

correlated with the affect of 'boredom'. A factor analysis of life satisfaction and affect measures revealed a single unitary construct of happiness. It was concluded that happiness is a single dimension which has three partially independent components: life satisfaction, positive affects and negative affects.

A Consideration of Social Anxiety through a Cognitive Construct Model — The Relationship between Self-Consciousness, Self-Evaluation, and Social Anxiety —

Toshiaki TOMITA, Manabu MIZUKO and Yoshihiro KANEMITSU

The present study was carried out to examine the interactive relationships between some cognitive variables and social anxiety. Negative self-evaluation, public self-consciousness, and motivation for avoiding rejection were used as the cognitive variables. Two hundred and thirteen university students were asked to rate themselves about these cognitive variables and social anxiety.

Analysis of variance (ANOVA) was used to test the interactive relationships between the cognitive variables and social anxiety. The results showed that negative self-evaluation and public self-consciousness had an affect on social anxiety when considered separately, but they did not affect social anxiety when considered together as an interactive relationship.

The Relationship between the Mourning Process of Home Caregivers and Their Perceived Social Support

Shigemi HIRAYAMA, Yoshihiro KANEMITSU and Takako SHINDO

This study examined the relationship between the mourning process of home caregivers and their perceived social support. The subjects were 92 home caregivers who had suffered bereavement within the past one half to 3 years. The quality and quantity of their perceived social support was analysed from the viewpoints of the kinds and length of time of that support. A shortened Japanese version of the Profile of Mood States was used to measure the appearance of grief affects and the period of recovery. We also examined the types of support provided and the influential factors which decide support perception and the degree of grief suffered by the home caregiver.

The following results were obtained : (1) increased emotional and informational support decreased negative moods such as confusion and depression-dejection, as well as increasing the caregivers vigor. (2) Caregivers received the most emotional, instrumental and informational support from family members, with lesser amounts from those outside the family. (3) A critical factor in perceived support and the amounts of grief was the decision to give care at home. That is, the caregiver got greater satisfaction from giving care in the home because of the emotional support and other economic factors.

The Necessity for Continually Educating People about Death because of Changes in the Caregiving Process for the Terminally Ill in Japan

Keiko SEKIDO

It is true that medical progress has prolonged man's average life span. But it is also true that this progress has given rise to major dilemmas such as brain death and organ transplants. However much medicine advances, so long as man is mortal, he is obliged to face such problems as the infirmities of old

age and the certainty of death. How to spend one's terminal stage of life is an important consideration for every person.

Therefore, in this study, the necessity for educating people about the problems associated with death are considered along with changes in the caregiving process for the terminally ill. Two important reasons for the changes are considered : (1) People know less about the death process. People do not witness death as much as before because more people are dying in hospitals instead of at their homes. (2) In the past, treatment was determined by the doctor, but at present, patients have more say in the care they receive.

Development of Teaching Materials for Basic Rehabilitation Nursing Students

Keiko SEKIDO and Ko UTSUMI

Rehabilitation nursing is one of the most important subjects in basic nursing education. However, it is a difficult subject for basic nursing students to understand. Therefore, teaching materials were developed for use in lectures. They consisted of three tables explaining the general function of body and mind and the nursing care to be used with patients who need rehabilitation.

The educational materials developed were very effective in enabling basic nursing students to understand rehabilitation nursing.

Evaluation of a Tele-Consultation System between Clinics and Hospitals

Masaaki TANAKA and Yukiko UEMATSU

Our research team developed and implemented a tele-consultation system which electronically exchanges a patient's clinical data between a medical practitioner and a hospital specialist. Two months after the start of the experiment, we were able to assess the system by examining 17 clinical data exchanges completed by the system. The result showed that the average data length was 152KB, and the average number of images attached was 1.6. The average size of the image data was 169KB, which is 64KB per image.

Since the size of the image data file is large, it was compressed using the JPEG format. We also investigated the most suitable relationship between resolution of the image and the compression ratio. The size of image data increases in proportion to the square of the resolution. However, it was found that the compression ratio decreases with an increase of resolution. Since the JPEG compression is non-invertible, its efficiency for recovering original image data was examined. As a result, it was found that more than 90% of pixel data of the compressed image data differs in brightness by only 2 degrees or less from the original in the case of standard-compressed gray scale X-ray images at 96dpi, 256 degrees of brightness.

The dependency of transfer time on data amount was also investigated through E-mail experiments. We found that data of 200KB to 400KB size reaches the destination within about a minute. However, there were differences in transfer time depending on the day of the week or the time of day. In fact there was a case that took 45 minutes to transfer 100KB of data.

A Health Monitoring System for the Aged Living Alone (I)

Yoshimitsu SHINAGAWA, Tomohiro TANIGAWA, Katsuji NANBA and Shigeru OHTA

Because Japan has the longest life expectancy and lowest birthrate in the world, it is destined to become an extremely aged society. Therefore, many laboratories have done research on health monitoring systems