

Comparison of Psychological and Physiological Variables Between Abrupt and Gradual Awakening from Daytime Sleep

Takahiro HONO

To determine differences in psychological and physiological variables between abrupt awakening and gradual awakening from daytime sleep, ten undergraduate students were asked to sleep in an experimental room during the day. EEG, EOG, submental EMG, ECG and respiration were recorded. They were awakened in stage 2 of the sleep onset period by sound bursts through ear phones. Each subject was awakened abruptly and gradually during a session. After awakening, they were asked to complete questionnaires and then were interviewed about their subjective experiences prior to awakening. No significant differences were found in heart rate, breathing, sleepiness, mood and contents of subjective experiences. Further studies are needed to examine variations in psychological and physiological indexes following different ways of awakening.

A Case Study of a Somatization Disorder Treated by Naikan Therapy

Tomohisa SASANO

Naikan therapy, a method of psychotherapy, was dramatically effective in the treatment of a female patient with somatization disorder. The patient was in her fifties and had been suffering from recurrent and multiple somatic complaints for nine years. The somatic complaints were pain in the eyes, ears, teeth, neck, shoulders and hands, an abnormal sensation in the throat, difficulty in urinating, syncope and paralysis of the arms and legs. Before the Naikan therapy, she had been receiving unnecessary medical care in the forms of surgery and drugs from a number of physicians because she was constantly seeking treatment. After the Naikan therapy, all her somatic complaints disappeared and, in addition, the psychotherapist-patient relationship improved. She had a deep respect for the psychotherapist, and yet she was able to converse easily with him. One factor in the success of the Naikan therapy is suggested to have been the structure of the therapy, that is, its intensity. The therapist conducted a series of one and a half hour interviews over a 15 hour period from 7 a.m. to 10 p.m.. Another factor is suggested to have been her knowledge of a model demonstration of the Naikan meditation in advance. This led her to believe the therapy would be successful.

The Present Condition and Problems of Clinical Practice Teaching in Mental Hospitals

Yoriko KOSHIBA and Yukiko AGENO

The purpose of this paper was to improve existing student clinical practice. A questionnaire was developed to investigate how practice leaders perceive psychiatric/mental health student practice and how the practice is actually conducted.

The results are as follows : (1) Mental hospitals have a relatively large number of male student practice leaders and more older nurses with more years of experience compared to general hospitals. (2) Many leaders are head nurses who do not have official appointments to be practice leaders and are not given extra pay. (3) Leaders feel that the teaching practice is not as good as they would like it to be. (4) Leaders feel that students and their teachers have a bias against mental hospitals and patients. (5) Leaders feel that the goals set by the schools are too high and are difficult to achieve. However, the hospitals and

leaders are working to improve the practice experience.

Nursing school curriculums were changed in 1997. Psychiatric nursing assumed a more important role in nursing education. Nursing schools and mental hospitals should collaborate to identify and solve the problems for improving psychiatric/mental health student practice.

Midwifery Practices during Antenatal Examinations : — Positive Interpersonal Interactions between Midwife and Pregnant Woman —

Emiko SUZUI

The purpose of this quantitative research study was to explore the experience of interpersonal interactions between midwife and woman during antenatal examinations. In interviews conducted 20 to 36 weeks gestation, seven primigravida women without complications describe their experiences and emotions.

Using tape-recordings, data were collected by semi-structured interviews and then analyzed. The following midwife interventions were identified as important to the interpersonal interactions: 1. listening carefully 2. being kind 3. providing opportunity for questions 4. reducing anxiety 5. giving detailed information sensitively 6. cooperating with the woman 7. improving ability to handle pregnancy 8. being nonjudgmental 9. supporting emotions. These factors can be described as positive interactions between midwife and pregnant women.

Changes of Psychosomatic Symptoms in Pregnant and Parturient Women and Related Factors: A study through Zung's Self-rating Depression Scale

Tomie NAGAKAWA

Pregnant and parturient women are apt to feel uneasiness, and it is thought that there are a number of factors causing such feelings.

After studying 40 women with Zung's self-rating depression scale at the mid-term of the pregnancy, the fourth day in the lying-in-period and one month after childbirth, the following results were obtained :

1. Physical symptoms are the major symptoms in pregnant and parturient women.
2. A correlation was found between psychosomatic symptoms and the pregnancy and lying-in-periods.
3. A correlation was found between mental and physical symptoms appearing in pregnant and parturient women.
4. Past pregnancy-childbirth experiences and a client's family make-up are significantly related to the appearance of psychosomatic symptoms.

From the above-mentioned viewpoint, it is possible to predict which psychosomatic symptoms will appear in the lying-in-period from the same symptoms that appeared in the pregnancy.

The followings are possible: to prevent psychosomatic symptoms from appearing if a client is supported by her family, to determine physical symptoms earlier and to reduce the appearance of such symptoms.