Cognitive and behavioral features of Modern type depression in Japan

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1. Introduction

In Japan, Modern type depression (MTD)1 which has different features from those of traditional type depression has become problematic.

- Interpersonal Sensitivity/Privileged Self (IP) 1 is a new concept elucidating MTD.
- Interpersonal Sensitivity: A tendency to be worried about/react excessively to negative evaluation by others.
- Privileged Self: A tendency to pursue one’s pleasure prior to harmony with others.
- Interpersonal Sensitivity/Privileged Self Scale(IPS)1 developed to as a measure for the cognitive-behavioral features related to MTD.

1:Please refer to the handout for more information about MTD and IPS.

2. Purpose

Examining the validity & reliability of the IPS

It is hypothesized that...
- The IPS score positively correlated with depressive symptoms.
- The IPS scores of people with MTD (e.g., Atypical type) would be higher than those of people with Melancholic type depression.

3. Method

Participants
- 225 (102 male) Japanese undergraduates.

Measurements
1. IPS
- The IPS has two superordinate factors (Figure. 1)
  - Interpersonal Sensitivity (IS; 16 items)
  - Privileged Self (PS; 9 items)
- Rating from 1 (Very unlike me) to 5 (Very like me).

2. Global Scale for Depression (GSD)
- The GSD is a 30-item scale divided into two parts (Fukunishi & Fukunishi, 2012).
  - 1st part (17 items) measures the level of depressive symptoms. (In our study, GSD-1 yielded α= .87 )
  - 2nd part (13 items) measures the type of depression affecting an individual (i.e., Atypical type, Melancholic type, or Unclassified).

4. Results

1. Reliability - Cronbach’s α -
- Total IPS, IS, & PS score showed high internal consistency.
  IPS: α = .90, IS: α = .92, PS: α = .71

2. Validity (1) - Correlation Analysis -
- IPS, IS, & PS were positively correlated with GSD-1 (ps < .001)
  IPS: r = .40, IS: r = .34, PS: r = .35

3. Validity (2) - One-way ANOVA -
- IPS & PS showed significant differences between the depression types
  IPS: Atypical > Unclassified (Figure. 2)
  $F(2,212)=3.49, p=.032, \eta^2_p=0.03, 95\% \text{ CI}[0, 0.09]$

  PS: Atypical > Unclassified, Melancholic (Figure. 3)
  $F(2, 212)=9.21, p<.001, \eta^2_p=0.08, [0.02, 0.15]$

5. Conclusion

The IPS demonstrated excellent reliability, and strong discriminative and convergent validity.

The IPS can be used to evaluate measure the cognitive-behavioral features of people with MTD, which is perhaps a vulnerability factor for depression.

1:Please refer to the handout for more information about MTD and IPS.