Epidemiological studies in Japan based on the Grossarth-Maticek principle/theory

Jun Nagano

Institute of Health Science
Kyushu University
Fukuoka City in Kyushu

Fukuoka City population 1.4 million

Kyushu population 10.0 million

Asia Week:
Object Dependence vs. Autonomy

**Object dependence**

One’s psychological well-being largely depends on external objects (persons or conditions).

Chronically depend on objects

Two types:

- Hopelessness and depression
- Anger and excitement

**Autonomy**

One’s psychosocial well-being is autonomous from external objects (persons or conditions).

Depend on objects only temporarily

Grossarth-Maticek, 1988
Autonomy training application to Japanese patients

The Grossarth personality types and cancer incidence in an industrial cohort in Kyoto, Japan

Asaeda et al: paper presented at the Japan Cancer Society, 2004
Prostate cancer and the Grossarth personality
A prebioptic study in Tokyo, Japan

Kumano et al: J Psychosom Res, 2005

Type 1 vs others

Adjusted OR (95%CI) = 4.2 (1.2–14.6)
The Grossarth personality and myocardial infarction

- Type 2: $p$ trend = 0.01*
- Type 4: $p$ trend = 0.20
- Type 5: $p$ trend = 0.04

*Models adjusted for age, sex, job status, education level, and smoking status.

Nagano et al: J Epidemiol, 2001
# Type 1 score and severity of chronic hepatitis C

<table>
<thead>
<tr>
<th>Type 1 score</th>
<th>Low</th>
<th>Moderate</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild : Severe</td>
<td>11 : 4</td>
<td>10 : 10</td>
<td>7 : 27</td>
</tr>
<tr>
<td>Odds ratio</td>
<td>1 (Reference)</td>
<td>2.8 (0.7-11.6)</td>
<td>10.6 (2.6-43.6)</td>
</tr>
</tbody>
</table>

Nagano et al: Psychosomtics, 2004
The Grossarth personality and stage at diagnosis in lung cancer patients

Type 5 score and survival of lung cancer patients

Survival probability

Years

Type 5 score

- 0 - 5
- 6 - 7
- 8+

Colorectal cancer and the Type 3-related SI scale
Fukuoka Colorectal Cancer Study

*Adjusted for age, sex, city, smoking, drinking, physical activity, obesity, vegetables, fruit, red meat, and fish.

Mothers’ stress/personality and the prognosis of their child’s asthma, age < 7 years

Odds ratio

Remission/mild vs. Moderate/severe

Scale score:
L: low
M: moderate
H: high

Object dependence, anger
Annoying barrier
Object dependence, loss
Altruism

Grossarth Type 2
Grossarth Type 1

Nagano et al, Biopsychosoc Med, 2010
Stress/personality and prognosis of rheumatic arthritis

Nagano et al, a multi-center study in Japan (paper in preparation)
AGREEMENT FOR ACADEMIC COOPERATION

Multidisciplinary Research Programs for Promotion of Health and Creativity

Kyushu University, Japan and Universität Heidelberg, Germany hereby conclude an agreement to promote academic exchange between Institute of Health Science, Kyushu University and Diakoneiweisenschaftliches Institut, Universität Heidelberg.

1. The purpose of this agreement is to develop academic and educational cooperation on the basis of equality and reciprocity and to promote relations and mutual understanding between two institutions. The cooperation will focus on the project entitled "Multidisciplinary Research Program for Promotion of Health and Creativity", i.e., data collection and analysis of the Heidelberg prospective studies and intervention studies, as well as the development, based on these studies' results, of an expert system for promoting human health, cognitive functions, and creativity, that have been and will be conducted by Dr. Ronald Grossarth-Maticek, and the development of programs of postgraduate studies for the autonomy training and prospective interventional studies. Dr. Grossarth-Maticek is Professor for postgraduate studies at the European Center for Peace and Development (ECPP) and Chairman of the multidisciplinary research program "Health, health and beauty" with Diakoneiweisenschaftliches Institut and Faculty of Theology, Universität Heidelberg.

2. Both institutions undertake to promote and develop academic cooperation in the following ways:
   (1) Exchange of academic and administrative staff
   (2) Plans for joint research
   (3) Exchange of academic materials and publications
   (4) Other academic exchanges to which both institutions agree.

3. The implementation of this agreement shall be separately negotiated and determined by both institutions.

4. The scientific directors on the German side of this German-Japanese cooperative program are Prof. Dr. Heinz Schmitz, Prof. Dr. Johannes Eulrich, and Dr. Ronald Grossarth-Maticek, and the scientific director on the Japanese side is Dr. Sei Nakamura. This cooperative program will allow other academic institutions and commercial companies to join, after discussion by representatives of both institutions.

5. This agreement is not intended to be a legally binding document. Nothing, therefore, shall diminish the full autonomy of either institution, nor will any constraints be imposed by either upon the other in carrying out the agreement.

6. This agreement will come into effect on the date when the representatives of both institutions affix their signatures to the agreement and shall be valid for a period of five years. This agreement may be renewed, revised or modified after discussion by representatives of both institutions. This agreement may be terminated by either institution observing a six-month period of notice to be given in writing.

Date: 12. Jan. 2019

Prof. Dr. Gunther Ogilvie
Director
Institute of Health Science
Kyushu University

Date: 19. Jan. 2019

Prof. Dr. Johannes Eulrich
Director
Diakoneiweisenschaftliches Institut
Universitaet Heidelberg

Prof. Dr. Sei Nakamura
President
Kyushu University

Prof. Dr. Bernard Ebert
Rector
Universitaet Heidelberg
Development of an Expert system

Cohort studies
- Data collection
- Data analyses

Expert system
- Automatic diagnosis
- Interactive stimulation
- Instruction

Intervention: Autonomy training
- principle, theory
- methods
- cases
The Heidelberg prospective intervention study

- Unique psychosocial factor (contents, methods)
- High quality prospective studies + Unique intervention studies
- Ability to clarify complex interactions among different factors
- Ability to clarity issues not only of chronic disease/health, but also of healthy and active living in high ages, nearly 40 years since the beginning of the follow-up
Social issues

Productivity ↓

Burden ↑

Wellbeing ↓

Health ↓

Stability ↓

Social/political

Individual

Society-nation
Solution for social issues

Individual

Self-regulation↑
Autonomy↑

Wellbeing↑

Health↑

Society-nation

Productivity↑

Burden↓

Stability↑
Social/political