期層の順に患者の多い病棟が中心となっているものの、短期層が多くを占

める病棟も一定数あった（図2（a））。

基本15病棟は、年齢、在院期間とも精神療養病棟に比してやや広い範囲に分布していた。年齢については、若年層が最も多い病棟は少ないものの、若年層、中年層が同程度で老年層が少ない領域にも病棟が分布した（図2（b））。

急性期1病棟は、年齢の分布の広さは精神療養病棟に比してやや狭い程度であったが、若年層、中年層が大半を占める病棟が多かった。在院期間については短期層を中心とする狭い範囲に分布し

(a) 運営形態



(b) 病床規模

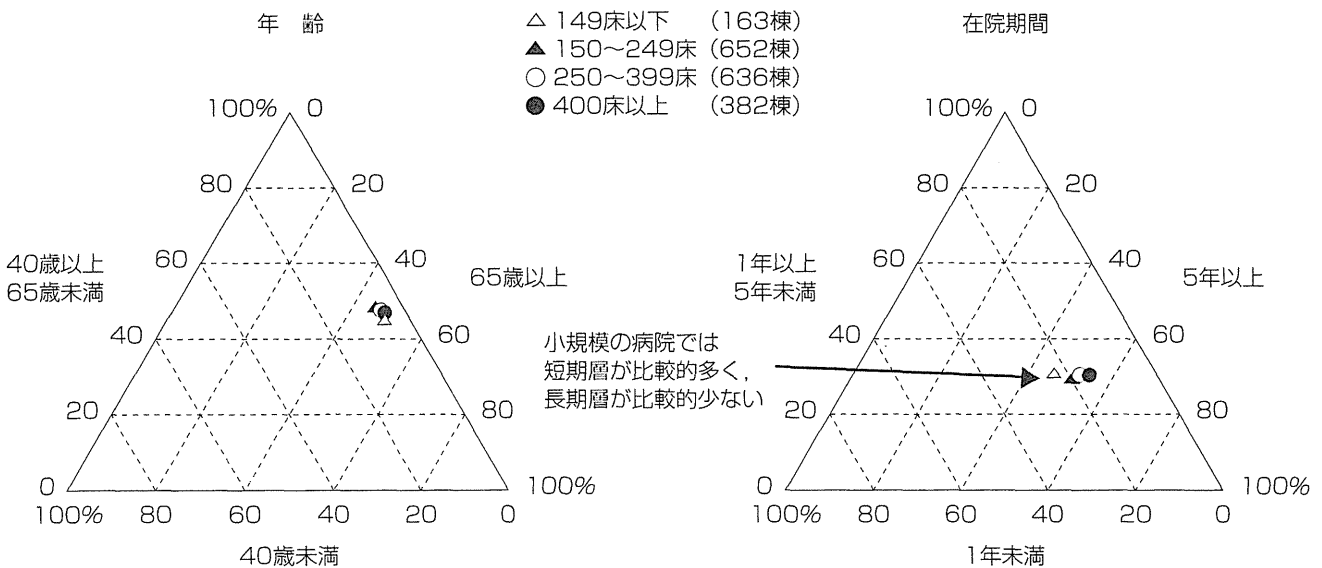


図3 - a, b 精神療養病棟での病院特性による在院患者特性の比較

た (図2 (c))。

認知症1病棟は、年齢については老年層を中心とするきわめて狭い範囲に分布した。在院期間の分布の広さは精神療養病棟に比してやや狭い程度であったが、短期層、中期層が大半を占める病棟が多かった (図2 (d))。

2) 精神療養病棟での病院特性による比較

運営形態別には年齢、在院期間とも区分間の差が大きかった。年齢については、国公立病院では

老年層より中年層が多かったが、指定病院および非指定病院 (民間がほとんどを占める2区分) では老年層の割合が高くなり、とくに非指定病院では中年層より老年層が多かった。在院期間については、非指定病院がほかの2区分からかけ離れており、比較的に短期層、中期層が多く、長期層が少なかった (図3 (a))。

病床規模別には、年齢は階級別の割合がいずれの区分もほぼ同じであったが、在院期間は区分間の差がやや大きかった。在院期間については、中

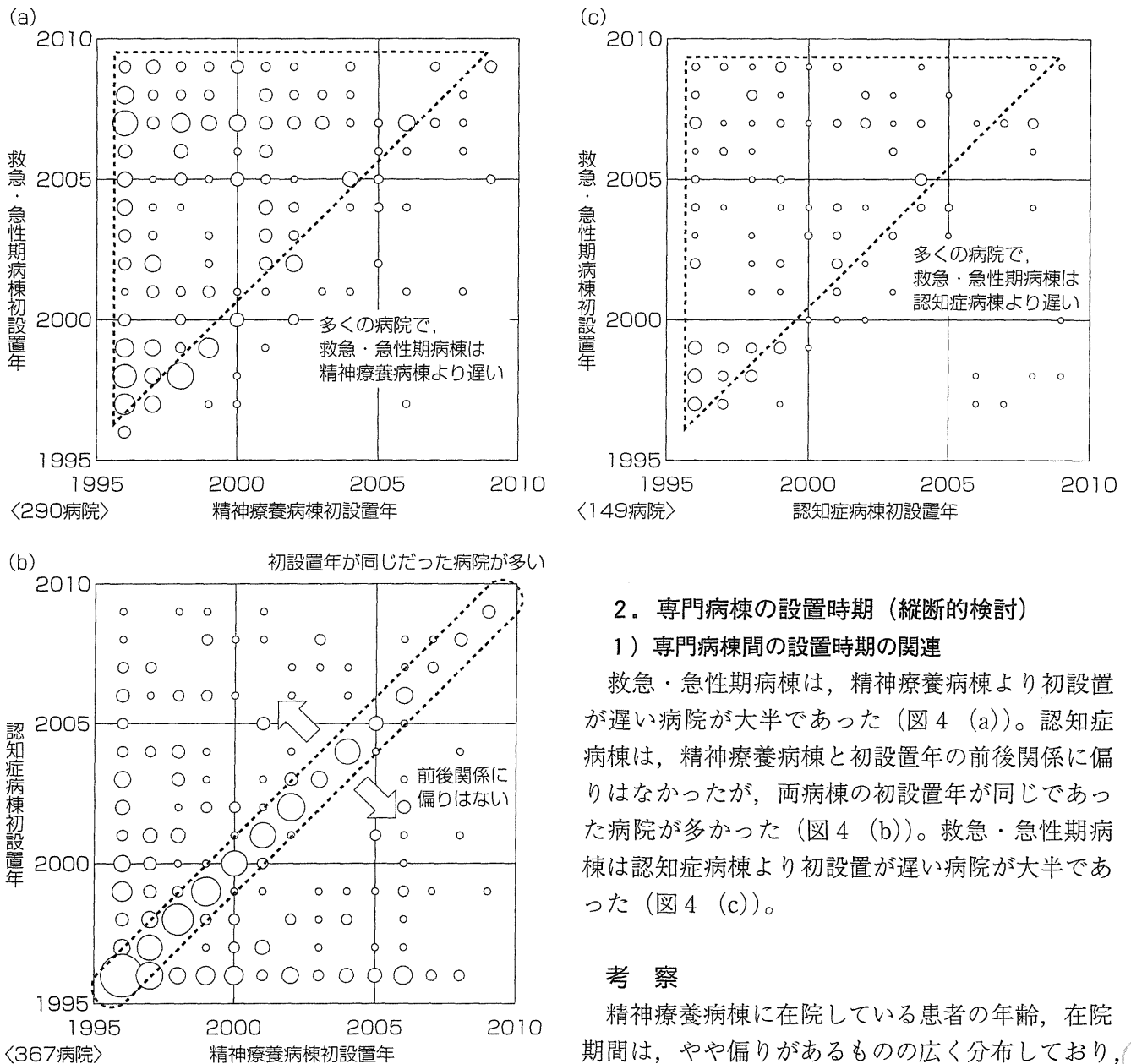


図4 専門病棟間の設置時期の関連

*精神療養病棟および認知症病棟の初設置年は、1996年に1995年以前を含む。

期層はいずれの区分でもほぼ同じだったが、病床規模が小さいほど短期層が多く、長期層が少なかった。とくに149床以下は、ほかの3区分からややかけ離れており、短期層は23.5%に及んだ(図3(b))。

2. 専門病棟の設置時期(縦断的検討)

1) 専門病棟間の設置時期の関連

救急・急性期病棟は、精神療養病棟より初設置が遅い病院が大半であった(図4(a))。認知症病棟は、精神療養病棟と初設置年の前後関係に偏りはなかったが、両病棟の初設置年が同じであった病院が多かった(図4(b))。救急・急性期病棟は認知症病棟より初設置が遅い病院が大半であった(図4(c))。

考察

精神療養病棟に在院している患者の年齢、在院期間は、やや偏りがあるものの広く分布しており、在院患者特性に相当のばらつきがあった。急性期1病棟および認知症1病棟では年齢、在院期間に限られた領域に分布したのに対して、精神療養病棟では分布の広がりも顕著であった。これは、特定の患者層を対象としない入院基本料病棟(基本15病棟)における分布の広がりや比べてもやや小さい程度であった。精神療養病棟は特定入院料病棟のなかでも在院患者の特性のばらつきが大きく、担っている機能が多様であることが示唆された。

精神療養病棟の在院患者特性には、病院の特色による差異もみられた。運営形態別では、非指定病院で老年層が多く、長期層が少なかった。非指