

# 精神保健研究所

National Institute of Mental Health  
National Center of Neurology and Psychiatry

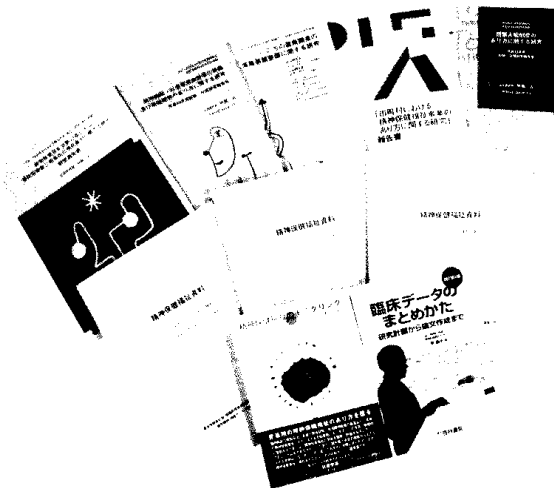
## 精神保健研究所の概要

National Institute of Mental Health: An overview

国立精神衛生研究所は、昭和27年、精神衛生に関する諸問題について、精神医学、心理学、社会学、社会福祉学、保健学等各分野による総合的、包括的な研究を行うとともに、精神衛生業務に従事する者に対する研修を行い、国民の精神衛生の向上を図ることを目的として設立された。昭和61年10月に、国立精神・神経センターに統合され、「精神保健研究所」と名称変更され現在に至っている。当研究所は精神障害にかかる生物学的研究から心理社会学的研究及び精神保健施策の向上のための行政的研究などについて、11部の構成により総合的な研究をすすめている。

National Institute of Mental Health was established in 1952 to improve mental health of general people through comprehensive and integrative research in psychiatry, psychology, sociology, social welfare and community health service, as well as the education of mental health professionals. In October 1986, it was merged into National Center of Neurology and Psychiatry so as to make more effective contribution to the public mental health.

We currently have a broad range of research fields that include biology, psychology and sociology of mental disorders and administrative investigation for promoting effective policy making for national mental health, conducted by 11 division working in close collaboration



## 精神保健計画部

Division of Mental Health Administration studies

精神保健計画部は、精神保健に関する計画の調査及び研究を行うため、昭和61年10月に設置された。精神保健計画部の役割は、1.精神保健福祉の現況と施策効果の観察・評価（モニタリング研究）、2.精神科臨床に関する現場との共同実証研究や研究方法論の提供（臨床疫学研究）である。両者は精神保健医療福祉の現状把握、施策評価、精神科臨床の科学的評価に欠くことのできないものである。

The Division of Mental Health Administration Studies was established in October 1986 for the research in mental health policies. The roles of this Division are twofold: 1) observing and assessing the present state and the effect of mental health policy (monitoring research), and 2) providing research methods for clinical researchers in collaborative empirical studies (clinical epidemiological studies). Both of them provide the basis for the assessment of the present state and effect of mental health policies and for the propagation of evidence based mental health practices.



研究所では、精神保健に関わる様々なデータを分析しています  
In our institute, we are doing researches on mental health.

## 薬物依存研究部

Division of Drug Dependence Research

研究・研修・社会的活動を3つの柱として、活動を行っている。

I.研究活動として①薬物乱用・依存状況把握のための疫学的調査研究 ②覚せい剤精神病・有機溶剤精神病に関する各種臨床研究 ③薬物依存に関する基礎的研究を実施している。II.研修活動として、薬物依存臨床医師・看護研修会を開催している。III.社会的活動として、国連、WHO会議への参加、各省庁、自治体等への講師派遣、啓発用資料・教材作成への支援、調査等への助言等を行い、幅広く社会の還元を行っている。

The activities of the division mainly consist of research, training, and social/community activities. Research activities consist of 1) epidemiological studies aimed to understand the drug abuse/dependence situation in Japan, 2) clinical studies on methamphetamine-related mental disorders and solvent-related mental disorders, and 3) biological and behavioral pharmacological studies on drug dependence. The division holds training seminars on drug dependence for clinical doctors and nurses. The social/community activities cover a wide range of activities including collaboration with the United Nations and WHO as well as various governmental departments and self-governing bodies, support to the development and preparation of drug education materials, and the advises for research activities.

## 心身医学研究部

Division of Psychosomatic Research

「こころ」の状態は神経系・免疫系・内分泌系を通して身体に影響を及ぼし、種々の病気を発症させる。また逆に身体の変化も「こころ」に影響を与えると言われている。研究部では心理ストレスと関係の深い身体の病気である心身症や摂食障害、また生活習慣病などを対象にその病因や発症のメカニズム、また病態について臨床的、基礎的研究を進めている。またそれらを基にその効果的な治療法や予防法の開発にも努めている。

The mind influences the body through the nervous, immune, and endocrine systems, a relationship that can result in a number of illnesses when a person is under stress. In addition, the mind also has an effect on various physiological changes in the body. The Department conducts clinical and basic research into psychosomatic disorders, focusing on physical illnesses closely related to mental stress, eating disorders, and lifestyle-related diseases. In addition to the causes and mechanisms, we also investigate the pathology of these conditions. The Department endeavors to develop effective treatments and preventive measures based on these activities.

摂食障害の感受性遺伝子を探る研究が我々の研究室で進められている。感受性遺伝子の同定は摂食障害の予防や治療を促進すると期待される。

The study searching for susceptibility genes for eating disorders is being conducted in our laboratory. Identifying susceptibility genes is expected to promote prevention and treatment of eating disorders.



## ● 児童・思春期精神保健部 Division of Child and Adolescent Mental Health

児童及び思春期の精神発達とその過程で生じる種々の情緒と行動の障害についての調査研究を行っている。研究活動の内容は、1) 精神発達、精神保健に関する研究、2) 注意欠陥／多動性障害の診断・治療に関する研究、3) 児童思春期精神医療・保健・福祉関係機関の連携システムに関する研究、4) 発達障害児の早期発見・早期対応とその家族援助に関する研究等であり、特に児童思春期精神医学領域における各種臨床研究に力を入れている。

The Division of Child and Adolescent Mental Health conducts research into the various emotional and behavioral impairments or disorders that arise in the processes involved with mental development during childhood and adolescence. The contents of these research activities cover the following areas: 1) research concerning mental development and mental health, 2) research concerning the diagnosis and treatment of attention deficit/hyperactivity disorder, 3) research concerning the system of interconnections among various medical, health, and welfare organizations concerned with the treatment of childhood and adolescence mental disorders and/or problem, and 4) research concerning the early detection and treatment of developmentally handicapped children and the provision of support to the families of such children, among other topics of concern. The department has been making particular effort to conduct clinical research in a variety of areas concerned with child and adolescent psychiatry medicine.

## ● 成人精神保健部 Division of Adult Mental Health

成人期のライフサイクルにおける、心理的、社会的発達過程に応じたストレスや適応上の問題、精神疾患の対策を研究している。また、社会的関心を集めた犯罪、災害においては、現地での支援活動にも専門家として積極的に、従事している。また、災害時地域精神保健医療活動ガイドラインを全国に配布するなど、社会的啓発活動にも貢献している。

The Division of Adult Mental Health carries out research into problems concerning the stresses and adaptations involved with the processes of psychological and social development during the life cycles of adulthood and the various measures that can be taken with regard to mental disorders. In addition, the department is also positively engaged as a specialist in a range of on-site support activities in the areas of crime and disasters that have become matters of increasing social concern. The department also contributes to enlightening the public through a variety of informational and related activities such as distributing guidelines nationwide on regional mental health and medical activities undertaken during times of disaster.

## ● 老人精神保健部 Division of Psychogeriatrics

老人精神保健研究室と老化研究室の2室があり、老年期の精神疾患及び精神保健における精神衛生的、心理学的及び社会学的調査研究を行っている。老人精神保健研究室では、痴呆性疾患や高齢者の睡眠障害の予防について、生理・心理・疫学的な手法を用いた睡眠及び生体リズムを基盤とした認知・行動療法の開発研究、基礎的実験研究、実験疫学的調査研究を行っている。

The Division of Psychogeriatrics consists of two sections: a research division concerned with the geriatric mental health and one engaged in research on aging. Research programs at the department conduct research into the psychological, epidemiological and physiological studies in the prevention of psychiatric disorders and mental illness in the aged. A research program is ranging from studies into the prevention of mild cognitive impairments and dementia including mood disorders and anxiety based on cognitive-behavioral interventions for sleep problems and circadian rhythm disorders. The study program includes the development of the evidence based cognitive-behavioral interventions techniques of sleep problems in the aged in Japan.

## ● 社会精神保健部 Division of Sociocultural Environmental Research

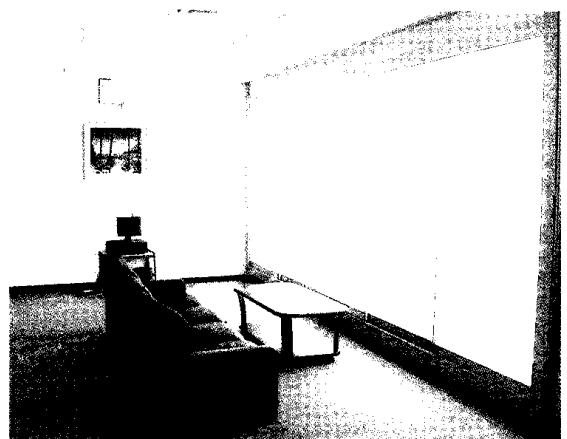
わが国の精神保健では入院中心から地域ケアへの転換(地域移行)が緊急の課題となっており、また先端医療や触法精神障害者の問題など医療と法の接点で新たな課題が噴出している。社会精神保健部では、これらに対応し、精神科長期入院患者の退院促進と地域生活支援方法の研究、精神保健福祉士等の専門家養成方法の研究、先端医療やヒトゲノム研究における倫理的、法的、心理・社会的問題の研究や、触法精神障害者に対する法制度に関する研究等を行っている。

Deinstitutionalization from hospital-based care to community based care is a topic of critical concern in the field of Japanese psychiatry. New ethical and legal concerns have arisen concerning the latest advances in medicine as well as regarding mentally disordered offenders, and other social issues. The Division performs research in a wide variety of areas, including research into ways to facilitate patients who have been under long-term psychiatric hospital care to leave the hospital and to function in the community, research into effective training methods for specialists such as registered psychiatric social workers, research into the ethical, legal, psychological, and social problems associated with cutting edge advances in medical treatment and human genome research. The Division also conducts research regarding legal systems and challenges for mentally disordered offenders.

## ● 精神生理部 Division of Psychophysiology

人間の意識、認知、感情などの精神活動や睡眠および生体リズムを脳科学的にとらえ、これを明らかにし、精神保健に貢献する診断・治療技術開発のため研究を推進している。睡眠覚醒・生体リズム研究・治療ユニットを持ち、先端的な研究を行っている。課題として①睡眠障害の診断・治療法開発に関する研究、②生体リズム障害の病態解明、生体リズムに関する基盤的研究、③睡眠習慣、睡眠障害および気分障害などの疫学調査研究、④うつ病に対する高照度光療法、断眠療法など非薬物療法の開発に関する研究に取り組んでいる。

The Division of Psychophysiology conducts research aimed at understanding and clarifying various mental activities such as human consciousness, cognition and emotion, as well as sleep and biological rhythms based on brain sciences, in order to develop diagnostic and therapeutic techniques that contribute to mental health. The division has an experimental unit that conducts highly advanced research into sleep-wake patterns and biological rhythms. Major areas of research include: 1) the diagnosis and treatment of sleep disorders, 2) the elucidation of the pathology of biological rhythm disorders and basic research into biological rhythms, 3) the epidemiological study of sleep habits, sleep disorders and mood disorders, and 4) the development of non-pharmacological methods of treating depression including the use of bright light and sleep deprivation.



高照度光照射の生体リズムへの影響に関する基盤的研究、生体リズム障害や季節性うつ病への高照度光照射の臨床応用に関する研究に用いられている。我が国で最も規模の大きな研究・治療ユニットである。

Basic research is being conducted on the effects of bright light on biological rhythms and used in research on the clinical application of bright light in the treatment of biological rhythm related disorders and seasonal affective disorder. It is the largest research and medical unit in Japan engaged in such work.

## 知的障害部 Division of Developmental Disorders

知的障害部では精神遅滞を含む発達障害の発生要因、病態診断、治療法開発に関する臨床的研究、モデル動物を用いた基礎的研究、さらに調査研究を行っている。視聴覚認知など高次脳機能の発達とその障害に関する臨床神経生理学的研究、発達期行動異常モデルにおける神経科学的研究、学習障害に関する臨床的研究、小児副腎白質ジストロフィー症の認知機能に関する研究、知的障害児の医学的診断や社会参加に関する調査研究を行っている。

The targets of the Division of Developmental Disorders are to investigate etiology, diagnosis, treatment, care and prevention of mental retardation, autistic disorder, learning disorder and neurological diseases affecting cognitive function in the developing brain. Clinical and basic researches are conducted independently but in harmony with each other. Studies on higher cortical function in children with developmental disorders and development of rehabilitation program on learning disorders proceed. Neurobehavioral function studies in mutant model animals are also conducted with success. Other research activities include cognitive function in childhood adrenoleukodystrophy, adult Down syndrome and patients with focal brain dysfunction caused by cerebrovascular accidents or traumatic brain injuries. Research on problems to be solved for social participation in persons with mental retardation also carries out.

ミュータント動物の生理学的実験風景：麻酔後、安静状態のマウスの頭皮下に3箇所記録電極を置き、イヤホンでクリック音を聞かせる。脳幹から得られる脳波を平均加算して安定した聴性脳幹反応を記録する。また、耳音響放射検査で蝸牛機能を測り、聴覚伝導路の機能を総合的に研究している。

Electrophysiological evaluation of the mutant animal. After an anesthesia, auditory brainstem response (ABR) was recorded using unilateral click sound with contralateral masking white noise. Development of computer enables us to obtain stable electrical responses from auditory information processing pathway in such rodents. Cochlear function could be estimated by otoacoustic emission (OAE) test and comprehensive studies for understanding the CNS function in both human and experimental animals have been started.



## 社会復帰相談部 Division of Psychiatric Rehabilitation

社会復帰相談部では、精神障害者リハビリテーションを主たる研究課題とし、生物・心理・社会的観点から、施策としても適用可能なモデルの構築を推進している。摂食障害、社会的ひきこもり等近年、ニーズが急増している非精神病圏のメンタルヘルスにも領域を広げている。また地域中心の精神保健の定着という政策課題に貢献すべく、包括型の地域生活支援プログラム(ACT)の作成に精力を注いでいる。

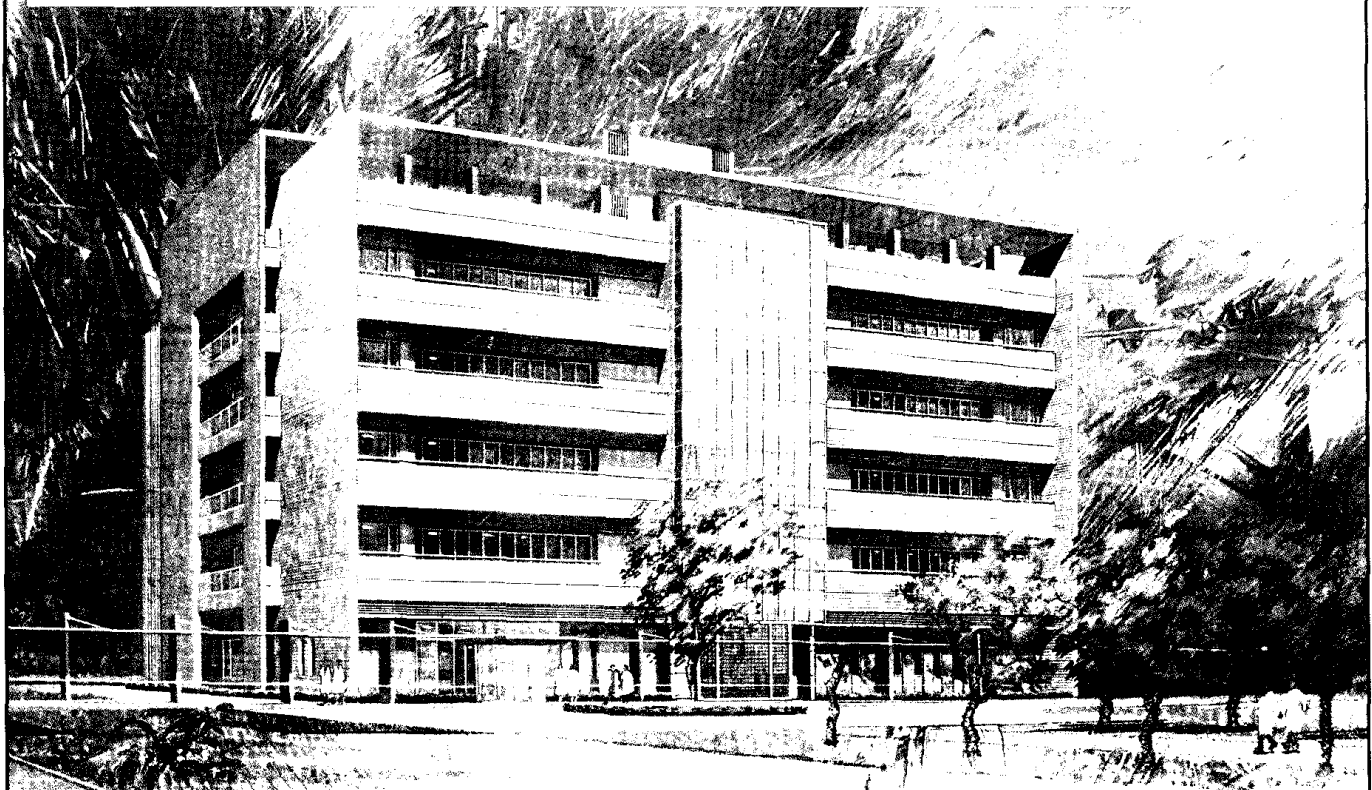
The Division of Psychiatric Rehabilitation concerns how individuals who have psychiatric problems integrate into the community successfully. It has been developing bio-psycho-social rehabilitation models which could be applied as policies. The department has broadened its forces to non-psychotic disorders, such as eating disorders, social withdrawal, and so on, to which more attention has been required. Currently the department has been trying to develop a comprehensive program for people who have severe mental illness, called Assertive Community Treatment (ACT) Program. It would facilitate community-based mental health practice.

## 司法精神医学研究部 Division of Forensic Psychiatry

11番目の研究部として新たに設置され、1 制度運用研究室、2 専門医療・社会復帰研究室、3 精神鑑定研究室、の3室から構成されている。心神喪失等の状態で重大な他害行為を行った者に対する、医療及び観察等に関する制度に関する研究や普及啓発策の研究、被害者の支援に関する研究等、精神鑑定及び精神保健観察のあり方に関する研究等を司ることとなっている。

The Division of Forensic Psychiatry was newly established as the 11th research department of the Institute. It consists of three sections: Monitoring System Laboratory Treatment and Rehabilitation Laboratory, Assessment Laboratory. The department conducts a survey of the newly established forensic mental health service system in Japan. Careful attention is given to making research into the enlightened measures for dealing with such mentally disordered offenders, the support system for the victims, and the most effective way in which psychiatric testimony and psychiatric probation could be administered and utilized.

平成16年度には、神経研究所と精神保健研究所が共用する第3研究棟が完成します。  
The third laboratory building, shared between the National Institute of Mental Health and the National Institute of Neuroscience, will be completed in 2004.



精神保健研究所は平成16年度中に武蔵地区に移転する予定です。 The National Institute of Mental Health is planning to move to Musashi area, Tokyo in 2004.