

島津明人（東京大学大学院医学系研究科精神保健学分野）

(a) 国際誌に発表した論文

- 29 Kubota, K., Shimazu, A., Kawakami, N., Takahashi, M., Nakata, A., & Schaufeli, W. B. (in press). The Empirical Distinctiveness of Workaholism and Work Engagement among Hospital Nurses in Japan: The effect on Sleep Quality and Job Performance. *Ciencia & Trabajo*.
- 28 Shimazu, A., Demerouti, E., Bakker, A. B., Shimada, K., & Kawakami, N. (2011). Workaholism and well-being among Japanese dual-earner couples: A spillover-crossover perspective. *Social Science & Medicine*, 73, 399-409. (IF=2.74)
- 27 Bakker, A. B.\*, Shimazu, A., Demerouti, E., Shimada, K., & Kawakami, N. (2011). Crossover of work engagement among Japanese couples: Perspective taking by both partners. *Journal of Occupational Health Psychology*, 16, 112-125. (IF=2.35)
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- 19 Umanodan, R.\*, Kobayashi, Y., Nakamura, M., Kitaoka-Higashiguchi, K., Kawakami, N., & Shimazu, A. (2009). Effects of a Worksite Stress Management Training Program with Six Short-hour Sessions: A Controlled Trial among Japanese employees. *Journal of Occupational Health*, 51, 294-302. (IF=1.25)
- 18 Tsuno, K.\*, Kawakami, N., Inoue, A., Ishizaki, M., Tabata, M., Tsuchiya, M., Akiyama, M., Kitazume, A., Kuroda, M., & Shimazu, A. (2009). Intragroup and intergroup conflict at work, psychological distress, and work engagement in a sample of employees in Japan. *Industrial Health*, 47, 640-648. (IF=1.22)

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- 16 ※ Shimazu, A.\*, Bakker, A. B., & Demerouti, E. (2009). How job demands affect the intimate partner: A test of the spillover–crossover model in Japan. *Journal of Occupational Health*, 51, 239-248. (IF=1.25)
- 15 ※ Schaufeli, W. B.\*, Shimazu, A., & Taris, T. W. (2009). Being driven to work excessively hard: The evaluation of a two-factor measure of workaholism in The Netherlands and Japan. *Cross-Cultural Research*, 43, 320-348. (IF=1.10)
- 14 Inoue, A.\*, Kawakami, N., Ishizaki, M., Tabata, M., Tsuchiya, M., Akiyama, M., Kitazume, A., Kuroda, M., & Shimazu, A. (2009). Three job stress models/concepts and oxidative DNA damage in a sample of workers in Japan. *Journal of Psychosomatic Research*, 66, 329-334. (IF=2.91)
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- 9 Inoue, A.\*, Kawakami, N., Tsutsumi, A., Shimazu, A., Tsuchiya, M., Ishizaki, M., Tabata, M., Akiyama, M., Kitazume, A., Kuroda, M., & Kivimäki, M. (2008). Reliability and validity of the Japanese version of the Organizational Justice Questionnaire. *Journal of Occupational Health*, 51, 74-83. (IF=1.25)
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- 7 ※ Shimazu, A.\*, & Schaufeli, W. B. (2007). Does distraction facilitate problem-focused coping with job stress? A one year longitudinal study. *Journal of Behavioral Medicine*, 30, 423-434. (IF=3.08)
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- 4 Shimazu, A.\*, Shimazu, M., & Odahara, T. (2005). Divergent effects of active coping on psychological distress in the context of the job demands-control-support model: the roles of job control and social support. *International Journal of Behavioral Medicine*, 12, 192-198. (IF=1.44)
- 3 Shimazu, A.\*, Shimazu, M., & Odahara, T. (2004). Job control and social support as resources of coping: effects on job satisfaction. *Psychological Reports*, 94, 449-456. (IF=0.35)
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- (b) 外国語による著書
- 2 Taris, T.W., Schaufeli, W.B., & Shimazu, A. (2010). The Push and Pull of Work: About the Difference between Workaholism and Work Engagement. In A.B. Bakker & M.P. Leiter (Eds.), *Work engagement: Recent developments in theory and research*, 39-53. New York: Psychology Press.
  - 1 Shimazu, A., Miyanaka, D., & Schaufeli, W. B. (2010). Work engagement from a cultural perspective. In: Albrecht, S. (Ed). *Handbook of Employee Engagement: Perspectives, Issues, Research and Practice*. Pp. 364-372. Northampton: Edward-Elgar.
- (c) 国際学会・海外学会での発表・講演等
- 35 Shimazu, A., Demerouti, E., Bakker, A.B., Shimada, K., & Kawakami, N. (2011). Second Expert Workshop on Psychosocial Factors at Work. Workaholism and well-being among Japanese dual-earner couples: A spillover-crossover perspective. M suites hotel, Johor Bahru, Malaysia.
  - 34 Shimazu, A., Bakker, A. B., Demerouti, E., Shimada, K., & Kawakami, N. (2011). Symposium: May the Force be with you - or perhaps better not? Beyond workaholism as a motivational force: How workaholism affects the intimate partner: The mediating role of couple communication among Japanese dual-earner parents. 15th conference of the European Association of Work and Organizational Psychology, The Maastricht Exhibition and Conference Centre (MECC), Maastricht: The Netherlands.
  - 33 Umanodan, R., Minami, M., Kawakami, N., & Shimazu, A. (2010). Can web-based positive mental health program improve employee well-being and job performance? - A cluster-randomized controlled trial-. 4th ICOH International Conference on Psychosocial Factors at Work . Amsterdam, The Netherlands.
  - 32 Shimazu, A., Iwata, N., Kawakami, N., & Schaufeli, W. B. (2010). Work Engagement from cultural perspective: An Item Response Theory analysis of the Utrecht Work Engagement Scale. 4th ICOH International Conference on Psychosocial Factors at Work. Amsterdam, The Netherlands.
  - 31 Shimazu, A. (2010). Expert Workshop on Psychosocial Factors at Work. Work engagement from a cultural perspective, Vibe Hotel, Darwin: Australia
  - 30 Kubota, K., Shimazu, A., Kawakami, N., Takahashi, M., Nakata, A., & Schaufeli, W. B. (2010). Association of workaholism and work engagement with sleep problems. The 3rd International Conference on Occupational Health Nursing & The 2nd Asia Conference on Occupational Health Nursing, 131-132. Yokohama, Japan.
  - 29 Kubota, K., Shimazu, A., Kawakami, N., Takahashi, M., Nakata, A., & Schaufeli, W. B. (2010). The distinctiveness of Workaholism and Work Engagement among Hospital Nurses in Japan: the effect on Sleep disturbance and job performance. 4th ICOH International Conference on Psychosocial Factors at Work . Amsterdam, The Netherlands.
  - 28 Umanodan, R., Kobayashi, Y., Nakamura, M., Kitaoka-Higashiguchi, K., Kawakami, N., & Shimazu, A. (2009). Effects of a multi-component worksite stress management training program: A Controlled Trial in Japan. The 8th International Conference on Occupational Stress & Health. San Juan, Puerto

- Rico.
- 27 Shimazu, A., Shimada, K., Bakker, A. B., Demerouti, E., & Kawakami, N. (2009). Symptomium: Fresh perspectives on workaholism. Crossover of workaholism among dual-earner couples: Impacts on work-family balance and psychological distress. The 8th International Conference on Occupational Stress & Health. San Juan, Puerto Rico.
  - 26 Shimazu, A., Bakker, A. B., Demerouti, E., & Umanodan, R. (2009). Symposium: Work and family: Keeping a healthy balance. How job demands affect the intimate partner: A test of the spillover-crossover model among Japanese couples, 29th International Congress on Occupational Health, Cape Town, South Africa.
  - 25 Kubota K., Shimazu A., Kawakami N., Takahashi M., Nakata A., & Schaufeli, W. B. (2009). Workaholism and Sleep Quality among Hospital Nurses in Japan: A Cross-sectional Study. The 8th International Conference on Occupational Stress & Health. San Juan, Puerto Rico.
  - 24 Shimazu, A., & De Jonge, J. (2008). Does effort-reward imbalance lead to adverse health or vice versa? Testing reciprocal relations in a 3-wave panel survey. 10th International Congress of Behavioral Medicine: Abstract Book, 279. Tokyo, Japan.
  - 23 Shimazu, A. (2008). Symposium: Workaholism and overwork. Is workaholism positive or negative? The mediating role of coping. The 7th International Conference on Occupational Stress & Health. Washington DC, USA.
  - 22 Kawakami, N., Tsutsumi, A., & Shimazu, A. (2008). Supervisor training and mental health among workers: A critical review. The 7th International Conference on Occupational Stress & Health. Washington DC, USA.
  - 21 Inoue, A., Kawakami, N., Ishizaki, M., Tabata, M., Tsuchiya, M., Akiyama, M., Kitazume, A., Kuroda, M., & Shimazu, A. (2008). Three job stress models and oxidative DNA damage as a possible mediator for coronary heart disease and cancer. 10th International Congress of Behavioral Medicine: Abstract Book, 170. Tokyo, Japan.
  - 20 Umanodan, R., & Shimazu, A. (2007). A mediating role of cognitive appraisal between organizational/personal resources and well-being; A two-wave longitudinal study. The 13th European Congress Work and Organizational Psychology. Stockholm, Sweden.
  - 19 Shimazu, A. & Schaufeli, W. B. (2007). Invited symposium: Work engagement. Personal and organizational resources, work engagement, and their relationship with psychological distress and job performance: Two-wave longitudinal study. The 13th European Congress Work and Organizational Psychology. Stockholm, Sweden.
  - 18 Shimazu, A. (2007). Workshop: International workshop on work, stress, and social inequalities in health. Individual-focused stress management program in the workplace. Taipei, Taiwan.
  - 17 Shimazu, A., Kobayashi, T., Noguchi, M., Mineyama, S., & Kawakami, N. (2006). Symposium: Work engagement and flow: Elements of a truly positive approach to well-being at work. Effects of web-based supervisor training on well-being among subordinate workers: A randomized controlled trial. The 26th International Congress of Applied Psychology. Athens, Greece.
  - 16 Shimazu, A., Kato, A., Sakamoto, M., Irimajiri, H., Amano, S., Umanodan, R., & Hori, M. (2006). Symposium: Self-efficacy: A core construct in positive occupational health psychology? Effects of small-group psycho-education on self-efficacy, coping, and job-related outcomes: A clinical controlled trial. The 6th International Conference on Occupational Stress & Health. Miami, USA.

- 15 Shimazu, A., De Jonge, J., Irimajiri, H., Sakamoto, M., & Amano, S. (2006). Symposium: Match and non-match in job stress research: A neglected issue? Divergent effects of active coping in the context of the job demands-control-support model: A longitudinal study. The 6th International Conference on Occupational Stress & Health. Miami, USA.
- 14 Shimazu, A., Schaufeli, W. B., Kosugi, K., Kato, A., Sakamoto, M., Irimajiri, H., & Amano, S. (2005). Symposium: Work engagement - A positive approach to well-being at work. Development of the Japanese version of Utrecht Work Engagement Scale (UWES-J). Abstracts - Second ICOH International Conference on Psychosocial Factors at Work, 64. Okayama, Japan.
- 13 Sakamoto, M., Shimazu, A., Kato, A., Irimajiri, H., & Amano, S. (2005). Effects of Provided and Perceived Social Support from Supervisors on Subordinates' Job Stressors, Stress Responses, and Job Satisfaction: A Longitudinal Study among Employees in Japan. Abstracts - Second ICOH International Conference on Psychosocial Factors at Work, 154. Okayama, Japan.
- 12 Kobayashi, T., Kobayashi, T., Nagami, M., Irimajiri, H., & Shimazu, A. (2005). Effects of Web-based Assertive Training - A Randomized Controlled Trial -. Abstracts - Second ICOH International Conference on Psychosocial Factors at Work, 189. Okayama, Japan.
- 11 Irimajiri, H., Nakahara, H., Morita, Y., Amano, S., Sakamoto, M., & Shimazu, A. (2005). Occupational Stress in the Service Jobs: Comparison according to Employment Conditions. Abstracts - Second ICOH International Conference on Psychosocial Factors at Work, 139. Okayama, Japan.
- 10 Amano, S., Shimazu, A., Kato, A., Sakamoto, M., & Irimajiri, H. (2005). Work Process and Job Stress: A 1-year Follow-up Study among Blue-collar Workers in Japan. Abstracts - Second ICOH International Conference on Psychosocial Factors at Work, 151. Okayama, Japan.
- 9 Shimazu, A., Kawakami, N., Irimajiri, H., Sakamoto, M., Kitano, T., Amano, S. (2004). Effects of web-based psychoeducation on self-efficacy, problem solving behavior, stress response, and job satisfaction: A randomized controlled trial. *International Journal of Behavioral Medicine*, 11(Supplement 1), 316. Mainz, Germany.
- 8 Shimazu, A. (2004). Symposium: Occupational health psychology in Japan. An overview of educational initiatives, training and professional development for occupational health psychology in Japan. APA Annual Convention 2004. Hawaii, USA.
- 7 Kawakami, N., Shimazu, A., Nagami, M., Kobayashi, Y., Mineyama, S., Takao, S., & Tsutsumi, A. (2004). Web-based training as an innovated method for job stress prevention and worker mental health. 15th Japan-China-Korea Joint Conference on Occupational Health. Kitakyushu, Japan.
- 6 Haratani, T., Shimazu, A., Kawakami, N., Shima, S., & Kosugi, S. (2004). Symposium: Expanding horizons: Bringing occupational health psychology to the workplace. Graduate, professional and management training in OHP in Japan. APA Annual Convention 2004. Hawaii, USA.
- 5 Shimazu, A. & Kosugi, S. (2003). Does active coping always decrease psychological stress? The fifth interdisciplinary conference on occupational stress and health, Tronto, Ontario.
- 4 Shimazu, A., Miura, M., Okada, Y., Sakamoto, M. (2002). Effects of stress management program for teachers in Japan. *International Journal of Behavioral Medicine*, 9(Supplement 1), 247. Helsinki, Finland.
- 3 Shimazu, A. & Kosugi, S. (2001). Coping strategies as predictors of psychological distress among employees in Japan, *International Meeting of the Psychometric Society - 2001 abstracts*, 266. Osaka, Japan.

## 業績目録

- 2 Shimazu,A. Tanaka,M. Odahara,T. & Kosugi,S. (2000). Effects of job demand, control, and coping on mental health among employees in Japan, *International Journal of Behavioral Medicine*, 7(Supplement 1), 163. Brisbane, Australia.
- 1 Shimazu,A. & Kosugi,S. (2000). The effects of coping method and coping effort on employees' mental health. 26th International Congress on Occupational Health Scientific program and abstracts, 417. Singapore, Singapore.

## (d) その他の国際的な業績

## [国際誌の編集]

1. 2004年1月～： *Journal of Occupational and Organizational Psychology* (Consulting Editor)
2. 2007年1月～： *BioScience Trend* (Editor)

## [研究資金の獲得]

1. 2004-2005年度海外先進教育実践支援プログラム「職業性ストレスに関する理論的・実践的・比較文化的研究」(日本学術振興会)採択。  
ユトレヒト大学社会科学部(オランダ)に客員研究員として1年間勤務。
2. 2006年度国際学会等派遣事業(日本学術振興会)採択。  
第26回国際応用心理学会(ギリシャ)のシンポジウムにて話題提供を行った。
3. 2009年度第1回採用分外国人招聘事業(短期)(日本学術振興会)採択。  
主任研究者としてアイントホーフエン工科大学(オランダ)のDe Jonge教授を招聘し、職業性ストレスの健康影響とその評価方法に関して研究交流を図った。
4. 2010年度国際学会等派遣事業(第I期)(日本学術振興会)採択。  
第4回国際労働衛生学会・仕事の心理社会的要因と健康に関する国際会議(オランダ)にて研究発表を行った。

## [その他国際交流]

1. 2010年2月：ジャウメI世大学(スペイン)・招聘講師。  
*Occupational Health Psychology*(産業保健心理学)に関する講義を行った。
2. 2010年3月：グアダラハラ大学(メキシコ)・招聘講師。  
ワークショップ講師として、*Occupational Health Psychology*(産業保健心理学)および労働者向けストレスマネジメントに関する講義とグループワークを担当した。
3. 2010年7月：第1回アジア太平洋 *Occupational Health Psychology*(産業保健心理学)担当者会議(オーストラリア)出席。  
日本代表として労働者のポジティブメンタルヘルス(ワーク・エンゲイジメント)に関する成果を報告するとともに、今後のアジア太平洋地域における産業保健心理学の研究・教育について討議した。
4. 2011年7月：第2回アジア太平洋 *Occupational Health Psychology*(産業保健心理学)担当者会議(マレーシア)出席。
5. 2011年10月：産業保健に関する国際会議(メキシコ・グアダラハラ大学)出席。

業績目録