

註記

それぞれのページ数は日本語版の本文に対応しています。

序章：子どもの「気質」をきちんと受け止めていますか

【p.19 11行目】発達心理学者は：M. K. Rothbart and J. E. Bates, “Temperament,” in W. Damon and N. Eisenberg, eds., *Handbook of Child Psychology: Social, Emotional, and Personality Development*, 5th ed., vol. 3 (New York, NY: John Wiley and Sons, 1998), 105–76.

【p.23 18行目】「精密医療」(プレシジョン医療)：F. S. Collins and H. Varmus, “A New Initiative on Precision Medicine,” *New England Journal of Medicine* 372, no. 9 (2015): 793–95.

1章：生まれか、育ちか——科学からの答え

【p.43 14行目】約千三百人の子どもとその親を追跡調査しました：J. Lansford et al., “Bidirectional Relations between Parenting and Behavior Problems from Age 8 to 13 in Nine Countries,” *Journal of Research on Adolescence* 28, no. 3 (2018): 571–90.

【p.49 10行目】一九六〇年代後半、ある研究者らが：L. L. Heston, “Psychiatric Disorders in Foster Home Reared Children of Schizophrenic Mothers,” *British Journal of Psychiatry* 112 (1966): 819–25.

【p.50 4行目】今では、統合失調症は：P. Sullivan, K. S. Kendler, and M. C. Neale, “Schizophrenia as a Complex Trait: Evidence from a Meta-analysis of Twin Studies,” *Archives of General Psychiatry* 60, no. 12 (2003): 1187–92.

【p.50 8行目】アルコール使用障害から：K. S. Kendler et al., “An Extended Swedish National Adoption Study of Alcohol Use Disorder,” *JAMA Psychiatry* 72, no. 3 (2015): 211–18.

【p.50 8行目】幼児期の内気な性格まで：D. Daniels and R. Plomin, “Origins of Individual Differences in Infant Shyness,” *Developmental Psychology* 21, no. 1 (1985): 118–21.

【p.50 16行目】実は養子研究は、「家庭環境の役割」を：R. J. Cadoret, “Adoption Studies,” *Alcohol Health and Research World* 19, no. 3 (1995): 195–200.

【p.50 18行目】例えばスウェーデンの養子研究では：K. S. Kendler et al., “A Swedish National Adoption Study of Criminality,” *Psychological Medicine* 44, no. 9 (2014): 1913–25.

【p.56 11行目】多くの国で出生記録をもとに双子の研究が：Y.-M. Hur and J. M. Craig, “Twin Registries Worldwide: An Important Resource for Scientific Research,” *Twin Research and Human Genetics* 16, no. 1 (2013): 1–12.

【p.56 12行目】私はフィンランドで十年間に生まれた双子のうち：R. J. Rose et al., “FinnTwin12 Cohort: An Updated Review,” *Twin Research and Human Genetics* 22, no. 5 (2019): 302–11; M. Kaidesoja et al., “FinnTwin16: A Longitudinal Study from Age 16 of a Population-based Finnish Twin Cohort,” *Twin Research and Human Genetics* 22, no. 6 (2019): 530–39.

【p.56 15行目】オランダでは約十二万人の双子を : L. Lighthart et al., “The Netherlands Twin Register: Longitudinal Research Based on Twin and Twin- family Designs,” *Twin Research and Human Genetics* 22, no. 6 (2019): 623– 36.

【p.57 1行目】バージニア・コモンウェルス大学にも : E. C. H. Lilley, A.-T. Morris, and J. L. Silberg, “The Mid- Atlantic Twin Registry of Virginia Commonwealth University,” *Twin Research and Human Genetics* 22, no. 6 (2019): 753– 56.

【p.57 2行目】この登録された情報を使って、薬物使用と精神障害: K. S. Kendler, C. A. Prescott, J. Myers, and M. C. Neale, “The Structure of Genetic and Environmental Risk Factors for Common Psychiatric and Substance Use Disorders in Men and Women,” *Archives of General Psychiatry* 60, no. 9 (2003): 929– 37.

【p.57 3行目】性格と知能: T. J. Bouchard Jr. and M. McGue, “Genetic and Environmental Influences on Human Psychological Differences,” *Journal of Neurobiology* 54 (2003): 4– 45.

【p.57 3行目】離婚: M. McGue and D. T. Lykken, “Genetic Influence on Risk of Divorce,” *Psychological Science* 3, no. 6 (1992): 368– 73.

【p.57 3行目】幸福 : M. Bartels and D. I. Boomsma, “Born to Be Happy? The Etiology of Subjective Well- being,” *Behavior Genetics* 39, no. 6 (2009): 605– 15.

【p.57 3行目】投票行動 : P. K. Hatemi et al., “The Genetics of Voting: An Australian Twin Study,” *Behavior Genetics* 37, no. 3 (2007): 435– 48.

【p.57 3行目】宗教性 : T. Vance, H. H. Maes, and K. S. Kendler, “Genetic and Environmental Influences on Multiple Dimensions of Religiosity: A Twin Study,” *Journal of Nervous and Mental Disease* 198, no. 10 (2010): 755– 61.

【p.57 3行目】社会的態度など、ありとあらゆる研究が : L. Eaves et al., “Comparing the Biological and Cultural Inheritance of Personality and Social Attitudes in the Virginia 30,000 Study of Twins and their Relatives,” *Twin Research* 2 (1999): 62– 80.

【p.57 14行目】「自制心」に関する大規模研究によると: Y. E. Willems et al., “The Heritability of Self- Control: A Meta- analysis,” *Neuroscience Biobehavioral Review* 100 (2019): 324– 34.

【p.57 15行目】三歳児の不安とうつに関しては: D. I. Boomsma et al., “Genetic and Environmental Influences on Anxious/ Depression during Childhood: A Study from the Netherlands Twin Register,” *Genes, Brain and Behavior* 4 (2005): 466– 81.

【p.57 16行目】七歳児の行動障害については: B. C. Haberstick et al., “Contributions of Genes and Environments to Stability and Change in Externalizing and Internalizing Problems during Elementary and Middle School,” *Behavior Genetics* 35, no. 4 (2005): 381– 96.

【p.59 4行目】「人間の行動特性はすべて遺伝的である」 : E. Turkheimer, “Three Laws of Behavior Genetics and What They Mean,” *Current Directions in Psychological Science* 9, no. 5 (2000): 160– 64.

【p.60 10行目】しかし、一九七〇年代後半、ミネソタ大学の研究者たちは：Nancy Segal, Born Together— eared Apart: The Landmark Minnesota Twin Study (Cambridge, MA: Harvard University Press, 2012); see also: <https://mctfr.psych.umn.edu/research/UM%20research.html>.

2章：遺伝の影響は、思ったよりも深い？

【p.66 16行目】『なぜシマウマは胃潰瘍にならないか』：R. Sapolsky, “A Gene for Nothing,” *Discover magazine*, September 30, 1997.

【p.70 14行目】私に取り組んでいるあるプロジェクトでは：H. Begleiter et al., “The Collaborative Study on the Genetics of Alcoholism,” *Alcohol and Health Research World* 19 (1995): 228– 6.

【p.72 11行目】「遺伝と環境の相互作用」：S. Scarr and K. McCartney, “How People Make Their Own Environments: A Theory of Genotype Greater than Environment Effects,” *Child Development* 54, no. 2 (1983): 424– 5.

【p.82 9行目】知能は遺伝することがわかっています：R. Plomin and S. von Stumm, (2018). “The New Genetics of Intelligence,” *Nature Reviews Genetics* 19, no. 3 (2018): 148– 9.

【p.83 3行目】例えば、攻撃性には遺伝的な影響が大きい：C. Tuvblad and L. A. Baker, “Human Aggression across the Lifespan: Genetic Propensities and Environmental Moderators,” *Advances in Genetics* 75 (2011): 171– 14.

【p.86 8行目】これもまた「遺伝と環境の相互作用」です：D. M. Dick, “Gene- nvironment Interaction in Psychological Traits and Disorders,” *Annual Review of Clinical Psychology* 7 (2011): 383– 09.

3章：「うちの子って、どうしてこうなの!？」—— 子ども一人ひとりの気質を知る

【p.113 11行目】児童発達学では、：S. Chess and A. Thomas, *Goodness of Fit: Clinical Applications for Infancy through Adult Life* (Philadelphia: Bruner/ Mazel, 1999).

【p.119 1行目】心理学者のキャロル・ドウェックは、「硬直マインドセット」と：Carol S. Dweck, Ph.D., *Mindset: The New Psychology of Success* (New York: Ballantine Books, 2007).

4章：子どもの「外向性」に応じた“好きなこと”を見つける

——自分でグングン伸びていく環境づくり

【p.146 9行目】なぜ、外向的な人が優位な位置に立てるのか：K. A. Duffy and T. L. Chartrand, “The Extravert Advantage: How and When Extraverts Build Rapport with Other People,” *Psychological Science* 26, no. 11 (2015): 1795– 02.

6章：子どもの「自制心」を育む——親が子どもに教える「重要なライフスキル」

【p.252 10行目】この研究は「マシュマロ実験」として:came to be known as the Marshmallow Test: Walter Mischel, *The Marshmallow Test: Why Self-control Is the Engine of Success* (Boston: Little, Brown, 2015).

【p.253 3行目】ニュージーランドで行なわれた有名な縦断研究：T. E. Moffitt et al., “A Gradient of Childhood Self-control Predicts Health, Wealth, and Public Safety,” *Proceedings of the National Academy of Sciences of the United States* 108 (2011): 2693–8.

7章：子どもの“世界”を広げるために——人との関わりで“遺伝子の相乗効果”を生む

【p.304 15行目】二百五十以上の事例を分析しました：T. M. Achenbach, S. H. McConaughy, and C. T. Howell, “Child/ Adolescent Behavioral and Emotional Problems: Implications of Cross-informant Correlations for Situational Specificity,” *Psychological Bulletin* 101, no. 2 (1987): 213–2.

9章：わが子に与えられる「最高の贈り物」——「親とはこうあるべき」から自由になる

【p.361 15行目】「ほどよい子育て」という概念が: S. Scarr, “Developmental Theories for the 1990s: Development and Individual Differences,” *Child Development* 63, no. 1 (1992): 1–9.