

論文の内容の要旨

論文題目 Workaholism and sleep quality among Japanese employees: A prospective cohort study

(労働者におけるワーカホリズムと睡眠の質との関連: 前向きコホート研究による検討)

氏名 窪 田 和 巳

Background: The present study was to demonstrate the prospective association of workaholism (i.e., work excessively hard in a compulsive fashion) with sleep quality among Japanese employees. **Methods:** A web-based prospective survey was conducted in October 2010 and May 2011 among registered monitors of a survey company. The questionnaire included workaholism, sleep quality, job characteristics, and demographics. For the first-wave survey, a total of 13,564 monitors were randomly invited. The first 2,520 respondents were included in this study. The respondents of the first-wave survey were invited to the second-wave survey and 2,061 answered. A total of 364 respondents who had the changes in their working conditions during follow-up were excluded. Due to missing values, data from 14 respondents were excluded. Thus, the final number of respondents for the analysis was 1683 (859 males and 824 females). Analysis of covariance (ANCOVA) was conducted to compare adjusted sleep quality at follow-up among workaholism groups (low, middle, and high). In ANCOVA, demographics, sleep quality at baseline, and job characteristics were adjusted. **Results:** High-workaholic group had significantly longer sleep latency at follow-up compared to low- and middle-workaholic groups after adjusting for demographics, sleep latency at baseline, and job characteristics. Additionally, high-workaholic group had significantly higher levels of daytime dysfunction compared to low-workaholic group. However, no significant differences were found between workaholic groups in overall sleep quality, sleep duration, habitual sleep efficiency, sleep disturbance, and use of sleep medication. **Conclusion:** Workaholism is associated with poor sleep quality at seven-month follow-up regarding sleep latency and daytime dysfunction.