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予防型家庭訪問が高齢者のソーシャル・キャピタル効果に与える影響 —北海道・寒冷地域における無作為化比較対照研究—

(The effect of social capital on elderly residents by preventive home visits: A randomized controlled trial in cold areas in Hokkaido)

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Abstract

In recent years, there has been increasing interest in the effect of social capital (SC) on health in Japan and in other countries. This study investigated whether SC of elderly residents changes as a result of three interventions. We conducted a randomized controlled trial in which the intervention group received three home visits and the control group had no home visits. The Functioning Improvement Tool was used for elderly people dwelling at home. The participants were aged ≥ 65 years who resided in a cold region in Japan. A total of 191 elderly residents across three deprived areas in Hokkaido were randomly assigned to an intervention group ($n=92$) or a control group ($n=99$). SC was measured using three indicators: general trust as a cognitive SC item, informal social interaction, and formal group participation as a structured SC item. Data were analyzed using the paired samples t -test and analysis of covariance (ANCOVA). We observed that informal social interaction and formal group participation in the intervention group were significantly decreased compared with those in the control group ($P<0.05$). Informal social interaction in the control group was slightly increased, but this was not significant ($P=0.64$). After adjustment by ANCOVA, as a result of authorizing the amount of change in SC, there was a significant effect on informal social interaction and formal group participation in the intervention and control groups. Our results suggest that SC can reduce by taking communication with others for winter was inhibited.