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武蔵野大学大学院 人間社会研究科 人間学専攻 博士後期課程 入学試験問題
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【 英語 】

以下の英文を読み，日本語で回答しなさい

The utility of coalescing RCTs and experimental studies in a more unified and cohesive manner is potentially limitless, particularly because mental health issues still pose a large burden to our society (Kazdin & Blasé, 2011). First, interesting these approaches would lead to a better understanding of the specific mechanisms (e. g., emotion regulation) by which cognitive-behavioral treatments lead to improvements in mental health and emphasizing the treatment components that are most important to attain optimal outcomes. Second, a promising opportunity for improving currently available cognitive-behavioral interventions lies in the possibility whether enhancing emotion regulation skills in laboratory settings translates to increased treatment efficacy.

One promising way of amalgamating these two approaches is to ask patients enrolled in RCTs to participate in laboratory-based paradigms such as those described above. For instance, let us imagine that clinical scientists want to conduct a RCT to systematically test the efficacy of a novel emotion-focused intervention for comorbid GAD and depression. In addition to receiving the treatment they are randomized to over the course of 16-20 weeks, patients could also complete laboratory-based experiments at the beginning, middle, and the end of treatment, as well as at follow-up assessments. ①Adopting this integrated methodology would allow researchers to assess whether the emotion regulation strategies and skills that patients are learning in treatment (e. g., reappraisal, acceptance, and regulatory flexibility) are being used in laboratory settings. Importantly, this approach would improve our knowledge about the specific mechanisms (i. e., emotion regulation) necessary for therapeutic change to obtain the most robust treatment outcome. For instance, patients might benefit from participating in distress tolerance tasks to learn more effective ways of coping with the distressing uncertainty of the future, which is a prevalent worry theme that is frequently targeted using cognitive behavior interventions (Zinbarg et al., 2006). They could complete a distress tolerance task such as the cold pressor while being taught in treatment (e.

g., cognitive reappraisal and acceptance). An alternative, and perhaps even more valuable, approach is for researchers to assess how these patients are spontaneously regulating their emotions (Sheppes et al., 2014), as this would allow researchers to verify whether patients utilize the emotion regulation strategies they are learning in therapy outside of the therapy room. The insight that researchers can gain from combining these two methods has the potential to shed light on mechanisms by which cognitive-behavioral treatments are effective at reducing symptoms of psychopathology and improving overall mental health.

注：Coalescing：接近して成長する，融合する amalgamate: 合同する，合併する

出典

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Sheppes G, Scheibe S, Suri G, Radu P, Blechert J, Gross JJ. Emotion regulation choice: a conceptual framework and supporting evidence. *J Exp Psychol Gen*. 2014 Feb;143(1):163-81. doi: 10.1037/a0030831. Epub 2012 Nov 19. PMID: 23163767.

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問一 本文の大意をふまえ，RCT と laboratory-based paradigms task の長所短所を論じなさい

問二 下線部①を日本語に訳しなさい