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■ Researcher information

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Major

Psychology, Health Psychology, Clinical Psychology

Health-Promoting
Behaviors

HUMAN
AND
SOCIETY

■ Research topics

A Psychological Approach to the Development of Health-Promoting Program

Keywords

Health-Promoting Behaviors, Emotional Ability, Stress,

Contents

■ Overview (background, goal, detail)

The prevention of lifestyle diseases and chronic illnesses helps individuals' well-beings as well as the deduction in medical expenditure in the society. In developing prevention programs for such diseases, it is imperative to integrate psychological factors such as illness perception, decision-making about preventive behaviors, and emotional controls related to health-related behaviors. My research focus has centered around psychosocial factors related to health-related behaviors.

■ Process, case study

- 1) Measurement of Emotional Intelligence
- 2) Relationships between Emotional Intelligence and Stress
- 3) Psychosocial Determinants of Health-Related Behaviors

Intellectual properties (Patents, computer programs), productization, publications and social/industrial contributions

2006 Japan Psychological Association Open Symposium "Psychology for Body and Mind Health" 'Health and Lifestyle'
 2007 'Communication for Prevention of Health Risks' "Communication for the Survival in the Risk Society" Tokyo: Kaneko Publishing
 2008-2010 Program Officer, Ministry of Education, Culture, Sports, Science & Technology

Potential of social/industrial contribution

- Joint research
- technical consulting
- knowledge sharing