『POPULAR 「人気」の法則』 参考文献

◆プロローグ

ダグやジルのような存在は

John D. Coie and Kenneth A. Dodge. "Continuities and Changes in Children's Social Status: A Five-Year Longitudinal Study." *Merrill-Palmer Quarterly*, 29 (3) (1983): 261-82.

初めてメンタルヘルス政策に取り組み始めた

Mitchell J. Prinstein and Michael C. Roberts. "The Professional Adolescence of Clinical Child and Adolescent Psychology and Pediatric Psychology: Grown Up and Striving for Autonomy." *Clinical Psychology: Science and Practice* 13, no. 3 (2006): 263-68.

兵士を見分けるもっとも重要な要素は

M. Roff. "Relation Between Certain Preservice Factors and Psychoneurosis During Military Duty." *United States Armed Forces Medical Journal* 11 (1960): 152.

一般人を対象にした研究がいくつも行なわれた

Emory L. Cowen, et al. "Long-Term Follow-up of Early Detected Vulnerable Children." Journal of Consulting and Clinical Psychology 41, no. 3 (1973): 438; Jeffrey G. Parker and Steven R. Asher. "Peer Relations and Later Personal Adjustment: Are Low-Accepted Children at Risk?" Psychological Bbulletin 102, no. 3 (1987): 357.

世界のさまざまな事例を研究している

Mitchell J. Prinstein, Jacqueline Nesi, and Casey D. Calhoun. "Recollections of Childhood Peer Status and Adult Outcomes: A Global Study" (in preparation, University of North Carolina at Chapel Hill, 2016).

人気者だった子どもは、成長すると

Sarah E. Nelson and Thomas J. Dishion. "From Boys to Men: Predicting Adult Adaptation from Middle Childhood Sociometric Status." *Development and Psychopathology* 6, no. 02 (2004): 441-59; Ylva B. Almquist and Lars Brännström. "Childhood Peer Status and the Clustering of Social, Economic, and Health Related Circumstances in Adulthood." *Social Science & Medicine Journal* 105 (2014): 67-75; Bonnie L. Barber, Jacquelynne S. Eccles, and Margaret R. Stone. "Whatever Happened to the Jock, the Brain, and the Princess? Young Adult Pathways Linked to Adolescent Activity Involvement and Social Identity." *Journal of Adolescent Research* 16, no. 5 (2001): 429-s55.

他人との絆も強く

Amanda M. Jantzer, John H. Hoover, and Rodger Narloch. "The Relationship Between School-Aged Bullying and Trust, Shyness and Quality of Friendships in Young Adulthood a Preliminary Research Note." *School Psychology International* 27, no. 2 (2006): 146-56; Joseph P. Allen, Megan M. Schad, Barbara Oudekerk, and Joanna Chango. "Whatever Happened to the 'Cool' kids? Long-term Sequelae of Early Adolescent Pseudomature Behavior." *Child Development* 85, no. 5 (2014): 1866-80.

仕事で富を築く

Gabriella Conti, Andrea Galeotti, Gerrit Mueller, and Stephen Pudney. "Popularity." Journal of Human Resources 48, no. 4 (2013): 1072-94.

薬物乱用

Alexa Martin-Storey, et al. "Self and Peer Perceptions of Childhood Aggression, Social Withdrawal and Likeability Predict Adult Substance Abuse and Dependence in Men and Women: A 30-Year Prospective Longitudinal Study." *Addictive Behaviors* 36, no. 12 (2011): 1267-74; Marlene J. Sandstrom and Antonius H. N. Cillessen. "Life After High School: Adjustment of Popular Teens in Emerging Adulthood." *Merrill-Palmer Quarterly* 56, no. 4 (2010): 474-99.

肥満

A. A. Mamun, Michael J. O' Callaghan, G. M. Williams, and J. M. Najman. "Adolescents Bullying and Young Adults Body Mass Index and Obesity: A longitudinal Study."

International Journal of Obesity 37, no. 8 (2013): 1140-46.

不安やうつ

Jenny Isaacs, Ernest V. E. Hodges, and Christina Salmivalli. "Long-Term Consequences of Victimization by Peers: A Follow-up from Adolescence to Young Adulthood." International Journal of Developmental Science 2, no. 4 (2008): 387-97; Bitte Modin, Viveca Östberg, and Ylva Almquist. "Childhood Peer Status and Adult Susceptibility to Anxiety and Depression. A 30-Year Hospital Follow-up." Journal of Abnormal Child Psychology 39, no. 2 (2011): 187-99; Marlene J. Sandstrom and Antonius H. N. Cillessen. "Life After High School: 474-99; Lexine A. Stapinski, et al. "Peer Victimization During Adolescence and Risk for Anxiety Disorders in Adulthood: A Prospective Cohort Study." Depression and Anxiety 31, no. 7 (2014): 574-82.

仕事での失敗

Sarah E. Nelson and Thomas J. Dishion. "From Boys to Men: Predicting Adult Adaptation from Middle Childhood Sociometric Status." *Development and Psychopathology* 16, no. 02 (2004): 441-59; Marlene J. Sandstrom and Antonius H. N. Cillessen. "Life After High School: 474-99.

犯罪

Sarah E. Nelson, and Thomas J. Dishion. "From Boys to Men: 441-59.

事故、病気

Per E. Gustafsson, et al. "Do Peer Relations in Adolescence Influence Health in Adulthood? Peer Problems in the School Setting and the Metabolic Syndrome in Middle-Age." *PLoS One* 7, no. 6 (2012): e39385; Lisa Dawn Hamilton, Matthew L. Newman, Carol L. Delville, and Yvon Delville. "Physiological Stress Response of Young Adults Exposed to Bullying During Adolescence." *Physiology & Behavior* 95, no. 5 (2008): 617-24; Caroline E. Temcheff, et al. "Predicting Adult Physical Health Outcomes from Childhood Aggression, Social Withdrawal and Likeability: A 30-Year Prospective, Longitudinal Study." *International Journal of Behavioral Medicine* 18, no. 1 (2011): 5-12.

自殺

William E. Copeland, Dieter Wolke, Adrian Angold, and E. Jane Costello. "Adult Psychiatric Outcomes of Bullying and Being Bullied by Peers in Childhood and Adolescence." *JAMA Psychiatry* 70, no. 4 (2013): 419-26; Bonnie L. Barber, Jacquelynne S. Eccles, and Margaret R. Stone. "Whatever Happened to the Jock, the Brain, and the Princess?: 429-55.

実はそこには二つの種類がある

Philip C. Rodkin, Thomas W. Farmer, Ruth Pearl, and Richard Van Acker. "Heterogeneity of Popular Boys: Antisocial and Prosocial Configurations." *Developmental Psychology* 36, no. 1 (2000.): 14; Antonius H. N. Cillessen and Amanda J. Rose. "Understanding Popularity in the Peer System." *Current Directions in Psychological Science* 14, no. 2 (2005): 102-5; Mitchell J. Prinstein and Antonius H. N. Cillessen. "Forms and Functions of Adolescent Peer Aggression Associated with High Levels of Peer Status." *Merrill-Palmer Quarterly* 49, no. 3 (2003): 310'42.

•1

現在のダニエルは

ダニエル・クレメンスへのインタビュー 2016年5月10日実施

\$2

イグナーツ・ゼンメルヴェイス

Ahmet Doğan Ataman, Emine Elif Vatanoğlu-Lutz, and Gazi Yıldırım. "Medicine in Stamps-Ignaz Semmelweis and Puerperal Fever." *Journal of the Turkish German Gynecological Association* 14, no. 1 (2013): 35; also see Sherwin B. Nuland. *The Doctors' Plague: Germs, Childbed Fever, and the Strange Story of Ignác Semmelweis* (Great Discoveries). (W. W. Norton, 2004).

「死体の粒子」が原因

Ignaz Semmelweis (1861). Etiology, Concept and Prophylaxis of Childbed Fever.

Translated by K. Codell Carter (Madison, WI: University of Wisconsin Press, 1983).

「烈火のごとく怒り、ひどい言葉で侮辱した」

Howard Markel. "In 1850, Ignaz Semmelweis saved lives with three words: wash your hands." PBS, May 15, 2015.

大声で人殺し呼ばわり

Rebecca Davis. "The Doctor Who Championed Hand Washing and Briefly Saved Lives." NPR Morning Edition, January 12, 2015, retrieved from

http://www.npr.org/sections/health-hots/2015/01/12/375663920/the-doctor-who-championed-hand-washing-and-saved-women-s-lives.

「少数の真実すら理解できない」

Semmelweis. Etiology, Concept and Prophylaxis of Childbed Fever.

「その目は節穴だ」

同上

画期的な研究

John D. Coie, Kenneth A. Dodge, and Heide Coppotelli.

"Dimensions and Types of Social Status: A Cross-Age Perspective." *Developmental Psychology* 18, no. 4 (1982): 557.

クーイ教授は追跡調査を行なった

John D. Coie and Janis B. Kupersmidt. "A Behavioral Analysis of Emerging Social Status in Boys' Groups." *Child Development* (1983): 1400-1416; see also Kenneth A. Dodge. "Behavioral Antecedents of Peer Social Status." *Child Development* (1983): 1386-99.

小学生の半数以上が、高校生になった五年後も

John D. Coie and Kenneth A. Dodge. "Continuities and Changes in Children's Social Status: A Five-Year Longitudinal Study." *Merrill-Palmer Quarterly*, 29, no. 3 (1983): 261-82.

初対面で互いに多くの質問をすると

Dorothy Miell and Steve Duck. "Strategies in Developing Friendships.' In *Friendship and Social Interaction*. Eds. Valerian J. Derlega and Barbara A. Winstead. New York: Springer 1986, 129–43.

笑いはドーパミンやエンドルフィンの分泌に結びつく

R. I. M. Dunbar. "Bridging the Bonding Gap: The Transition from Primates to Humans." *Philosophical Transactions of the Royal Society B: Biological Sciences* 367, no. 1597 (2012): 1837-46; Alan W. Gray, Brian Parkinson, and Robin I. Dunbar. "Laughter's Influence on the Intimacy of Self-Disclosure." Human Nature 26, no. 1 (2015): 28-43.

ビリーは「信頼できる人間」と見なされている

John D. Coie and Janis B. Kupersmidt. "A Behavioral Analysis of Emerging Social Status in Boys' Groups," also see Andrew F. Newcomb, William M. Bukowski, and Linda Pattee. "Children's Peer Relations: A Meta-analytic Review of Popular, Rejected, Neglected, Controversial, and Average Sociometric Status." *Psychological Bulletin* 113, no. 1 (1993): 99.

「受容」タイプが大人になると

See, for example, Ylva B. Almquist and Lars Brännström. "Childhood Peer Status and the Clustering of Social, Economic, and Health-Related Circumstances in Adulthood." *Social Science & Medicine* 105 (2014): 67-75; see also, Ylva B. Almquist, and Viveca Östberg. "Social Relationships and Subsequent Health-Related Behaviours: Linkages Between Adolescent Peer Status and Levels of Adult Smoking in a Stockholm Cohort." *Addiction* 108, no. 3 (2013): 629-37; also, Jenny Isaacs, Ernest V. E. Hodges, and Christina Salmivalli. "Long-Term Consequences of Victimization by Peers: A Follow-up from Adolescence to Young Adulthood." *International Journal of Developmental Science* 2, no. 4 (2008): 387-97.

自分から誘う勇気がなくて

Robert J. Coplan and Julie C. Bowker, eds. *The Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone*. New York: John Wiley s, 2013; Kenneth H. Rubin, Robert J. Coplan, and Julie C. Bowker. "Social Withdrawal in Childhood." *Annual Review of Psychology* 60 (2009): 141.

人より時間がかかる

Jennifer Connolly, Wyndol Furman, and Roman Konarski. "The Role of Peers in the Emergence of Heterosexual Romantic Relationships in Adolescence." *Child Development* 71, no. 5 (2000.): 1395-1408; Annette M. La Greca and Eleanor Race Mackey. "Adolescents' Anxiety in Dating Situations: The Potential Role of Friends and Romantic Partners." *Journal of Clinical Child and Adolescent Psychology* 36, no. 4 (2007): 522-33.

「無視」の子どもたちが「敵味方」になることは

John D. Coie and Kenneth A. Dodge. "Continuities and Changes in Children's Social Status.

「拒否」は二つのサブグループ

Antonius H. N. Cillessen, Hendrik W. IJzendoorn, Cornelis F. M. Lieshout, and Willard W. Hartup. "Heterogeneity Among Peer-Rejected Boys: Subtypes and Stabilities." *Child Development* 63, no. 4 (1992): 893-905.

自分が嫌がられていることすら

Audrey L. Zakriski and John D. Coie. "A Comparison of Aggressive-Rejected and Nonaggressive-Rejected Children's Interpretations of Self-Directed and Other-Directed Rejection." *Child Development* 67, no. 3 (1996): 1048-70.

単に攻撃的な人や単に拒否される人よりも

Karen Linn Bierman and Julie B. Wargo. "Predicting the Longitudinal Course Associated with Aggressive-Rejected, Aggressive (Nonrejected), and Rejected (Nonaggressive) Status." *Development and Psychopathology* 7, no. 04 (1995): 669-82.

そうした子どもたちは精神的に不安定な状態におちいる

Mitchell J. Prinstein and Annette M. La Greca. "Peer Crowd Affiliation and Internalizing Distress in Childhood and Adolescence: A Longitudinal Follow-back Study." Journal of Research on Adolescence 12, no. 3 (2002): 325-51.

成績がよいことに対する仲間の態度

Jaana Juvonen and Tamera B. Murdock. "Grade-Level Differences in the Social Value of Effort: Implications for Self-Presentation Tactics of Early Adolescents." *Child Development* 66, no. 6 (1995): 1694-1705; Margaret R. Stone and B. Bradford Brown. "Identity Claims and Projections: Descriptions of Self and Crowds in Secondary School." *New Directions for Child and Adolescent Development* 1999, no. 84 (1999): 7-20.

アメリカ人はアル・ゴアよりも

David W. Moore. "Likeability Among Bush and Gore: Instant Reaction: Bush Beats Gore in Second Debate," Gallup News Service, http://www.gallup.com/poll/2443/instant-reaction-bush-beats-gore-second-debate.aspx.

人から拒否された体験は

Jeffrey G. Parker and Steven R. Asher. "Peer Relations and Later Personal Adjustment: Are Low-Accepted Children at Risk?." Psychological Bulletin 102, no. 3 (1987): 357; Mitchell J. Prinstein and Annette M. La Greca. "Childhood Peer Rejection and Aggression as Predictors of Adolescent Girls' Externalizing and Health Risk Behaviors: A 6-Year Longitudinal Study." Journal of Consulting andCclinical Psychology 72, no. 1 (2004): 103; Mitchell J. Prinstein, Diana Rancourt, John D. Guerry, and Caroline B. Browne. "Peer Reputations and Psychological Adjustment." In Handbook of Peer Interactions, Relationships, and Groups, 548-67. New York: Guilford Press, 2009; Per E. Gustafsson, et al. "Do Peer Relations in Adolescence Influence Health in Adulthood? Peer Problems in the School Setting and the Metabolic Syndrome in

Middle-Age." PLoS One 7, no. 6 (2012): e39385.

常に身内からの励まし

Michael J. Prinstein et al. "Adolescent Girls' Interpersonal Vulnerability to Depressive Symptoms: ALongitudinal Examination of Reassurance-Seeking and Peer Relationships." *Journal of Abnormal Psychology*, 114 (4) (2005), 676.

強いものに仕えるときには

Patricia H. Hawley. "Prosocial and Coercive Configurations of Resource Control in Early Adolescence: A Case for the Well-Adapted Machiavellian." *Merrill-Palmer Quarterly*, 49 (3) (2003): 279-309.

「敵味方」の少女が十代で

Marion K. Underwood, Janis B. Kupersmidt, and John D. Coie. "Childhood Peer Sociometric Status and Aggression as Predictors of Adolescent Childbearing." *Journal of Research on Adolescence*, 6 (2) (1996).

「敵味方」の子どもが思春期に入ると

Jennifer T. Parkhurst and Andrea Hopmeyer. "Sociometric Popularity and Peer-erceived Popularity, Two Distinct Dimensions of Peer Status." *Journal of Early Adolescence* 18, no. 2 (1998): 125-44.

ステータスがありながら好かれていた人は

同上

解剖の後に手を洗うのをやめた

Howard Markel. "In 1850, Ignaz Semmelweis Saved Lives with Three Words: 'Wash Your Hands.' "PBS *Newshour*, May 15, 2015, retrieved from http://www.pbs.org/newshour/updates/ignaz-semmelweis-doctor-prescribe d-and-washing.

感染症が原因だと伝えられている

Kay Codell Carter and Barbara R. Carter. *Childbed Fever: A Scientific Biography of Ignaz Semmelweis*. New Brunswick, NJ: Transaction Publishers, 2005.

\$3

トレヴィの泉

"Your resourceful site on the Trevi Fountain in Roma," http://www.trevifountain.net/description.htm; "Trevi Coins to Fund Food for Poor." BBC News, *November* 26, 2006. http://news.bbc.co.uk/2/hi/6188052.stm.

人間の根本的な原動力

Kenneth R. Olson and Dale A. Weber. "Relations Between Big Five Traits and Fundamental Motives." *Psychological Reports* 95, no. 3 (2004): 795-802.

最も大切な人生の目標

Tim Kasser and Richard M. Ryan. "Further Examining the American Dream: Differential Correlates of Intrinsic and Extrinsic Goals." *Personality and Social Psychology Bulletin* 22, no. 3 (1996): 280-87.

「願い事が三つかなうとしたら、何にしますか」

Laura A. King, and Sheri J. Broyles. "Wishes, Gender, Personality, and Well-Being." Journal of Personality 65, no. 1 (1997): 49-76.

「内発的な欲求」は予想以上に少なかった

Tim Kasser. "Aspirations Index," http://faculty.knox.edu/tkasser/aspirations.html.

その程度の人気に

Cameron Anderson, John Angus D. Hildreth, and Laura Howland. "Is the Desire for Status a Fundamental Human Motive? A Review of the Empirical Literature." *Psychological Bulletin* 141, no. 3 (2015): 574-601.

脳は思春期に入ると

Leah H. Somerville, Rebecca M. Jones, and B. J. Casey. "A Time of Change: Behavioral and Neural Correlates of Adolescent Sensitivity to Appetitive and Aversive Environmental Cues." Brain and Cognition 72, no. 1 (2010): 124-33; Leah H. Somerville. "The Teenage Brain Sensitivity to Social Evaluation." Current Directions in Psychological Science 22, no. 2 (2013): 121-27; B. J. Casey. "The Teenage Brain: An Overview." Current Directions in Psychological Science 22, no. 2 (2013): 80-81.

「やる気回路」

Kristen A. Lindquist, et al. "The Brain Basis of Emotion: A Meta-analytic Review." Behavioral and Brain Sciences 35, no. 03 (2012): 121-43; Kristen A. Lindquist and Lisa Feldman Barrett. "A Functional Architecture of the Human Brain: Emerging Insights from the Science of Emotion." Trends in Cognitive Sciences 16, no. 11 (2012): 533-40; Robert P. Spunt and Matthew D. Lieberman. "An Integrative Model of the Neural Systems Supporting the Comprehension of Observed Emotional Behavior." Neuroimage 59, no. 3 (2012): 3050-59.

「好き」と「欲望」

Kent C. Berridge, Terry E. Robinson, and J. Wayne Aldridge. "Dissecting Components of Reward: 'Liking," Wanting,' and Learning.'" *Current Opinion in Pharmacology* 9, no. 1 (2009): 65-73.

二十代半ばには

Somerville, Jones, and Casey. "A Time of Change: Behavioral and Neural Correlates of Adolescent Sensitivity to Appetitive and Aversive Environmental Cues; Laurence Steinberg. Age of Opportunity: Lessons from the New Science of Adolescence. New York: Houghton Mifflin Harcourt, 2014.

「やる気のマグネット」

Berridge, Robinson, and Aldridge. "Dissecting Components of Reward: Liking,' 'Wanting,' and Learning.'"

あるいはただ姿を見かけたりするだけで

J. T. Klein, S. V. Shepherd, and M. L. Platt. "Social Attention and the Brain." *Current Biology*, 19 (20), (2009): R958-R962; Jessica E. Koski, Hongling Xie, and Ingrid R. Olson. "Understanding Social Hierarchies: The Neural and Psychological Foundations of Status Perception." *Social Neuroscience* 10, no. 5 (2015): 527-50; Noam Zerubavel, Peter S. Bearman, Jochen Weber, and Kevin N. Ochsner. "Neural Mechanisms Tracking Popularity in Real-World Social Networks." *Proceedings of the National Academy of Sciences* 112, no. 49 (2015): 15072-77

人気者の仲間は、それが

Tom Foulsham, et al. J "Gaze Allocation in a Dynamic Situation: Effects of Social Status and Speaking." *Cognition* 117, no. 3 (2010): 319-31.

あこがれの人が自分に好意を

Christopher G. Davey, et al. "Being Liked Activates Primary Reward and Midline Self-related Brain Regions." *Human Brain Mapping* 31, no. 4 (2010): 660-68.

社会的報酬に対しては、誰でも

Leah H. Somerville, Todd Hare, and B. J. Casey. "Frontostriatal Maturation Predicts Cognitive Control Failure to Appetitive Cues in Adolescents." *Journal of Cognitive Neuroscience* 23, no. 9 (2011): 2123-34.

基本的な行動や好みさえ

Erik C. Nook and Jamil Zaki. "Social Norms Shift Behavioral and Neural Responses to Foods." *Journal of Cognitive Neuroscience* 27, no. 7 (2015): 1412-1426.

「反映的自己」

Susan Harter. "Developmental Processes in the Construction of the Self." In *Integrative Processes and Socialization: Early to Middle Childhood*, Eds. T. D. Yawkey, J. E. Johnson. Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.: 1988, 45-78.

「情緒をつかさどる部位」

Kristen A. Lindquist, et al. "The Brain Basis of Emotion: A Meta-a nalytic Review." Behavioral and Brain Sciences 35, no. 3 (2012): 121-43; Robert P. Spunt and Matthew D. Lieberman. "An Integrative Model of the Neural Systems Supporting the Comprehension of Observed Emotional Behavior." Neuroimage 59, no. 3 (2012): 3050-59.

ジェーン・グドール博士

Jane Goodall. My Life with the Chimpanzees. New York: Simon & Schuster, 1996.

チンパンジーも人気者の座を狙っている

"Chimpanzee Facts," http://www.janegoodall.org/, accessed October 7, 2015; Peter Buirski, Robert Plutchik, and Henry Kellerman. "Sex Differences, Dominance, and Personality in the Chimpanzee." *Animal Behaviour* 26 (1978): 123-29; Stephanie F. Anestis. "Behavioral Style, Dominance Rank, and Urinary Cortisol in Young Chimpanzees (Pan Troglodytes)." *Behaviour* 142, no. 9-10 (2005): 1245-68.

シラホというオスのチンパンジー

"Updates from the Islands—the Jane Goodall Institute," http://www.janegoodall.org/, accessed October 7, 2015.

高校のチアリーディングチーム

Don E. Merten. "Being There Awhile: An Ethnographic Perspective on Popularity." In *Popularity in the Peer System.* Eds. A. N. Cillessen, D. Schwartz, L. Mayeux. New York: Guilford Press, 2011: 57-76.

心理学者はこの敵対行動を

Willard W. Hartup. "Aggression in Childhood: Developmental Perspectives." *American Psychologist* 29, no. 5 (1974): 336; Konrad Lorenz. *On Aggression*. Trans. Marjorie Latzke, London: Methuen, 1966; Kenneth A. Dodge and John D. Coie.

"Social-Information-Processing Factors in Reactive and Proactive Aggression in Children's Peer Groups." *Journal of Personality and Social Psychology* 53, no. 6 (1987): 1146.

友だちをおもしろがらせようとしただけ

"Cliques: Behind the Labels," In the Mix. New York: Castleworks, 2000..

自分のステータスを高める最も確実な方法

Mitchell J. Prinstein and Antonius H. N. Cillessen. "Forms and Functions of Adolescent Peer Aggression Associated with High Levels of Peer Status." Merrill-Palmer Quarterly 49, no. 3 (2003): 310-42; Antonius H. N. Cillessen and Amanda J. Rose. "Understanding Popularity in the Peer System." Current Directions in Psychological Science 14, no. 2 (2005): 102-5.

名声を確立していた

"In Tense Moment, Cruise Calls Lauer Glib," http://www.today.com/id/8344309#.WBuBSPorLa8, June 28, 2005.

自分は科学者ではないと

Seth Mnookin. The Panic Virus: A True Story of Medicine, Science, and Fear. New York:

Simon & Schuster, 2011.

一九七五年のアンケートでは

ロバート・パットナム『孤独なボウリング――米国コミュニティの崩壊と再生』 柏書房 2006年

似たような研究結果

Joan Jacobs, Brumberg. *The Body Project: An Intimate History of American Girls*. New York: Vintage, 2010.

「欲求の五段階」

Abraham Harold Maslow. "A Theory of Human Motivation." *Psychological Review* 50, no. 4 (1943): 370.

ある程度は文化に根づいて

Christopher S. Sheppard, et al. "Is Popularity Universal? A Cross-cultural Examination of Popularity Among Peers." Manuscript in preparation (2016); also see Li Niu, Shenghua Jin, Ling Li, and Doran C. French. "Popularity and Social Preference in Chinese Adolescents: Associations with Social and Behavioral Adjustment." *Social Development* 25, no. 4 (2016): 828-45.

メディアは「スーパーピア」

Jane D. Brown, Carolyn Tucker Halpern, and Kelly Ladin L' Engle. "Mass Media as a Sexual Super Peer for Early Maturing Girls." *Journal of Adolescent Health* 36, no. 5 (2005): 420-27; Victor C. Strasburger, Barbara J. Wilson, and Amy B. Jordan. *Children, Adolescents, and the Media*. Thousand Oaks, CA: Sage Publishing, 2009.

社会学者のジョシュア・ガムソンとデニス・マクウェール

Joshua Gamson. Claims to Fame: Celebrity in Contemporary America. Berkeley, CA: University of California Press, 1994; Denis McQuail. MassCcommunication. New York: John Wiley & Sons, 1983; Violina P. Rindova, Timothy G. Pollock, and Mathew LA Hayward. "Celebrity Firms: The Social Construction of Market Popularity." Academy of Management Review 31, no. 1 (2006): 50-71.

ステータスがあるかどうかでうつにつながる

Marlene J. Sandstrom and Antonius H. N. Cillessen. "Likeable Versus Popular: Distinct Implications for Adolescent Adjustment." *International Journal of Behavioral Development* 30, no. 4 (2006): 305-14.

「超」がつく有名人数十人に

Donna Rockwell and David C. Giles. "Being a Celebrity: A Phenomenology of Fame." Journal of Phenomenological Psychology 40, no. 2 (2009): 178-210.

CEOの半数はうつ病を発症した

"Faces of Depression: Philip Burguières" in the series Depression: Out of the Shadows

+ Take One Step: Caring for Depression, with Jane Pauley. PBS, http://www.pbs.org/wgbh/takeonestep/depression/faces.html.

ダン・レイノルズ

"Imagine Dragons on Being 'Atypical' Rock Stars, and Singer Dan Reynolds on His Depression Struggles and Conflicts with His Mormon Faith," Billboard, February 13, 2015,

http://www.billboard.com/articles/6472705/imagine-dragons-cover-smoke-and-mirrors-touring-grammys.

イアン・ソープ

"Ian Thorpe: 'I was surrounded by people but had this intense loneliness.' " The Guardian, November 12, 2012,

https://www.theguardian.com/sport/2012/nov/12/ian-thorpe-swimming-depression

ジョセフ・アレン教授のチーム

Joseph P. Allen, Megan M. Schad, Barbara Oudekerk, and Joanna Chango. "Whatever Happened to the 'Cool' Kids? Long-term Sequelae of Early Adolescent Pseudomature Behavior." *Child Development* 85, no. 5 (2014): 1866-80.

「外発的な目標」

Kennon M. Sheldon, Richard M. Ryan, Edward L. Deci, and Tim Kasser. "The Independent Effects of Goal Contents and Motives on Well-being: It's Both What You Pursue and Why You Pursue It." *Personality and Social Psychology Bulletin* 30, no. 4 (2004): 475-86.

44

世界最大手のブランド

Interbrand, 2015, http://interbrand.com/best-brands/best-global-brands/2015/ranking/in October.

マシュー・サルガニクとヤフー・リサーチ主任研究員のダンカン・ワッツ

Matthew J. Salganik and Duncan J. Watts. "Leading the Herd Astray: An Experimental Study of Self-fulfilling Prophecies in an Artificial Cultural Market." *Social Psychology Quarterly* 71, no. 4 (2008): 338-55.

チャールズ・マッケイ

『狂気とバブル――なぜ人は集団になると愚行に走るのか』 バンローリング 2004年

「人間は集団で狂気に走る場合もあり」

同上

ジェフリー・コーエンと共同で

Geoffrey L. Cohen and Mitchell J. Prinstein. "Peer Contagion of Aggression and Health Risk Behavior Among Adolescent Males: An Experimental Investigation of Effects on Public Conduct and Private Attitudes." *Child Development* 77, no. 4 (2006): 967-83.

アメリカでは四人に一人が

Centers for Disease Control and Prevention. Youth Risk Behavior Survey Data (2015), available at: www.cdc.gov/yrbs.

その他には北に

Nathalie Wolchover. "Why Did Humans Prevail?" *Live Science*, June 6, 2012, http://www .livescience.com/20798-humans-prevailed-neanderthals.html; Robert Boyd and Joan B. Silk. *How Humans Evolved*. New York: W. W. Norton, 2012; Robert C. Berwick, Marc Hauser, and Ian Tattersall. "Neanderthal Language? Just-So Stories Take Center Stage." *Frontiers in Psychology* 4 (2013): 671.

ジュリアン・ホルト*=*ランスタッド

Julianne Holt-Lunstad, Timothy B. Smith, and J. Bradley Layton. "Social Relationships and Mortality Risk: A Meta-analytic Review." *PLoS Med* 7, no. 7 (2010): e1000.316.

死因のトップテン

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-Based Injury Statistics Query and Reporting System (WISQARS) [online], (2005). Retrieved December 14, 2016 from www.cdc.gov/injury/wisqars.

仲間外れは自殺行為の大きな引き金

Nicole Heilbron and Mitchell J. Prinstein. "Adolescent Peer Victimization, Peer Status, Suicidal Ideation, and Nonsuicidal Self-injury: Examining Concurrent and Longitudinal Associations." *Merrill-Palmer Quarterly* 56, no. 3 (2010): 388-419; Mitch Van Geel, Paul Vedder, and Jenny Tanilon. "Relationship Between Peer Victimization, Cyberbullying, and Suicide in Children and Adolescents: A Meta-analysis." *JAMA Pediatrics* 168, no. 5 (2014): 435-42.

キャスリーン・ミュラン・ハリス

Yang Claire Yang, et al. "Social Relationships and Physiological Determinants of Longevity Across the Human Life Span." *Proceedings of the National Academy of Sciences* 113, no. 3 (2016): 578-83.

支援グループに参加しただけで

David Spiegel, Helena C Kraemer, Joan R. Bloom, and Ellen Gottheil. "Effect of Psychosocial Treatment on Survival of Patients with Metastatic Breast Cancer."

Lancet 334, no. 8668 (1989): 888-91; Bert N. Uchino, John T. Cacioppo, and Janice K. Kiecolt-laser. "The Relationship Between Social Support and Physiological

Processes: A Review with Emphasis on Underlying Mechanisms and Implications for Health." *Psychological Bulletin* 119, no. 3 (1996): 488.

コルチゾールの分泌が多すぎたり少なすぎたり

Bruce S. McEwen. "Stress, Adaptation, and Disease: Allostasis and Allostatic Load." Annals of the New York Academy of Sciences 840, no. 1 (1998): 33-44; Anna C. Phillips, Annie T. Ginty, and Brian M. Hughes. "The Other Side of the Coin: Blunted Cardiovascular and Cortisol Reactivity Are Associated with Negative Health Outcomes." International Journal of Psychophysiology 90, no. 1 (2013): 1-7.

コルチゾールについて

Casey D. Calhoun, et al. "Relational Victimization, Friendship, and Adolescents' Hypothalamic- Pituitary-Adrenal Axis Responses to an in Vivo Social Stressor." Development and Psychopathology 26, no. 03 (2014): 605-18; Ellen Peters, J. Marianne Riksen-Walraven, Antonius H. N. Cillessen, and Carolina de Weerth. "Peer Rejection and HPA Activity in Middle Childhood: Friendship Makes a Difference." Child Development 82, no. 6 (2011): 1906-20; Casey D. Calhoun. "Depressive Symptoms and Acute HPA Axis Stress Regulation in the Context of Adolescent Girls' Friendships." Dissertation Abstracts International, forthcoming.

ナオミ・アイゼンベルガー教授

Naomi I. Eisenberger, Matthew D. Lieberman, and Kipling D. Williams. "Does Rejection Hurt? An fMRI Study of Social Exclusion." *Science* 302, no. 5643 (2003): 290-92; Naomi I. Eisenberger and Matthew D. Lieberman. "Why Rejection Hurts: A Common Neural Alarm System for Physical and SocialPain." *Trends in Cognitive Sciences* 8, no. 7 (2004): 294-300; Naomi I. Eisenberger. "Social Pain and the Brain: Controversies, Questions, and Where to Go from Here." *Annual Review of Psychology* 66 (2015): 601-29.

脳の同じ部位に影響が

Helen E. Fisher, et al. "Reward, Addiction, and Emotion Regulation Systems Associated with Rejection in Love." *Journal of Neurophysiology* 104, no. 1 (2010): 51-60; Ethan Kross, et al. "Neural Dynamics of Rejection Sensitivity." *Journal of Cognitive Neuroscience* 19, no. 6 (2007): 945-56; Harald Gündel, et al. "Functional Neuroanatomy of Grief: An fMRI Study." *American Journal of Psychiatry* 160, no. 11 (2003): 1946-53; Eisenberger. "Social Pain and the Brain."

頭痛薬で社会的な痛みが楽になる

C. Nathan DeWall, et al. "Acetaminophen Reduces Social Pain-Behavioral and Neural Evidence." *Psychological Science* 21 no. 7 (2010): 931-937.

ある情報は使われるのに対し

C. D. Allis, T. Jenuwein, D. Reinberg, and M. Caparros. *Epigenetics*. Cold Spring Harbor, NY: Cold Spring Harbor Laboratory Press, 2007.

「社会とヒトゲノムの関係」

George M. Slavich and Steven W. Cole. "The Emerging Field of Human Social Genomics." Clinical Psychological Science 1, no. 3 (2013): 331-348.

「社会的な排他に対して極めて敏感」

ジョージ・スラビッチへのインタビュー 2014年10月11日実施

慢性炎症に伴うさまざまな疾患

Christine Gorman and Alice Park. "Inflammation Is a Secret Killer: A Surprising Link Between Inflammation and Asthma, Heart Attacks, Cancer, Alzheimer's and Other Diseases." *Time,* February 23, 2004.

「いじめられるかも」と想像したり

George M. Slavich and Michael R. Irwin. "From Stress to Inflammation and Major Depressive Disorder: A Social Signal Transduction Theory of Depression." *Psychological Bulletin* 140, no. 3 (2014): 774; personal interview with George Slavich, October 11, 2014.

「分子のリモデリング」

ジョージ・スラビッチへのインタビュー 2014年10月11日実施

親友がいないと感じる人

Julianne Holt-Lunstad, Timothy B. Smith, and J. Bradley Layton. "Social Relationships and Mortality Risk: A Meta-analytic Review." *PLoS Med* 7, no. 7 (2010): e1000.316.

◆5

仲間の力関係というのは

Willard W. Hartup and Nan Stevens. "Friendships and Adaptation in the Life Course." *Psychological Bulletin* 121, no. 3 (1997): 355.

「受容される子」は長期間にわたって

Jeffrey G. Parker and Steven R. Asher. "Peer Relations and Later Personal Adjustment: Are Low-Accepted Children at Risk?." *Psychological Bulletin* 102, no. 3 (1987): 357; Scott D. Gest, Arturo Sesma Jr., Ann S. Masten, and Auke Tellegen. "Childhood Peer Reputation as a Predictor of Competence and Symptoms 10 Years Later." *Journal of Abnormal Child Psychology* 34, no. 4 (2006): 507-24; Xinyin Chen, et al. "Sociability and Prosocial Orientation as Predictors of YouthAdjustment: A Seven-Year Longitudinal

Study in a Chinese Sample." International Journal of Behavioral Development 26, no. 2 (2002): 128-36; also see: Peter Zettergren, Lars R. Bergman, and Margit Wångby. "Girls' Stable Peer Status and Their Adulthood Adjustment: A Longitudinal Study from Age 10 to Age 43." International Journal of Behavioral Development 30, no. 4 (2006): 315-25; Jelena Obradović, Keith B. Burt, and Ann S. Masten. "Testing a Dual Cascade Model Linking Competence and Symptoms over 20 Years from Childhood to Adulthood." Journal of Clinical Child & Adolescent Psychology39, no. 1 (2009): 90-102; Michelle M. Englund, et al. "Early Roots of Adult Competence: The Significance of Close Relationships from Infancy to Early Adulthood." International Journal of Behavioral Development 35, no. 6 (2011): 490-96; Ann S. Masten, et al. "The Significance of Childhood Competence and Problems foAdult Success inWork: A Developmental Cascade Analysis." Development and Psychopathology 22, no. 03 (2010): 679-94.

人が好かれる理由には

Andrew F. Newcomb, William M. Bukowski, and Linda Pattee. "Children's Peer Relations: A Meta-analytic Review of Popular, Rejected, Neglected, Controversial, and Average Sociometric Status." *Psychological Bulletin* 113, no. 1 (1993): 99

「青い目・茶色い目」

William Peters. A Class Divided: Then and Now, vol. 14021. New Haven, CT: Yale University Press, 1987.

「アイスクリームが売れると殺人事件も増える」

Craig A. Anderson, et al. "Temperature and Aggression." *Advances in Experimental Social Psychology* 32 (2000.): 63-133.

スウェーデンの若者一万人超

Ylva B. Almquist and Lars Brännström. "Childhood Peer Status and the Clustering of Social, Economic, and Health-Related Circumstances in Adulthood." *Social Science & Medicine* 105 (2014): 67-75; P. E. Gustafsson, et al. "Do Peer Relations in Adolescence Influence Health in Adulthood? Peer Problems in the School Setting and the Metabolic Syndrome in Middle-Age." *PLoS One* 7(6), e39385.

まずは高校一年生の被験者

Mitchell J. Prinstein and Julie Wargo Aikins. "Cognitive Moderators of the Longitudinal Association Between Peer Rejection and Adolescent Depressive Symptoms." Journal of Abnormal Child Psychology 32, no. 2 (2004): 147-58.

早々に情の深い交友関係を築く

Jeffrey G. Parker, and Steven R. Asher. "Friendship and Friendship Quality in Middle Childhood: Links with Peer Group Acceptance and Feelings of Loneliness and Social Dissatisfaction." *Developmental Psychology* 29, no. 4 (1993): 611.

真剣な恋愛を経験

W. Furman, B. B. and C. Feiring. *The Development of Romantic Relationships in Adolescence*. Cambridge, MA: Cambridge University Press, 1999.

人に好かれない原因をつくる言動

Andrew F. Newcomb, William M. Bukowski, and Linda Pattee. "Children's Peer Relations: A Meta-analytic Review of Popular, Rejected, Neglected, Controversial, and Average Sociometric Status." *Psychological Bulletin* 113, no. 1 (1993): 99.

こうした悪循環は早くは幼稚園のころから

Jennifer E. Lansford, et al. "Developmental Cascades of Peer Rejection, Social Information Processing Biases, and Aggression During Middle Childhood." *Development and Psychopathology* 22, no. 03 (2010): 593-602.

模倣はひっそりと

Jessica L. Lakin, Valerie E. Jefferis, Clara Michelle Cheng, and Tanya L. Chartrand. "The Chameleon Effect as Social Glue: Evidence for the Evolutionary Significance of Nonconscious Mimicry." *Journal of Nonverbal Behavior* 27, no. 3 (2003): 145-62; Roland Neumann and Fritz Strack. "'Mood Contagion': The Automatic Transfer of Mood Between Persons." *Journal of Personality and Social Psychology* 79, no. 2 (2000.): 211; John A. Bargh and Tanya L. Chartrand. "The Unbearable Automaticity of Being." *American Psychologist* 54, no. 7 (1999): 462.

認知をつかさどる領域と

Harald G. Wallbott. "Congruence, Contagion, and Motor Mimicry: Mutualities in Nonverbal Exchange." In *Mutualities in Dialogue*. I. Markova, C. F. Graumann, K. Foppa (eds.). New York: Cambridge University Press, 1995: 82-98.

被験者は動作がのろく

John A. Bargh, Mark Chen, and Lara Burrows. "Automaticity of Social Behavior: Direct Effects of Trait Construct and Stereotype Activation on Action." *Journal of Personality and Social Psychology* 71, no. 2 (1996): 230.

ベルギーで、お見合いパーティー

Madeline L. Pe, Ian H. Gotlib, Wim Van Den Noortgate, and Peter Kuppens. "Revisiting Depression Contagion as a Mediator of the Relation Between Depression and Rejection: A Speed-Dating Study." *Clinical Psychological Science* 4, no. 4 (2015): 675-682.

「過剰な再確認傾向」

Thomas E. Joiner and Gerald I. Metalsky. "Excessive Reassurance Seeking: Delineating a RiskFactor Involved in the Development of Depressive Symptoms." *Psychological Science* 12, no. 5 (2001): 371–78; James C. Coyne. "Toward an Interactional Description of Depression." *Psychiatry* 39, no. 1 (1976): 28–40.

再確認傾向は思春期に始まる

Mitchell J. Prinstein, et al. "Adolescent Girls' Interpersonal Vulnerability to Depressive Symptoms: A Longitudinal Examination of Reassurance-Seeking and Peer Relationships." *Journal of Abnormal Psychology* 114, no. 4 (2005): 676.

◆6

身長と収入に関係がある

Nicola Persico, Andrew Postlewaite, and Dan Silverman. *The Effect of Adolescent Experience on Labor Market Outcomes: The Case of Height*. No. w10522, National Bureau of Economic Research: Cambridge, MA, 2004.

脳は過去の「人気」にかかわる経験

Emerging evidence on the importance of autobiographical memory on present and future cognition comes from: Reliance on our memories to imagine the future: Donna Rose Addis, et al. "Constructive Episodic Simulation of the Future and the Past: Distinct Subsystems of a Core Brain Network Mediate Imagining and Remembering."

Neuropsychologia 47, no. 11 (2009): 2222-38; R. Nathan Spreng and Cheryl L. Grady. "Patterns of Brain Activity Supporting Autobiographical Memory, Prospection, and Theory of Mind, and Their Relationship to the Default Mode Network." Journal of Cognitive Neuroscience 22, no. 6 (2010): 1112-23; Mathieu Roy, Daphna Shohamy, and Tor D. Wager. "Ventromedial Prefrontal-Subcortical Systems and the Generation of Affective Meaning." Trends in Cognitive Sciences 16, no. 3 (2012): 147-56.

脳は劇的に発達する

Sarah-Jayne Blakemore and Suparna Choudhury. "Development of the Adolescent Brain: Implications for Executive Function and Social Cognition." *Journal of Child Psychology and Psychiatry* 47, no. 3-4 (2006): 296-312; Joan Stiles and Terry L. Jernigan. "The Basics of Brain Development." Neuropsychology Review 20, no. 4 (2010): 327-48; Rhoshel K. Lenroot and Jay N. Giedd. "Brain Development in Children and Adolescents: Insights from Anatomical Magnetic Resonance Imaging." Neuroscience & Biobehavioral Reviews 30, no. 6 (2006): 718-29.

これまで考えられていた以上に

Kristen A. Lindquist, et al. "The Brain Basis of Emotion: A Meta-analytic Review." *Behavioral and Brain Sciences* 35, no. 03 (2012): 121-43; Kristen A. Lindquist and Lisa Feldman Barrett. "A Functional Architecture of the Human Brain: Emerging Insights from the Science of Emotion." *Trends in Cognitive Sciences* 16, no. 11 (2012): 533-40.

「社会的情報処理のステップ」

Nicki R. Crick and Kenneth A. Dodge. "A Review and Reformulation of Social Information-Processing Mechanisms in Children's Social Adjustment." *Psychological Bulletin* 115, no. 1 (1994): 74; Elizabeth A. Lemerise and William F. Arsenio. "An Integrated Model of Emotion Processes and Cognition in Social Information Processing." *Child Development* 71, no. 1 (2000.): 107-18.

「ヘルスマッサージ・スタジオ」

Sally E. Bahner." Marlow's Prostitution Update: Investigation Ongoing; More Arrests Expected," *Branford Eagle* (Branford, CT), January 20, 2010.

イギリスの心理学者チーム

Munirah Bangee, et al. "Loneliness and Attention to Social Threat in Young Adults: Findings from an Eye Tracker Study." *Personality and Individual Differences* 63 (2014): 16-23.

「抑うつ的リアリズム」

Michael T. Moore and David M. Fresco. "Depressive Realism: A Meta-analytic Review." Clinical Psychology Review 32, no. 6 (2012): 496-509.

「ステータスが低いと感じさせられた被験者」

Adam D. Galinsky, Joe C. Magee, M. Ena Inesi, and Deborah H. Gruenfeld. "Power and Perspectives Not Taken." *Psychological Science* 17, no. 12 (2006): 1068-74; Michael W. Kraus, Stéphane Côté, and Dacher Keltner. "Social Class, Contextualism, and Empathic Accuracy." *Psychological Science* 21, no. 11 (2010): 1716-1723; Keely A. Muscatell, et al. "Social Status Modulates Neural Activity in the Mentalizing Network." *Neuroimage* 60, no. 3 (2012): 1771-77.

箱が一つ置かれている

Adapted from: Fritz Heider and Marianne Simmel. "An Experimental Study of Apparent Behavior." *American Journal of Psychology* 57, no. 2 (1944): 243-59.

「拒絶感受性バイアス」

Geraldine Downey and Scott I. Feldman. "Implications of Rejection Sensitivity for Intimate Relationships." *Journal of Personality and Social Psychology* 70, no. 6 (1996): 1327.

このタイプの先入観があると

Rachel M. Calogero, Lora E. Park, Zara K. Rahemtulla, and Katherine CD Williams. "Predicting Excessive Body Image Concerns Among British University Students: The Unique Role of Appearance-Based Rejection Sensitivity." *Body Image* 7, no. 1 (2010): 78-81; Renzo Bianchi, Irvin Sam Schonfeld, and Eric Laurent. "Interpersonal Rejection Sensitivity Predicts Burnout: A Prospective Study." *Personality and Individual*

Differences 75 (2015): 216-19; Teresa J. Marin and Gregory E. Miller. "The Interpersonally Sensitive Disposition and Health: An Integrative Review."

Psychological Bulletin 139, no. 5 (2013): 941; Mattie Tops, et al. "Rejection Sensitivity Relates to Hypocortisolism and Depressed Mood State in Young Women."

Psychoneuroendocrinology 33, no. 5 (2008): 551-59; Katherine A. Pearson, Edward R. Watkins, and Eugene G. Mullan. "Rejection Sensitivity Prospectively Predicts Increased Rumination." Behaviour Research and Therapy 49, no. 10 (2011): 597-605; Ozlem Ayduk, Geraldine Downey, and Minji Kim. "Rejection Sensitivity and Depressive Symptoms in Women." Personality and Social Psychology Bulletin 27, no. 7 (2001): 868-77.

他者からの評価で神経がどう反応するか

Katherine E. Powers, Leah H. Somerville, William M. Kelley, and Todd F. Heatherton. "Rejection Sensitivity Polarizes Striatal-Medial Prefrontal Activity When Anticipating Social Feedback." *Journal of Cognitive Neuroscience* 25, no. 11 (2013): 1887-95.

敵対心の先入観を持つ人

William Nasby, Brian Hayden, and Bella M. DePaulo. "Attributional Bias Among Aggressive Boys to Interpret Unambiguous Social Stimuli as Displays of Hostility." *Journal of Abnormal Psychology* 89, no. 3 (1980): 459; Kenneth A. Dodge. "Social Cognition and Children's Aggressive Behavior." *Child Development* 51, no. 1 (1980): 162-70; Esther Feldman and Kenneth A. Dodge. "Social Information Processing and Sociometric Status: Sex, Age, and Situational Effects." *Journal of Abnormal Child Psychology* 15, no. 2 (1987): 211-27.

先入観にとらわれたまま生きる子ども

Nicole E. Werner. "Do Hostile Attribution Biases in Children and Parents Predict Relationally Aggressive Behavior?." Journal of Genetic Psychology173, no. 3 (2012): 221-45; Zhiqing E. Zhou, Yu Yan, Xin Xuan Che, and Laurenz L. Meier. "Effect of Workplace Incivility on End-of- Work Negative Affect: Examining Individual and Organizational Moderators in a Daily Diary Study." Journal of Occupational Health Psychology 20, no. 1 (2015): 117; Christopher I. Eckhardt, Krista A. Barbour, and Gerald C. Davison. "Articulated Thoughts of Maritally Violent and Nonviolent Men During Anger Arousal." Journal of Consulting and Clinical Psychology 66, no. 2 (1998): 259.

「反応の先入観」

Elizabeth A Lemerise, et al "Do Provocateurs' Emotion Displays Influence Children's Social Goals and Problem Solving?." *Journal of Abnormal Child Psychology* 34, no. 4 (2006): 555-67; David A. Nelson and Nicki R. Crick. "Rose-Colored Glasses: Examining the Social Information-Processing of Prosocial Young Adolescents." Journal of Early Adolescence 19, no. 1 (1999): 17-38.

感情的になっているときや酔っ払ったときなどに

Richard L. Ogle and William R. Miller. "The Effects of Alcohol Intoxication and Gender on the Social Information Processing of Hostile Provocations Involving Male and Female Provocateurs." *Journal of Studies on Alcohol* 65, no. 1 (2004): 54-62; David Schultz, Angela Grodack, and Carroll E. Izard. "State and Trait Anger, Fear, and Social Information Processing." *International Handbook of Anger*. New York: Springer, 2010, 311-25.

\$7

二人はこの議論をきっかけに

Alan Farnham. "Hot or Not's Co-Founders: Where Are They Now?," ABC News, June 2, 2014.

グーグルでさえ

"Our history in depth," retrieved July 8, 2016 from https://www.google.com/about/company/history/.

ハーバード大学の学生を対象にした

Katharine A. Kaplan. "Facemash Creator Survives Ad Board." *Harvard Crimson*, November 19, 2003.

このようなことがSNSでも起きる可能性

Lauren E. Sherman, et al. "The Power of the Like in Adolescence Effects of Peer Influence on Neural and Behavioral Responses to Social Media." *Psychological Science* 27 no. 7 (2016): 1027-1035.

ピュー研究所

Amanda Lenhart. "Teen, Social Media and Technology Overview 2015." Pew Research Center, April 2015; Andrew Perrin." Social Networking Usage: 2005-2015." Pew Research Center, October 2015. Available at:

http://www.pewinternet.org/2015/10/08/2015/Social-Networking-Usage-005-015.

「フェイスブックうつ」

Lauren A. Jelenchick, Jens C. Eickhoff, and Megan A. Moreno. "Facebook Depression?' Social Networking Site Use and Depression in Older Adolescents." *Journal of Adolescent Health* 52, no. 1 (2013): 128-30.

「ネットの過度な使用」

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. American Psychiatric Pub., 2013; Jerald J. Block. "Issues for *DSM-V*: Internet Addiction." *American Journal of Psychiatry* 165, no. 3 (2008): 306-7.

けんかをしても仲直りできなかったり

Jacqueline Nesi, Laura Widman, Sophia Choukas-Bradley, and Mitchell J. Prinstein. "Technology-Based Communication and the Development of Interpersonal Competencies Within Adolescent Romantic Relationships: A Preliminary Investigation." *Journal of Research on Adolescence* (2016). Retrieved December 14, 2016, http://online library.wiley.com/doi/10.1111/jora.12274/abstract.

あるラジオ番組

Ira Glass. "573: Status Update," This American Life, November 27, 2015.

コメントやフィードバックをやたらに

Jacqueline Nesi and Mitchell J. Prinstein. "Using Social Media for Social Comparison and Feedback-Seeking: Gender and Popularity Moderate Associations with Depressive Symptoms." *Journal of Abnormal Child Psychology* 43, no. 8 (2015): 1427-38.

オーストラリアのロックバンド

"5SOS: How We Bounced Back from Unpopularity." *Tiger Beat* magazine, May 2015; "How to Be Social Media Famous!" *Tiger Beat* magazine, May 2015.

「あなたの手料理に皆が注目」

Julia Kramer. "Blow Up Your Feed: The 10 Commandments of Taking Instagram Food Pics." Bon Appetit, March 2016.

人気のハッシュタグ

Jason DeMers. "50 Free Ways to Increase Your Instagram Followers." *Forbes*, June 18, 2015.

前頭前皮質の活動が弱まり

Lauren E. Sherman, et al. "The Power of the Like in Adolescence: Effects of Peer Influence on Neural and Behavioral Responses to Social Media." *Psychological Science* 27, no. 7 (2016): 1027-1035.

◆8

母親自身の幼少期の記憶

Martha Putallaz, Philip R. Costanzo, and Rebecca B. Smith. "Maternal Recollections of Childhood Peer Relationships: Implications for Their Children's Social Competence." Journal of Social and Personal Relationships 8, no. 3 (1991): 403-22; Mitchell J. Prinstein and Annette M. La Greca. "Links Between Mothers' and Children's Social Competence and Associations with Maternal Adjustment." *Journal of Clinical Child Psychology* 28, no. 2 (1999): 197-210.

母親の記憶を「社会的なフレーム」

Martha Putallaz, Tovah P. Klein, Philip R. Costanzo, and Lea A. Hedges. "Relating Mothers' Social Framing to Their Children's Entry Competence with Peers." *Social Development* 3, no. 3 (1994): 222-37.

容姿は、「人として好かれる人気」

Judith H. Langlois, et al. "Maxims or Myths of Beauty? A Meta-analytic and Theoretical Review." *Psychological Bulletin* 126, no. 3 (2000.): 390.

肥満の子どもは、よりいじめられる

Michelle J. Pearce, Julie Boergers, and Mitchell J. Prinstein. "Adolescent Obesity, Overt and Relational Peer Victimization, and Romantic Relationships." *Obesity Research* 10, no. 5 (2002): 386-93.

一番かわいくないとされた子ども

Kenneth A. Dodge. "Behavioral Antecedents of Peer Social Status." *Child Development* 54, no. 6 (1983): 1386-99; Brian E. Vaughn and Judith H. Langlois. "Physical Attractiveness as a Correlate of Peer Status and Social Competence in Preschool Children." *Developmental Psychology* 19, no. 4 (1983): 561; Patricia H. Hawley, Sarah E. Johnson, Jennifer A. Mize, and Kelly A. McNamara. "Physical Attractiveness in Preschoolers: Relationships with Power, Status, Aggression and Social Skills. *Journal of School Psychology*, 45, no. 5 (2007): 499-521.

生後わずか三カ月の乳児でも

Judith H. Langlois, et al. "Infant Preferences for Attractive Faces: Rudiments of a Stereotype?" *Developmental Psychology* 23, no. 3 (1987): 363.

魅力的でない顔立ちの人がそばにいると

Judith H. Langlois, Lori A. Roggman, and Loretta A. Rieser-Danner. "Infants' Differential Social Responses to Attractive and Unattractive Faces." *Developmental Psychology* 26, no. 1 (1990): 153.

魅力的な顔立ちを「遺伝的に健康な証」

S. Michael Kalick, Leslie A. Zebrowitz, Judith H. Langlois, and Robert M. Johnson. "Does Human Facial Attractiveness Honestly Advertise Health? Longitudinal Data on an Evolutionary Question." *Psychological Science* 9, no. 1 (1998): 8-13; Judith H. Langlois, et al. "Maxims or Myths of Beauty? A Meta-analytic and Theoretical Review." *Psychological Bulletin* 126, no. 3 (2000.): 390.

魅力的な顔は、大まかにいって

Michelle de Haan, Mark H. Johnson, DaphneMaurer, and David I. Perrett. "Recognition of Individual Faces and Average Face Prototypes by 1-and 3-month-Old Infants." Cognitive Development 16, no. 2 (2001): 659-78; Judith H. Langlois and Lori A. Roggman. "Attractive Faces Are Only Average." Psychological Science 1, no. 2 (1990): 115-21; Judith H. Langlois, Lori A. Roggman, and Lisa Musselman. "What Is Average and What Is Not Average About Attractive Faces?." Psychological Science 5, no. 4 (1994): 214-20.

教師も顔立ちの整った子ども

Vicki Ritts, Miles L. Patterson, and Mark E. Tubbs. "Expectations, Impressions, and Judgments of Physically Attractive Students: A Review." *Review of Educational Research* 62, no. 4 (1992): 413-26.

親でさえも、顔立ちのかわいい子ども

Judith H. Langlois, Jean M. Ritter, Rita J. Casey, and Douglas B. Sawin. "Infant Attractiveness Predicts Maternal Behaviors and Attitudes." *Developmental Psychology* 31, no. 3 (1995): 464.

「行動抑制」といわれる特性

Jerome Kagan, J. Steven Reznick, and Nancy Snidman. "The Physiology and Psychology of Behavioral Inhibition in Children." *Annual Progress in Child Psychiatry & Child Development* (1988): 102-127; Nathan A. Fox, et al. "Behavioral Inhibition: Linking Biology and Behavior Within a Developmental Framework." *AnnualReview of Psychology* 56 (2005): 235-62; Kenneth H. Rubin and Robert J. Coplan, eds. *The Development of Shyness and Social Withdrawal*. New York: Guilford Press, 2010.

自分がどんな親になるか

Lisa Allison Efron. "Linkages Between Parents' Childhood Relationships with Their Parents and Peers, Parents' Relationships with Their Children, and Children's Peer Relationships." *Dissertation Abstracts International* 56 1998: 3504.

攻撃的な家庭環境なら

Ross D. Parke, et al. "Familial Contribution to Peer Competence Among Young Children: The Role of Interactive and Affective Processes." Family-Peer Relationships: Modes of Linkage. Hillsdale, NJ: Lawrence Erlbaum Associates, 1992, 107-34.

その雰囲気は数世代にわたって

Lisa Serbin and Jennifer Karp. "Intergenerational Studies of Parenting and the Transfer of Risk from Parent to Child." *Current Directions in Psychological Science* 12, no. 4 (2003): 138-42.

母親によって天と地ほどの差があった

Avshalom Caspi, et al. "Maternal Expressed Emotion Predicts Children's Antisocial

Behavior Problems: Using Monozygotic-Twin Differences to Identify Environmental Effects on Behavioral Development." *Developmental Psychology* 40, no. 2 (2004): 149; Ana B. Magaña, et al. "A Brief Method for Assessing Expressed Emotion in Relatives of Psychiatric Patients." *Psychiatry Research* 17, no. 3 (1986): 203-12.

子どもは嫌われ者に育ってしまう

Tara S. Peris and Stephen P. Hinshaw. "Family Dynamics and Preadolescent Girls with ADHD: The Relationship Between Expressed Emotion, ADHD Symptomatology, and Comorbid Disruptive Behavior." *Journal of Child Psychology and Psychiatry* 44, no. 8 (2003): 1177-90.

うつを発症している母親

Carolyn Zahn-Waxler, Susanne Denham, Ronald J. Iannotti, and E. Mark Cummings. "Peer Relations in Children with a Depressed Caregiver." In *Family-Peer Relationships: Modes of Linkage*, 317-44; Geraldine Downey and James C. Coyne. "Children of Depressed Parents: An Integrative Review." *Psychological Bulletin* 108, no. 1 (1990): 50.

乳児の脳で生物学的な反応

Tiffany Field. "Touch for Socioemotional and Physical Well-being: A Review." Developmental Review 30, no. 4 (2010): 367-83; Miguel A. Diego, et al. "Facial Expressions and EEG in Infants of Intrusive and Withdrawn Mothers with Depressive Symptoms." Depression and Anxiety 15, no. 1 (2002): 10-17.

強い感情を抱いたり抑えたりする

Adi Granat, Reuma Gadassi, Eva Gilboa-Schechtman, and Ruth Feldman. "Maternal Depression and Anxiety, Social Synchrony, and Infant Regulation of Negative and Positive Emotions." *Emotion* (2016). Retrieved December 14, 2016 from doi:10.1037/emo000.0204.

心理学者はこの親子の関係を「愛着」と呼んでいる

Mary D. Salter Ainsworth, Mary C. Blehar, Everett Waters, and Sally Wall. *Patterns of Attachment: A Psychological Study of the Strange Situation.* Oxford, England: Lawrence Erlbaum Associates, Inc. 1978. Reissued by Psychology Press, 2015.

「安心」の愛着関係にある子ども

J. Elicker, Michelle England and L. Alan Sroufe. "Predicting Peer Competence and Peer Relationships in Childhood from EarlyParent-Child Relationships." In *Family-Peer Relationships: Modes of Linkage.* R. D. Parke, G. W. Ladd (eds.) Hillsdale, NJ: Lawrence Erlbaum Associates, Inc., 1992: 77-106.

実の親子ではない

Geert-Jan J. M. Stams, Femmie Juffer, and Marinus H. van IJzendoorn. "Maternal Sensitivity, Infant Attachment, and Temperament in Early Childhood Predict Adjustment in Middle Childhood: The Case of Adopted Children and Their Biologically Unrelated Parents." Developmental Psychology 38, no. 5 (2002): 806.

社会での振る舞いを学ぶ土台

Kevin MacDonald and Ross D. Parke. "Bridging the Gap: Parent-Child Play Interaction and Peer Interactive Competence." *Child Development* 55, no. 4 (1984): 1265-77; Eric W. Lindsey, Jacquelyn Mize, and Gregory S. Pettit. "Mutuality in Parent-Child Play: Consequences for Children's Peer Competence." *Journal of Social and Personal Relationships* 14, no. 4 (1997): 523-38

ゲームの進め方や順序などを、全部自分で決めてしまう親

Kenneth H. Rubin, et al. "Intrapersonal and Maternal Correlates of Aggression, Conflict, and Externalizing Problems in Toddlers." *Child Development* 69, no. 6 (1998): 1614-29.

父親の遊び方も重要

Eric W. Lindsey, Penny R. Cremeens, and Yvonne M. Caldera. "Mother-Child and Father-Child Mutuality in Two Contexts: Consequences for Young Children's Peer Relationships." *Infant and Child Development* 19, no. 2 (2010): 142-60; Gary W. Ladd and Gregory S. Pettit. "Parenting and the Development of Children's Peer Relationships." *Handbook of Parenting Volume 5: Practical Issues in Parenting* (2002): 268.

子どもの気持ちに極度に敏感

Regina A. Finnegan, Ernest V. E. Hodges, and David G. Perry. "Victimization by Peers: Associations with Children's Reports of Mother-Child Interaction." *Journal of Personality and Social Psychology* 75, no. 4 (1998): 1076.

子どもの社会生活に干渉しすぎて

Ladd and Pettit. "Parenting and the Development of Children's Peer Relationships.

発達心理学者はこの過程を

Ibid.; Gary W. Ladd and Craig H. Hart. "Creating Informal Play Opportunities: Are Parents' and Preschoolers' Initiations Related to Children's Competence with Peers?" *Developmental Psychology* 28, no. 6 (1992): 1179; Navaz P. Bhavnagri and Ross D. Parke. "Parents as Direct Facilitators of Children's Peer Relationships: Effects of Age of Child and Sex of Parent." *Journal of Social and Personal Relationships* 8, no. 3 (1991): 423-40; Gary W. Ladd and Craig H. Hart. "Creating Informal Play Opportunities: Are Parents' and Preschoolers' Initiations Related to Children's Competence with Peers?" *Developmental Psychology* 28, no. 6 (1992): 1179.

自分の子どもが(一歳から二歳)がほかの子と

Bhavnagri and Parke. "Parents as Direct Facilitators of Children's Peer

Relationships.

親は子どもの遊びに距離を置く

Gary W. Ladd, and Beckie S. Golter. "Parents' Management of Preschooler's Peer Relations: Is It Related to Children's Social Competence?" *Developmental Psychology* 24, no. 1 (1988): 109.

子どもが悩んでいるときの指導

Susan P. Lollis, Hildy S. Ross, and Ellen Tate. "Parents' Regulation of Children's Peer Interactions: Direct Influences." *Family-Peer Relationships: Modes of Linkage* R. D. Parke, G. W. Ladd (eds.) Hillsdale, NJ: Lawrence Erlbaum Associates, Inc., 1992: 255-281

「人気」に関する世代間の類似点

Martha Putallaz. "Maternal Behavior and Children's Sociometric Status." *Child Development* 58, no. 2 (1987): 324-40.

少なくとも二日に一回は

Robert D. Laird, et al. "Mother-Child Conversations About Peers: Contributions to Competence." Family Relations: An Interdisciplinary Journal of Applied Family Studies 43, no. 4 (1994): 425-32.

これが子どもの人間関係に影響を

Ibid.; Jacquelyn Mize and Gregory S. Pettit. "Mothers' Social Coaching, Mother-Child Relationship Style, and Children's Peer Competence: Is the Medium the Message?." *Child Development* 68, no. 2 (1997): 312-23.

思春期を迎えても親のアドバイスは必要

Eric M. Vernberg, Susan H. Beery, Keith K. Ewell, and David A. Absender. "Parents' Use of Friendship Facilitation Strategies and the Formation of Friendships in Early Adolescence: A Prospective Study." *Journal of Family Psychology* 7, no. 3 (1993): 356.

心理学用語でいうところの「帰属スタイル」

Lyn Y. Abramson, Martin E. Seligman, and John D. Teasdale. "Learned Helplessness in Humans: Critique and Reformulation." *Journal of Abnormal Psychology* 87, no. 1 (1978): 49; Lyn Y. Abramson, Gerald I. Metalsky, and Lauren B. Alloy. "Hopelessness Depression: A Theory-Based Subtype of Depression." *Psychological Review*96, no. 2 (1989): 358; Benjamin L. Hankin and Lyn Y. Abramson. "Development of Gender Differences in Depression: An Elaborated Cognitive Vulnerability-Transactional Stress Theory." *Psychological Bulletin* 127, no. 6 (2001): 773.

サンドラ・グラハム教授とヤーナ・ジュボナン教授

Sandra Graham and Jaana Juvonen. "Self-blame and Peer Victimization in Middle School:

An Attributional Analysis." Developmental Psychology 34, no. 3 (1998): 587.

子どもの「帰属スタイル」は、親の影響が

Judy Garber and Cynthia Flynn. "Predictors of Depressive Cognitions in Young Adolescents." *Cognitive Therapy and Research* 25, no. 4 (2001): 353-76.

修正は比較的容易

Aaron T. Beck, ed. *Cognitive Therapy of Depression*. New York: Guilford Press, 1979; Judith S. Beck. *Cognitive Behavior Therapy: Basics and Beyond*. New York: Guilford Press, 2011.

いじめの加害者は、非常に厳しいしつけ

Kenneth A. Dodge, et al. "Reactive and Proactive Aggression in School Children and Psychiatrically Impaired Chronically Assaultive Youth." *Journal of Abnormal Psychology* 106, no. 1 (1997): 37.

彼らも被害者であり

David Schwartz, Kenneth A. Dodge, Gregory S. Pettit, and John E. Bates. "The Early Socialization of Aggressive Victims of Bullying." *Child Development* 68, no. 4 (1997): 665-75; D. Schwartz, L. J. Proctor, and D. H. Chien. "The Aggressive Victim of Bullying. *Peer Harassment in School: The Plight of the Vulnerable and Victimized*, New York: Guilford Press, 2001: 147-74.

一九九一年、テキサス州に住むワンダ・ホロウェイ

Roberto Suro. "Texas Mother Gets 15 Years in Murder Plot." New York Times, September 5, 1991.

•9

「人に嫌われるのが何よりも怖い」

Penn Medicine. "'Father of Cognitive Behavior' Aaron T. Beck Receives First Ever Kennedy Community Mental Health Award," accessed October 23, 2013, http://www.uphs.upenn.edu/news/News_Releases/2013/10/beck.

心理学者のジェフリー・E・ヤング

Jeffrey E. Young, Janet S. Klosko, and Marjorie E. Weishaar. Schema Therapy: A Practitioner's Guide. New York: Guilford Press, 2003; Jeffrey E. Young and Janet S. Klosko. Reinventing Your Life: The Breakthrough Program to End Negative Behavior . . . and Feel Great Again. New York: Plume, 1994.

あらゆる文化の人々に共通するスキーマ

Jeffrey E. Young. Cognitive Therapy for Personality Disorders: A Schema-Focused

Approach. Sarasota, FL: Professional Resource Press/Professional Resource Exchange, 1990; Norman B. Schmidt, Thomas E. Joiner Jr., Jeffery E. Young, and Michael J. Telch. "The Schema Questionnaire: Investigation of Psychometric Properties and the Hierarchical Structure of a Measure of Maladaptive Schemas." Cognitive Therapy and Research 19, no. 3 (1995): 295-321.

執拗にステータスを追い求めることで

Joseph P. Allen, Megan M. Schad, Barbara Oudekerk, and Joanna Chango. "Whatever Happened to the 'Cool' Kids? Long-Term Sequelae of Early

Adolescent Pseudomature Behavior." *Child Development* 85, no. 5 (2014): 1866-80; Kennon M. Sheldon, Richard M. Ryan, Edward L. Deci, and Tim Kasser. "The Independent Effects of Goal Contents and Motives on Well-being: It's Both What You Pursue and Why You Pursue It." *Personality and Social Psychology Bulletin* 30, no. 4 (2004): 475-86.