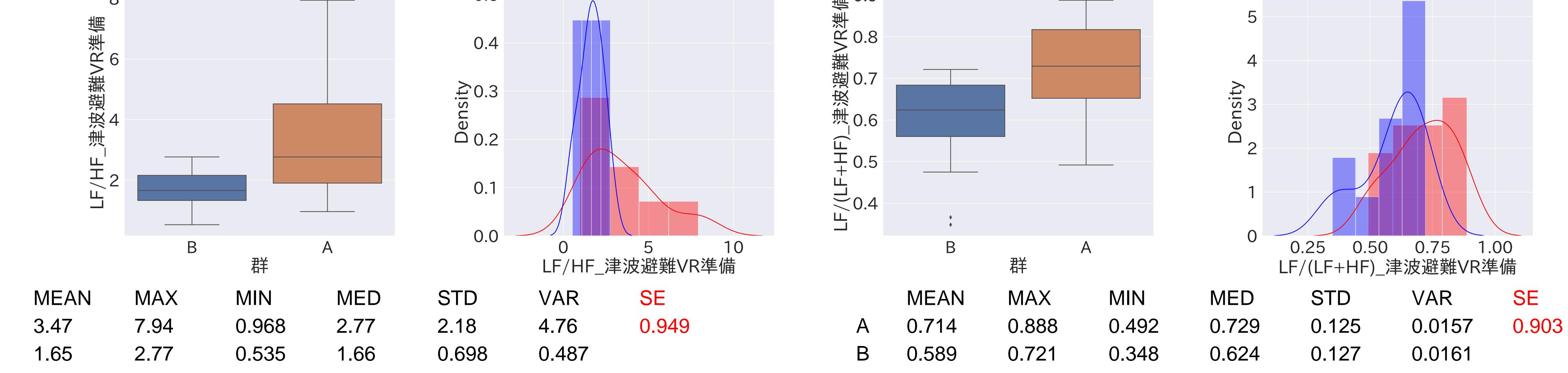
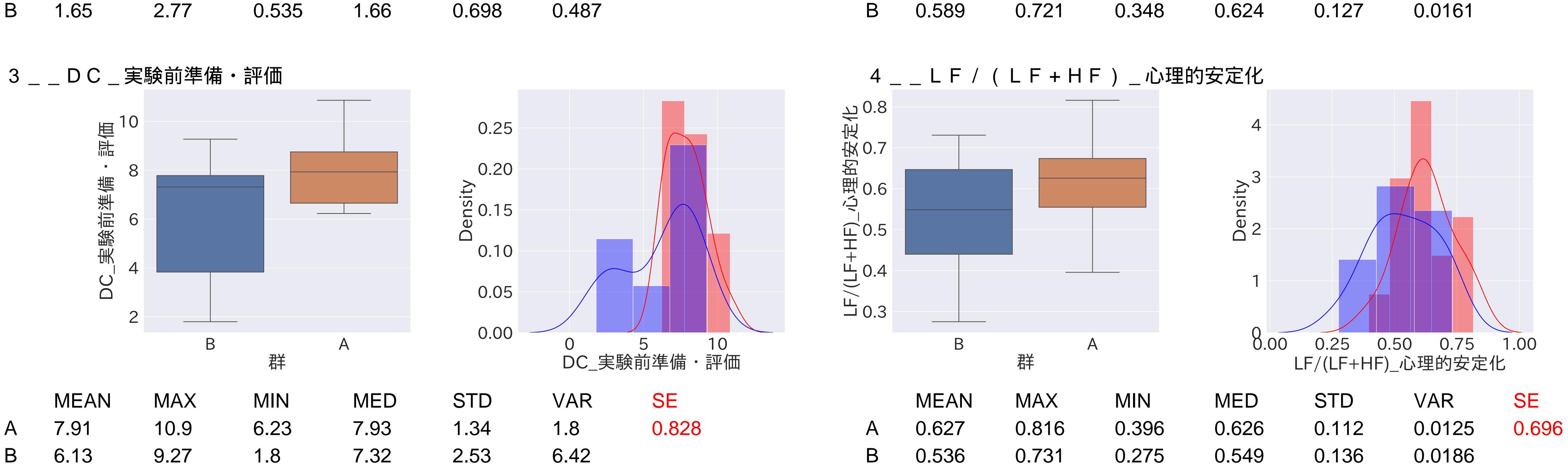
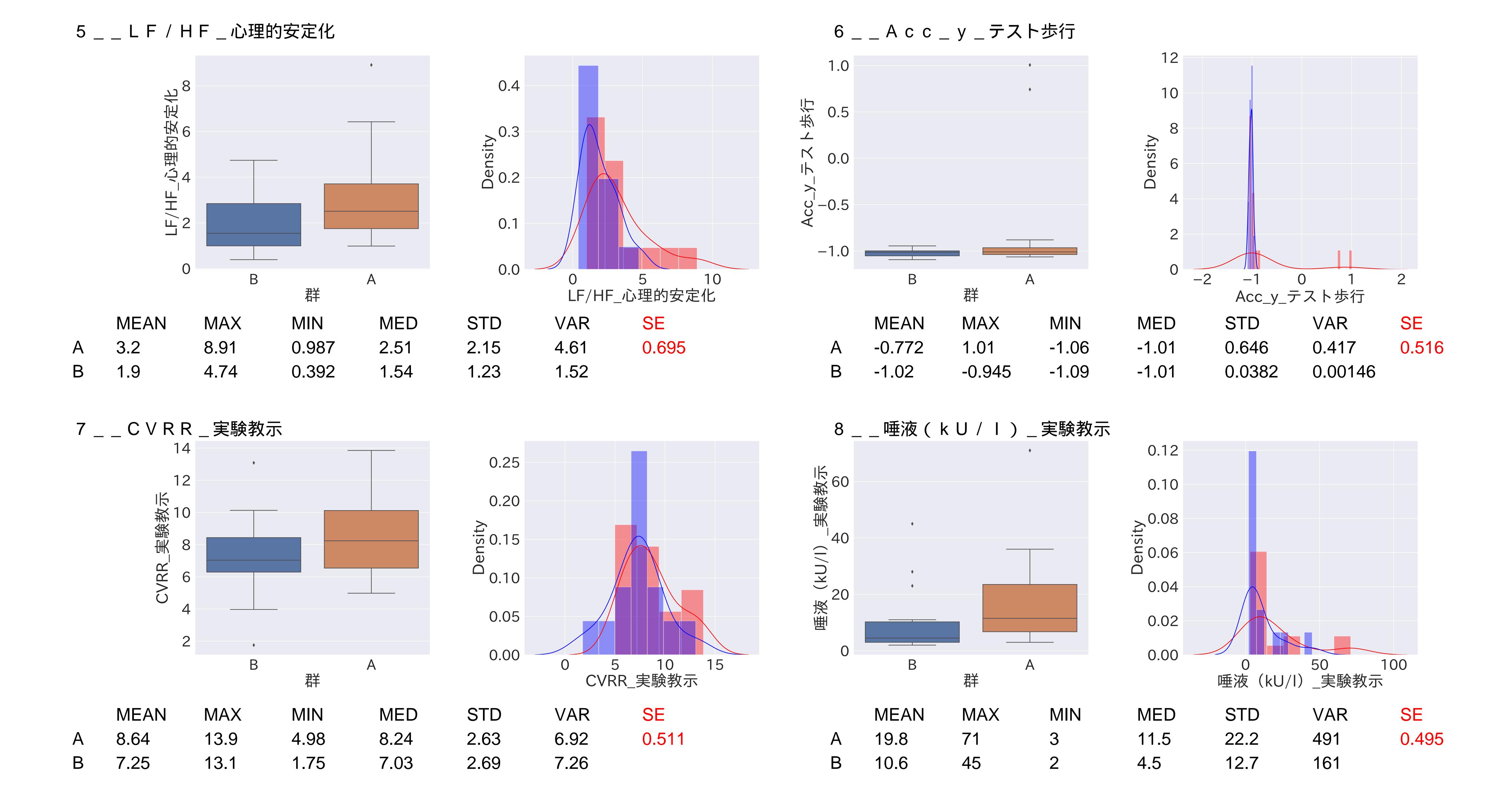
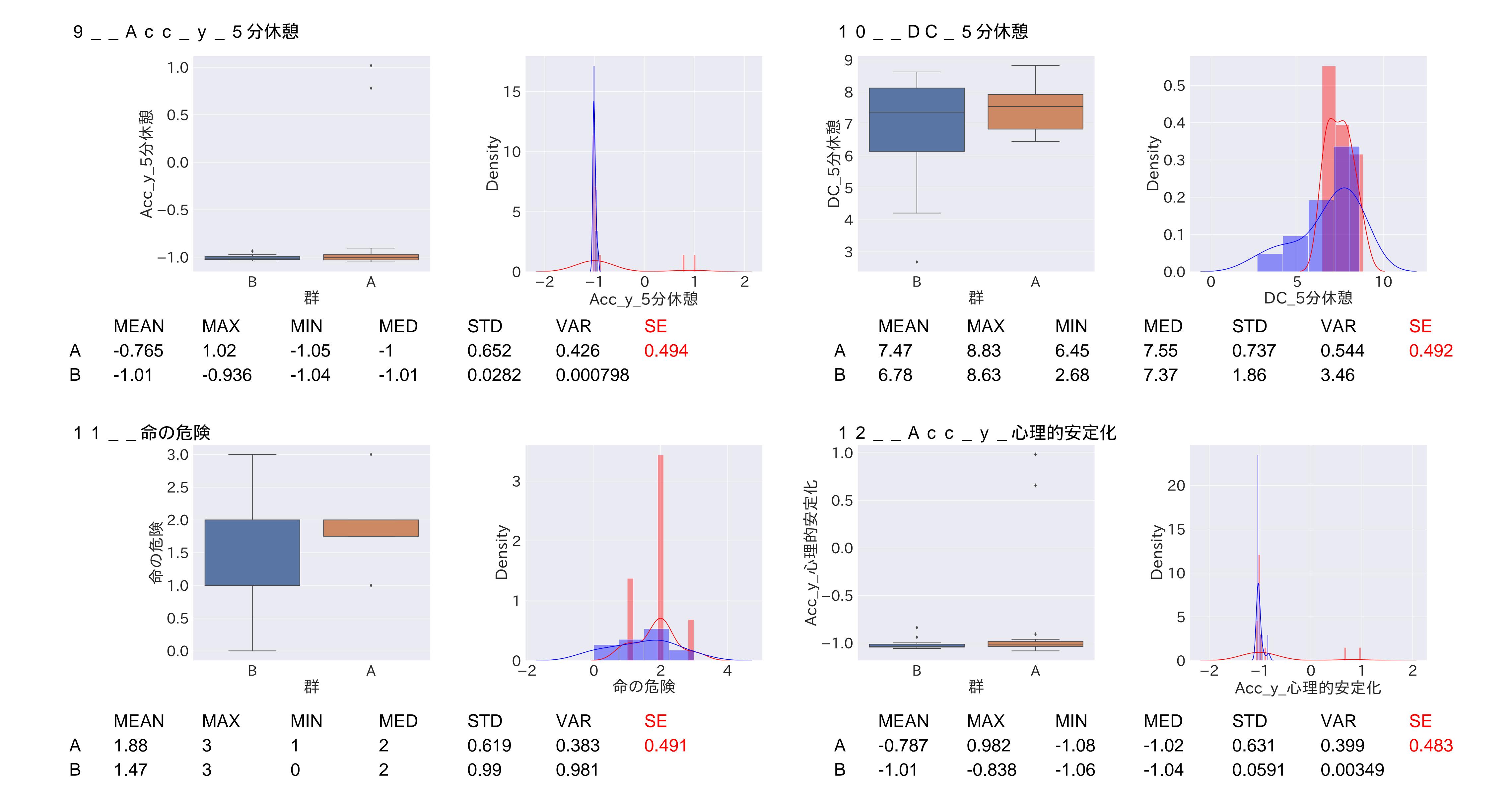
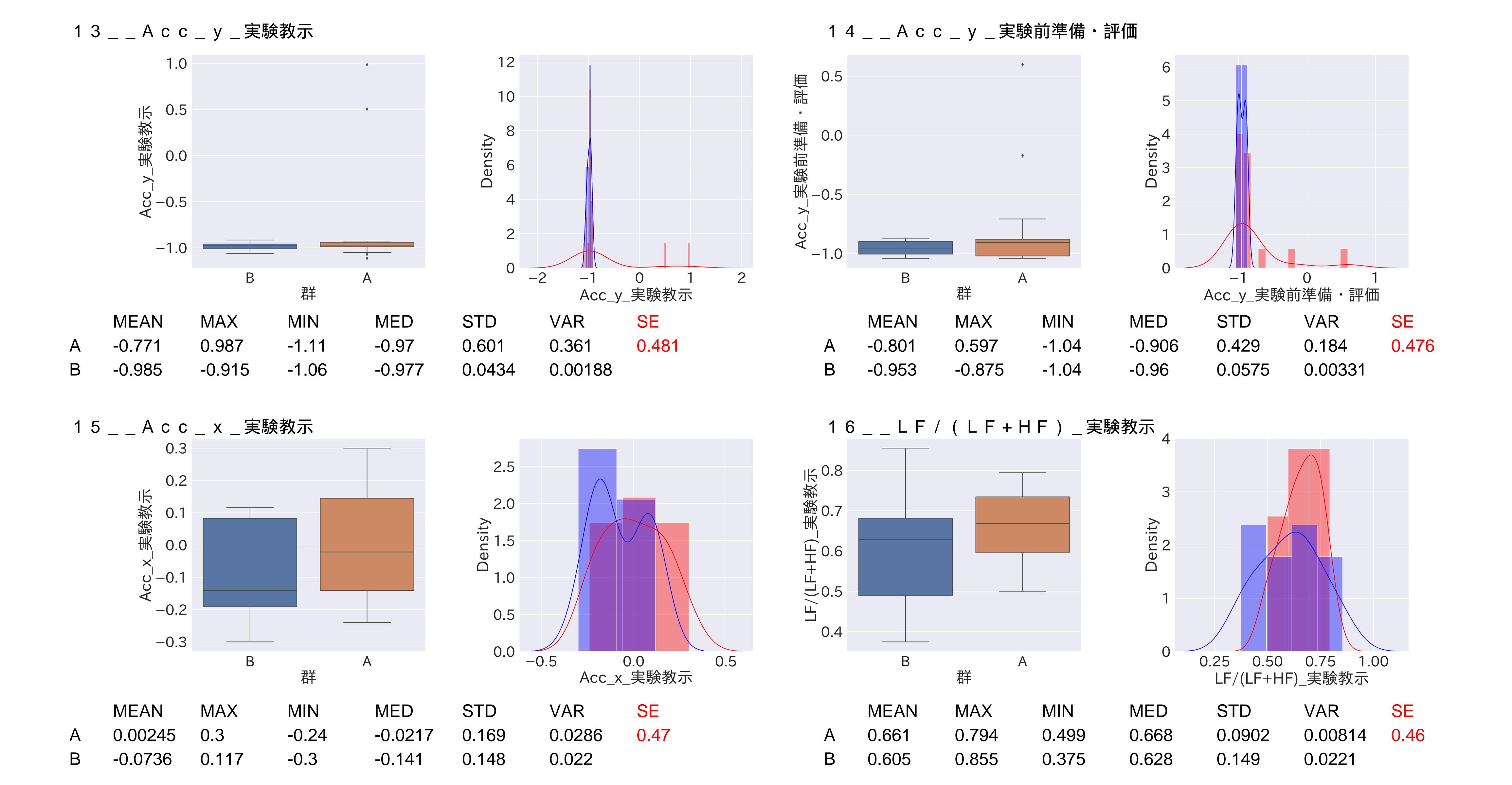
## 1 \_ \_ L F / H F \_ 津波避難 V R 準備 2 \_ \_ L F / ( L F + H F ) \_ 津波避難 V R 準備 /R準備 0.8 0.5 0.4 insity 0.3



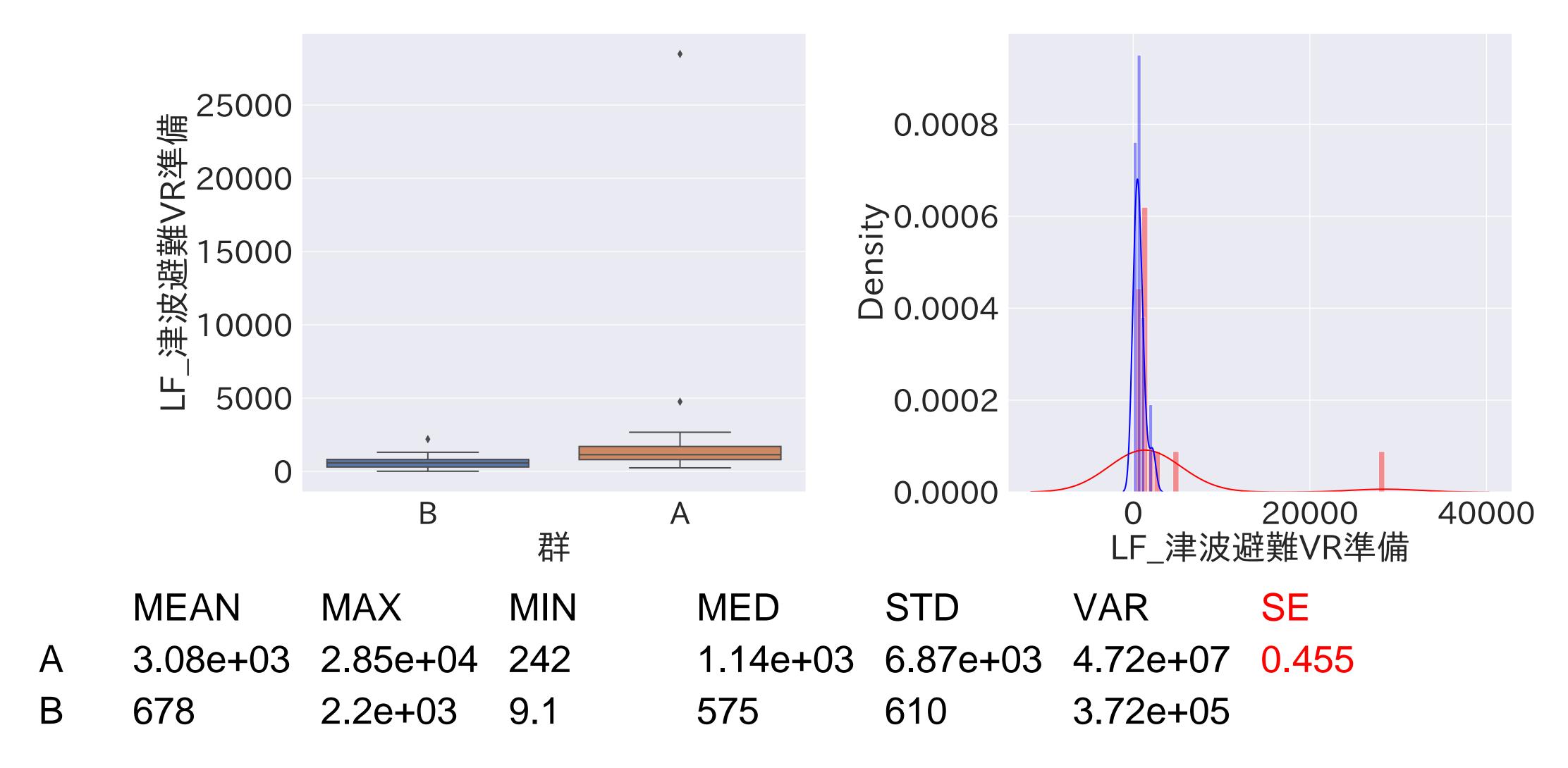






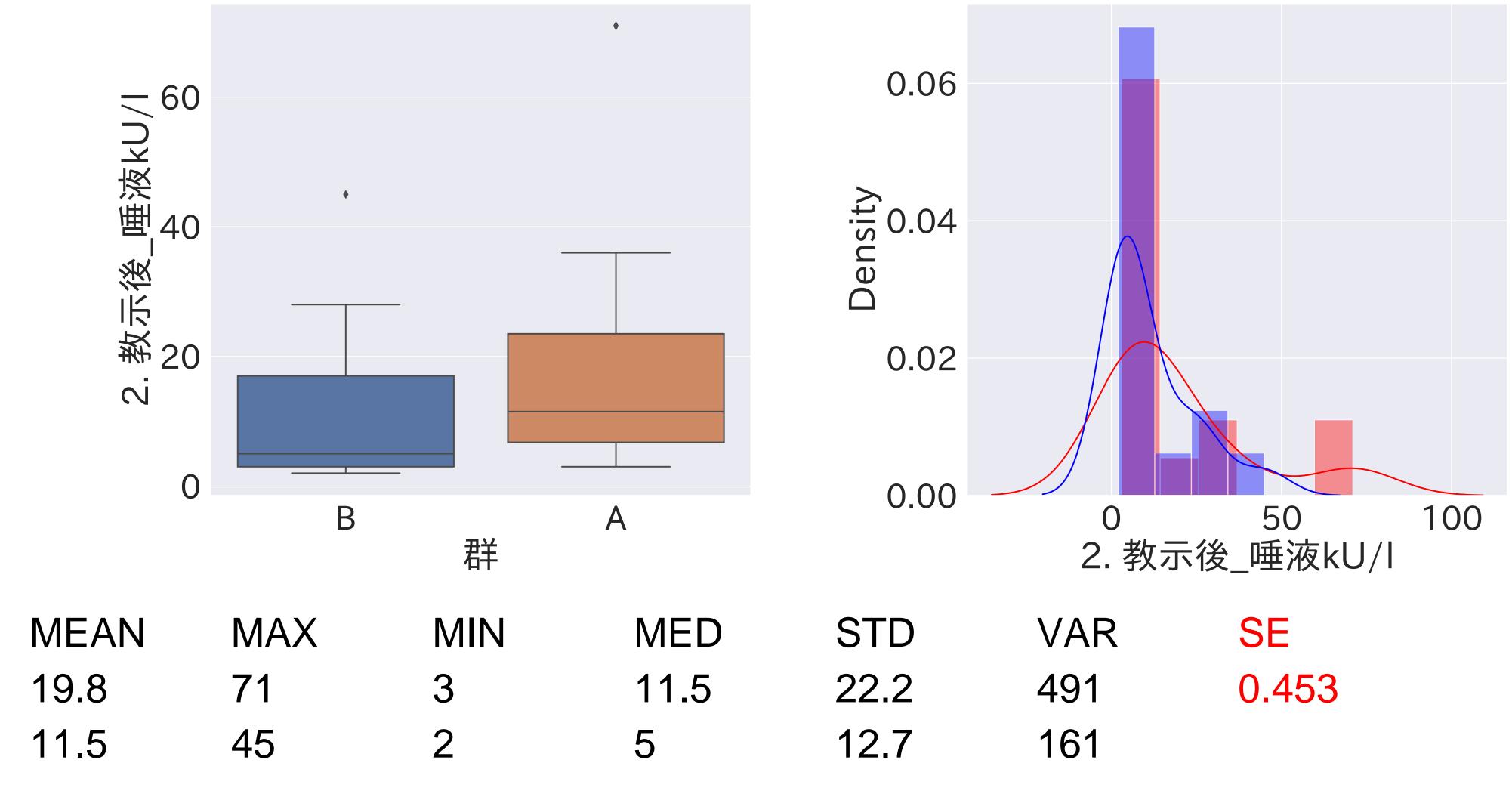


### 17\_\_LF\_津波避難VR準備

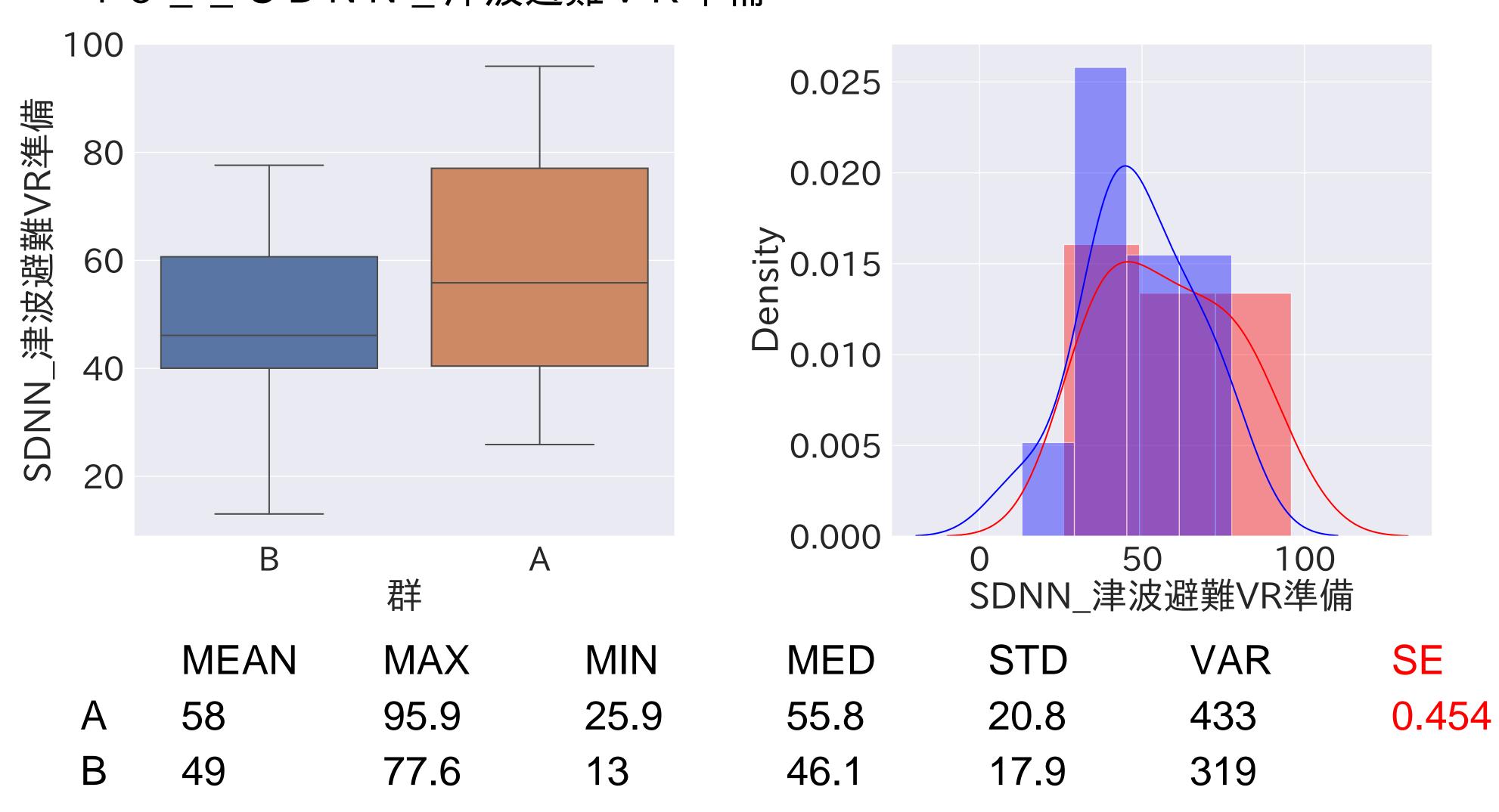


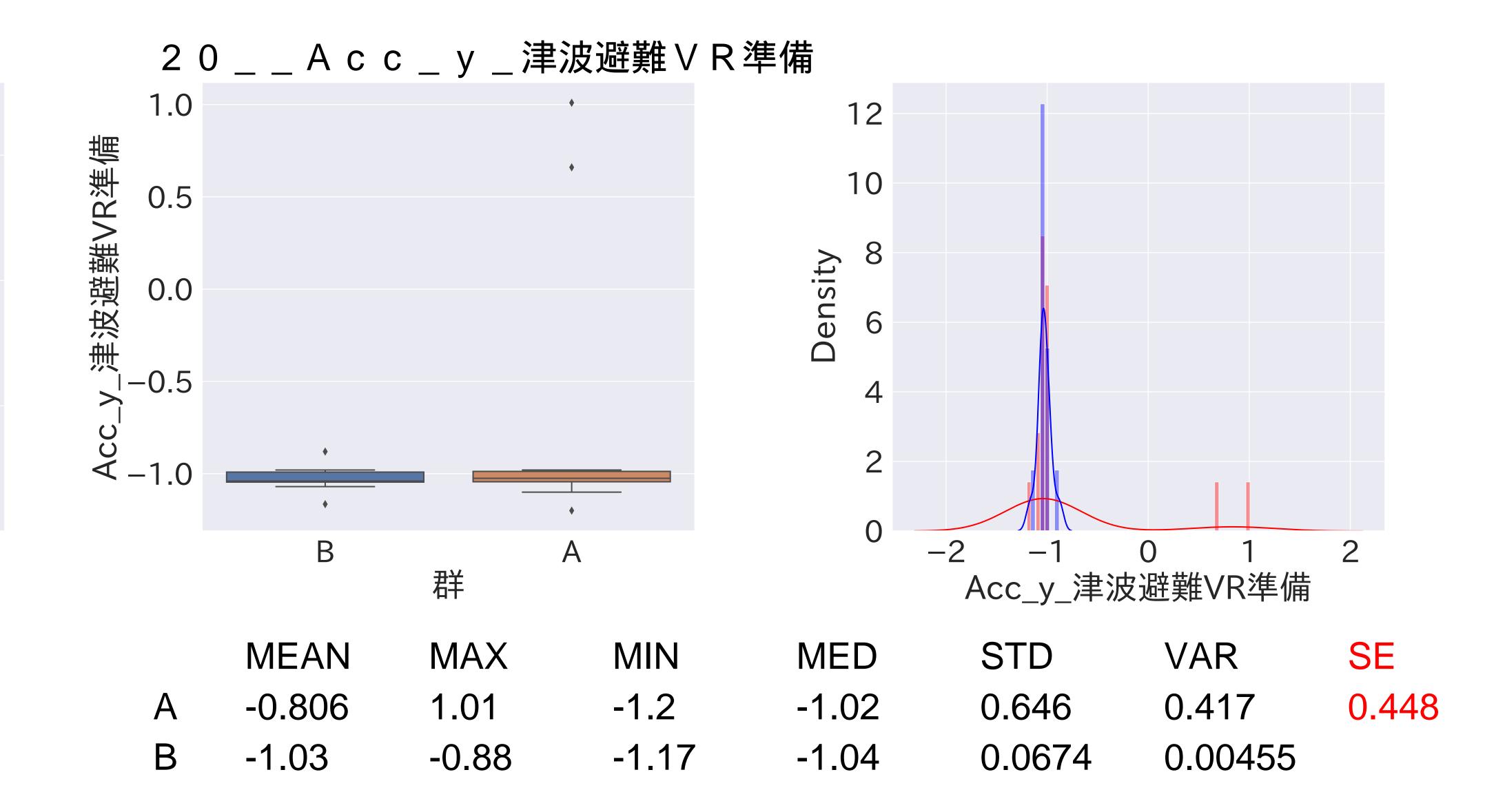
## 19\_\_2. 教示後\_唾液kU/I

В



### 18\_\_SDNN\_津波避難VR準備





### 2 2 \_ D C \_ 心理的安定化 2 1 \_ R M S S D \_ 津波避難 V R 準備 0.6 0.04 0.5 元 7 A難類兇業 40 Density 0.8 0.0 8.0 小理的安<sub>2</sub> 9 Density 20.0 20.0 0.2 RMSSD 0 0.01 0.1 0.00 0.0 100 A RMSSD\_津波避難VR準備 DC\_心理的安定化 群 SE SE MEAN MAX MIN MED STD VAR MEAN MAX MIN MED STD VAR 0.447 0.677 40.2 15.6 35.2 20.7 8.67 6.45 7.31 0.458 0.441 90.6 430 7.43 32.1 8.47 6.84 В 53.2 34.1 13.1 170 8.72 2.68 7.26 1.8 3.26 23\_DC\_実験教示 2 4 \_ \_ A c c \_ y \_ 津波避難 V R 20 0.3 津波避難VR 実驗教示 15 Density 0 0.1 0.0 DC\_実験教示 Acc\_y\_津波避難VR 群 MEAN SE MAX MIN MED STD VAR MEAN MAX MIN MED STD VAR SE

7.89

7.11

В

11.3

9.05

6.26

2.88

7.7

7.49

1.37

2.15

1.88

4.6

0.44

-0.783

В

1.04

-0.6

-1.07

-1.13

-1.02

-1.01

0.671

0.121

0.45

0.0145

### 25 \_ L F \_ 実験教示 26\_\_LF/(LF+HF)\_5分休憩 8.0 影 0.7 6000 0.0006 一天職人 4000 Density N LF/(LF+HF)\_0.5 0.0 0.4 S 0.0004 上 2000 0.0002 0.3 0.0000 10000 5000 0.50 LF\_実験教示 LF/(LF+HF)\_5分休憩 MEAN MIN MED STD SE MEAN MAX MIN STD SE MAX VAR MED VAR 1.87e+03 3.51e+06 0.424 0.00932 0.622 1.74e+03 7.22e+03 300 992 0.792 0.44 0.611 0.0965 0.404 1.09e+03 3.09e+03 20.7 0.316 0.613 8.73e + 050.575 0.752 0.135 0.0181 708 934 28 \_ L F / H F \_ テスト歩行 27\_ L F \_ テスト歩行 20 0.00150 8000 0.3 0.00125 Density 0 <u>.</u>≥0.00100 K 4000 小10 0.00075 LF/HF 出<sup>'</sup> 2000 0.00050 0.1 0.00025 0.0 0.00000 0 10 20 LF/HF\_テスト歩行 10000 5000 30 LF\_テスト歩行 群 MEAN MIN MED STD VAR SE MEAN MAX MIN MED STD VAR SE MAX

3.8

2.43

В

1.17

0.763

20.5

4.48

2.25

1.95

21.7

1.81

4.66

1.35

0.388

1.06e+03 2.58e+03 6.67e+06 0.389

902

8.13e + 05

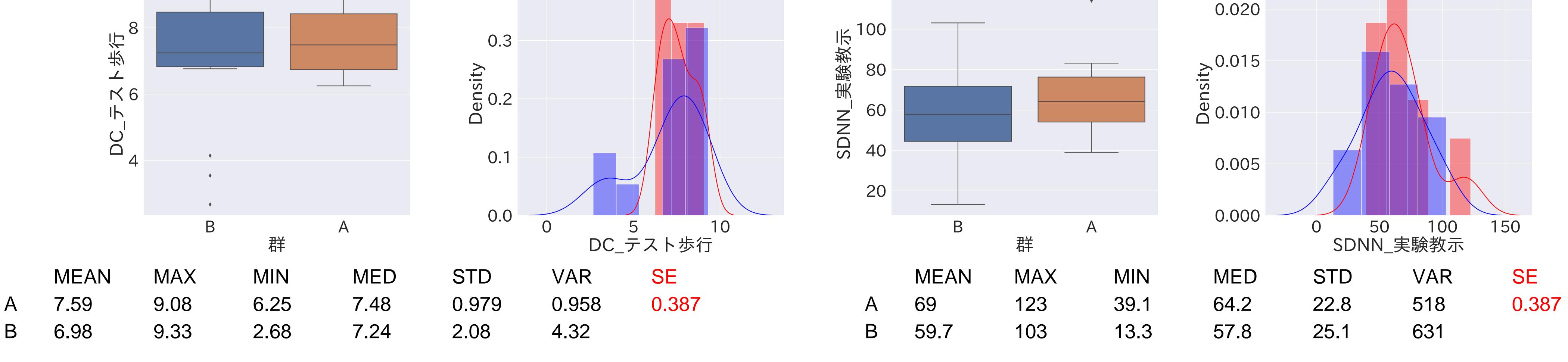
1.81e+03 8.8e+03

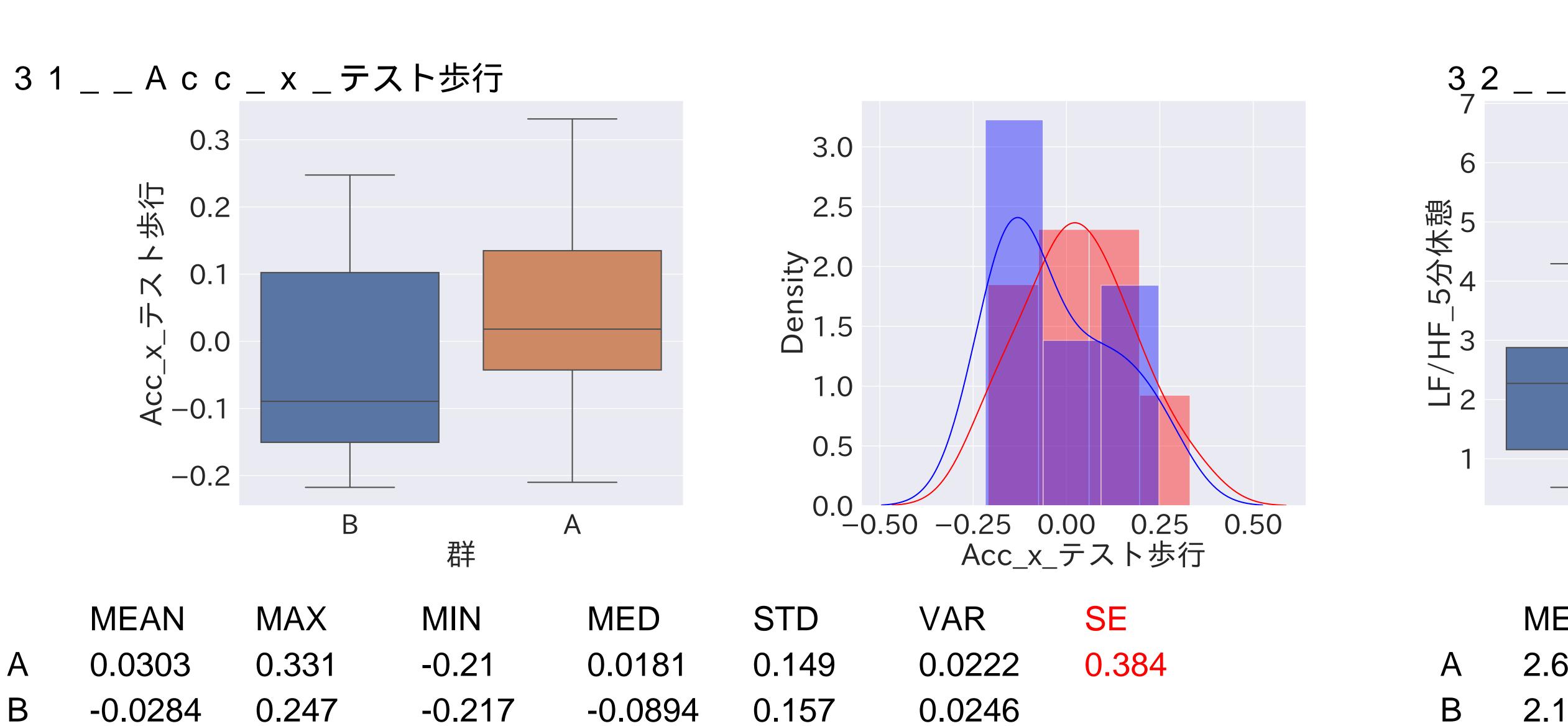
1.03e+03 3.92e+03 160

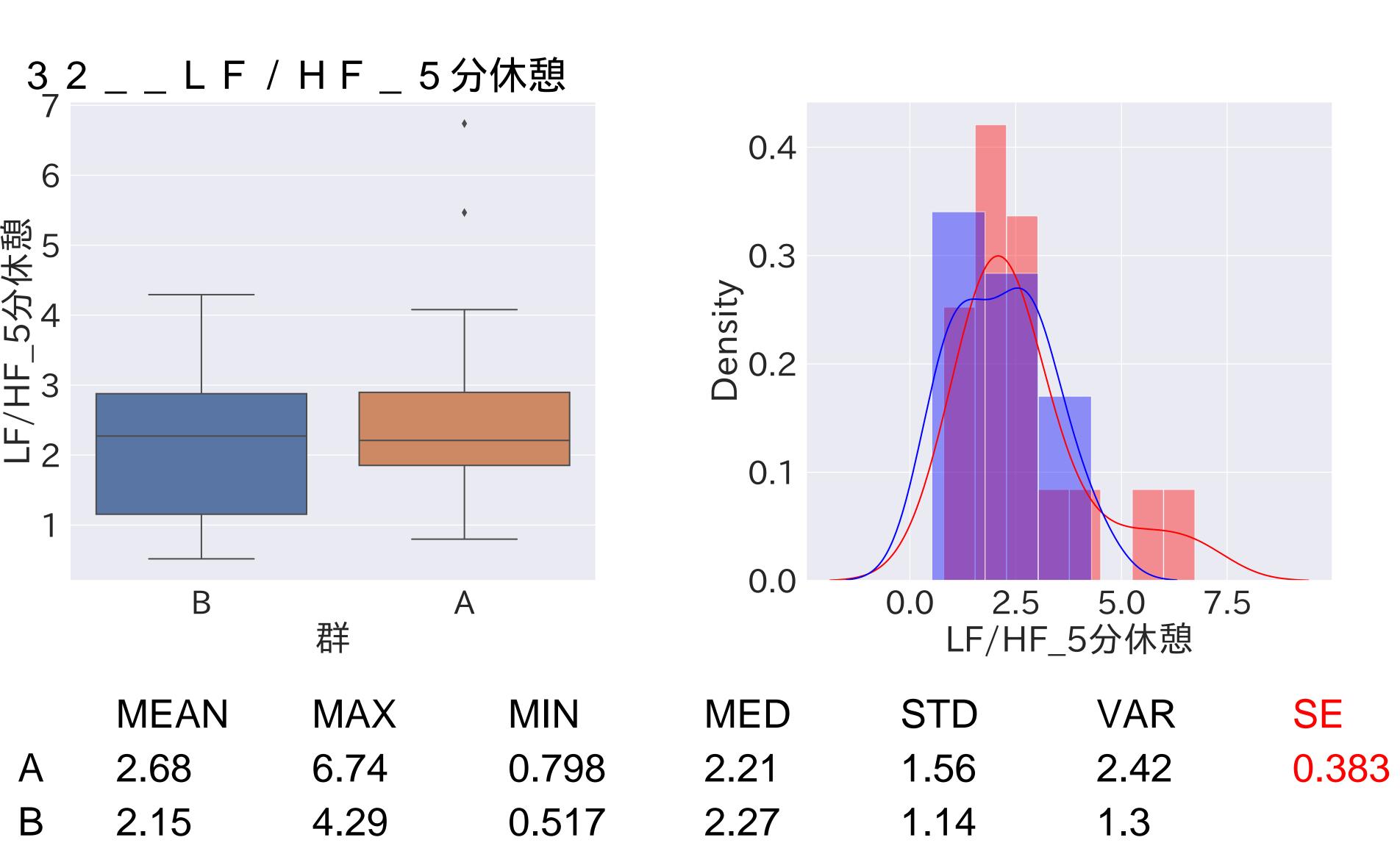
331

835

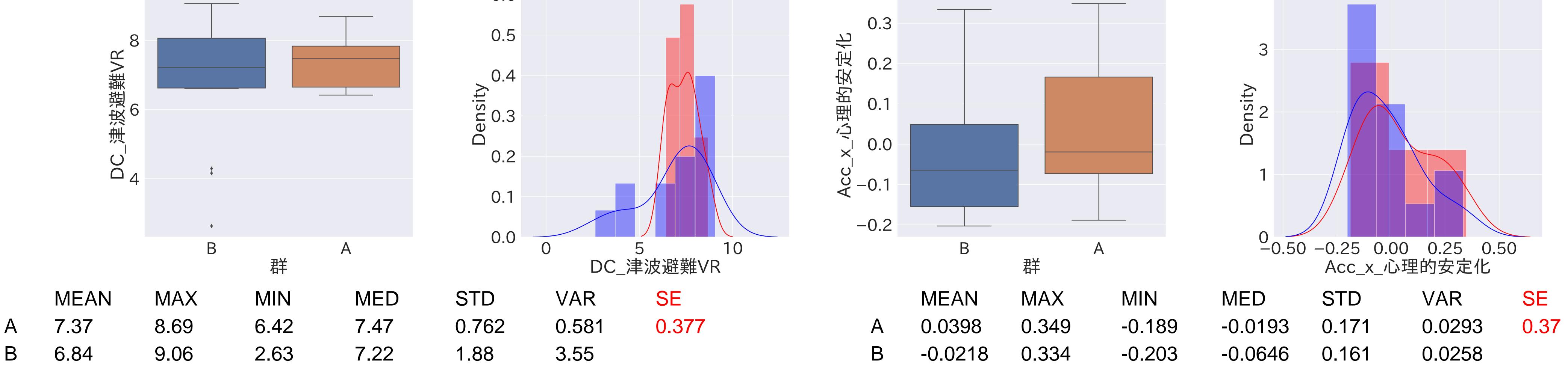
## 30\_SDNN\_実験教示 29\_DC\_テスト歩行 0.4 120 無職教光 80 80 0.3 ensity 5.0 7.0 K 6 SDNN 0.1

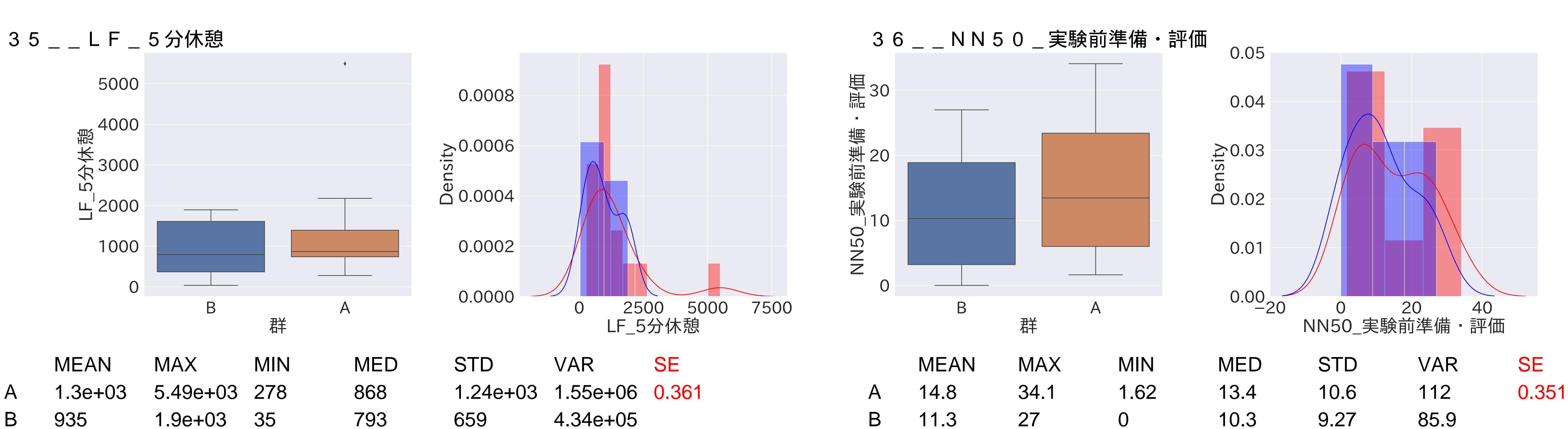


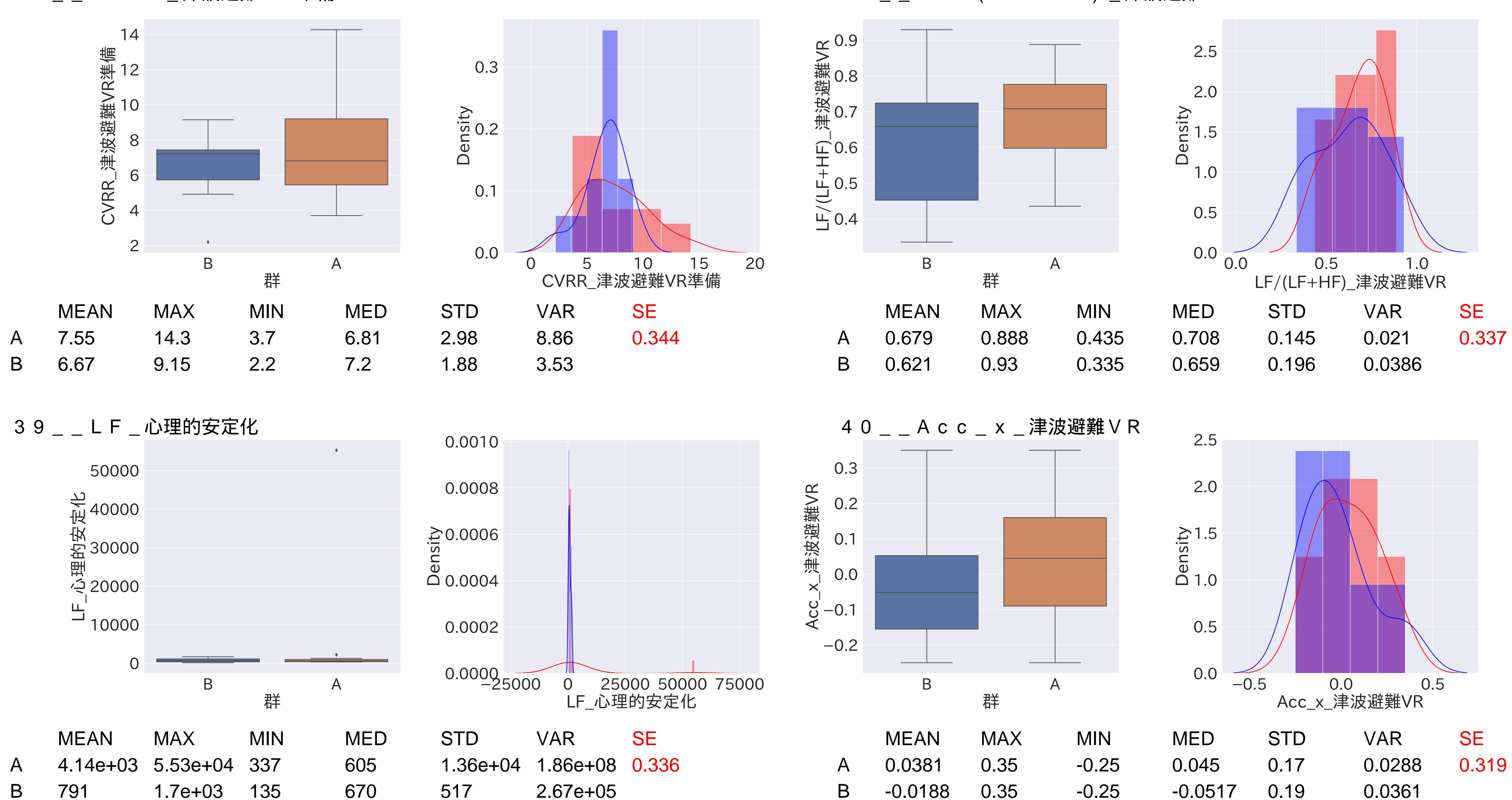




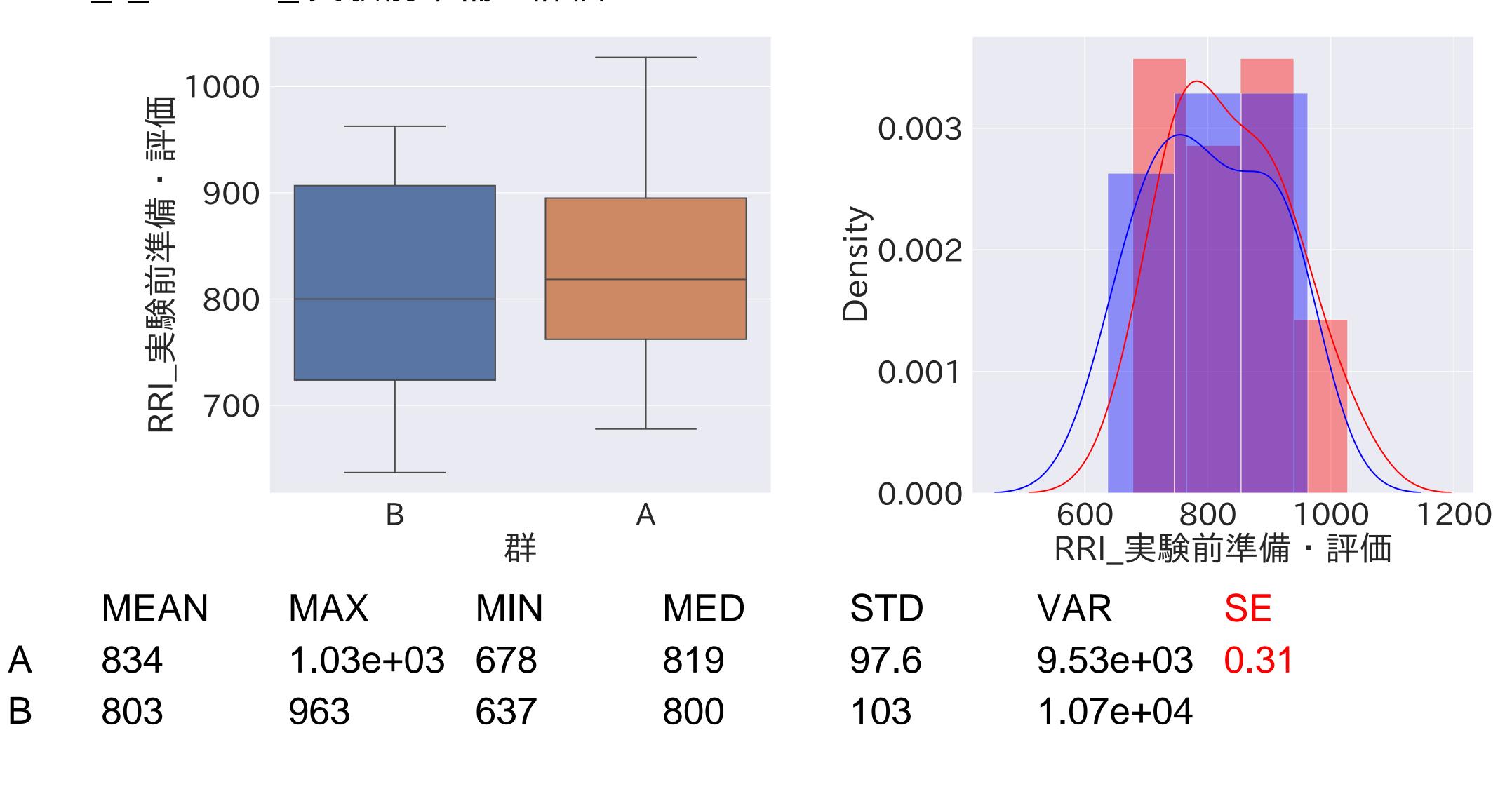
# 3 3 \_ \_ D C \_ 津波避難 V R 3 4 \_ \_ A c c \_ x \_ 心理的安定化 0.6 0.5 8



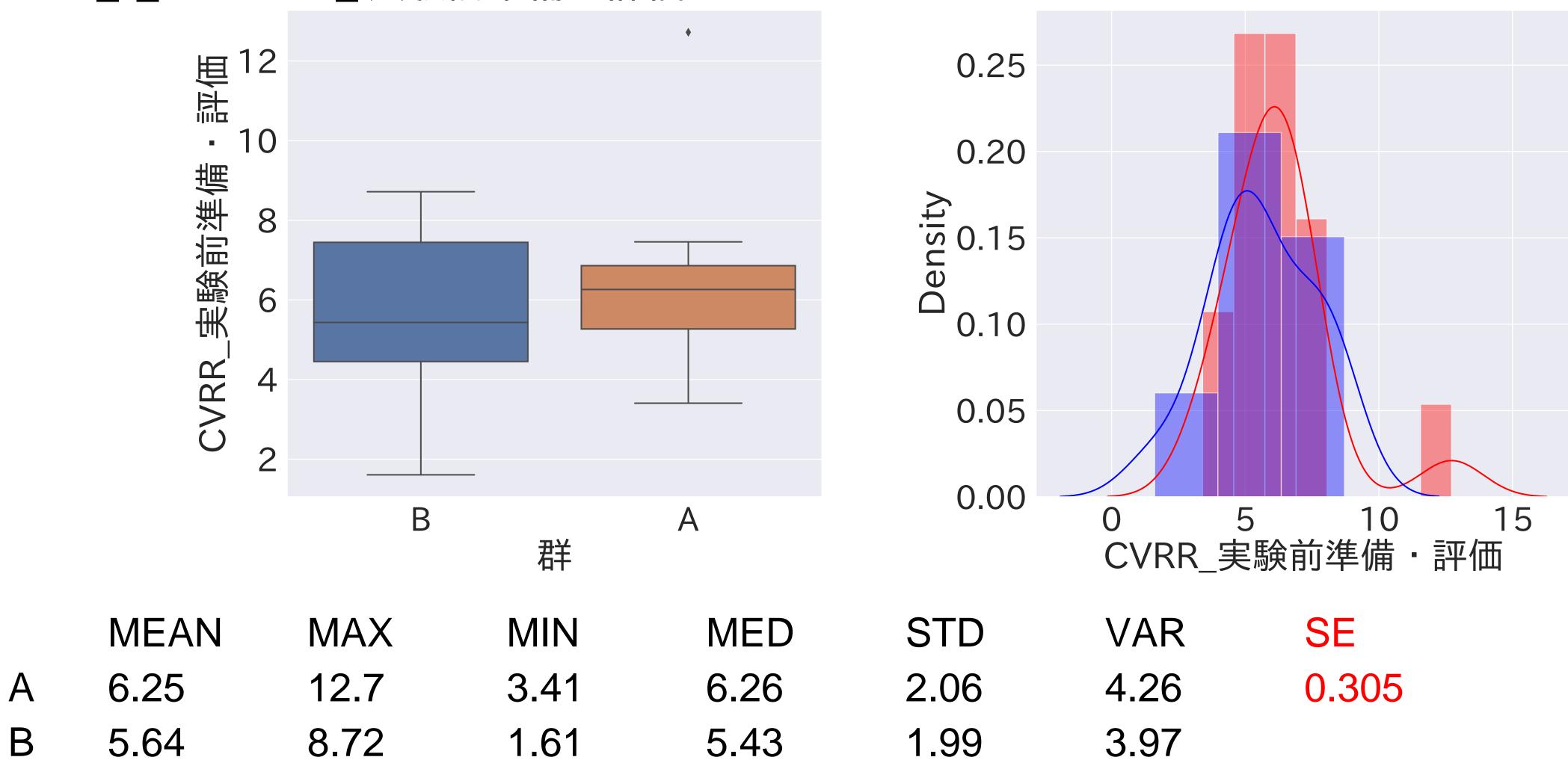




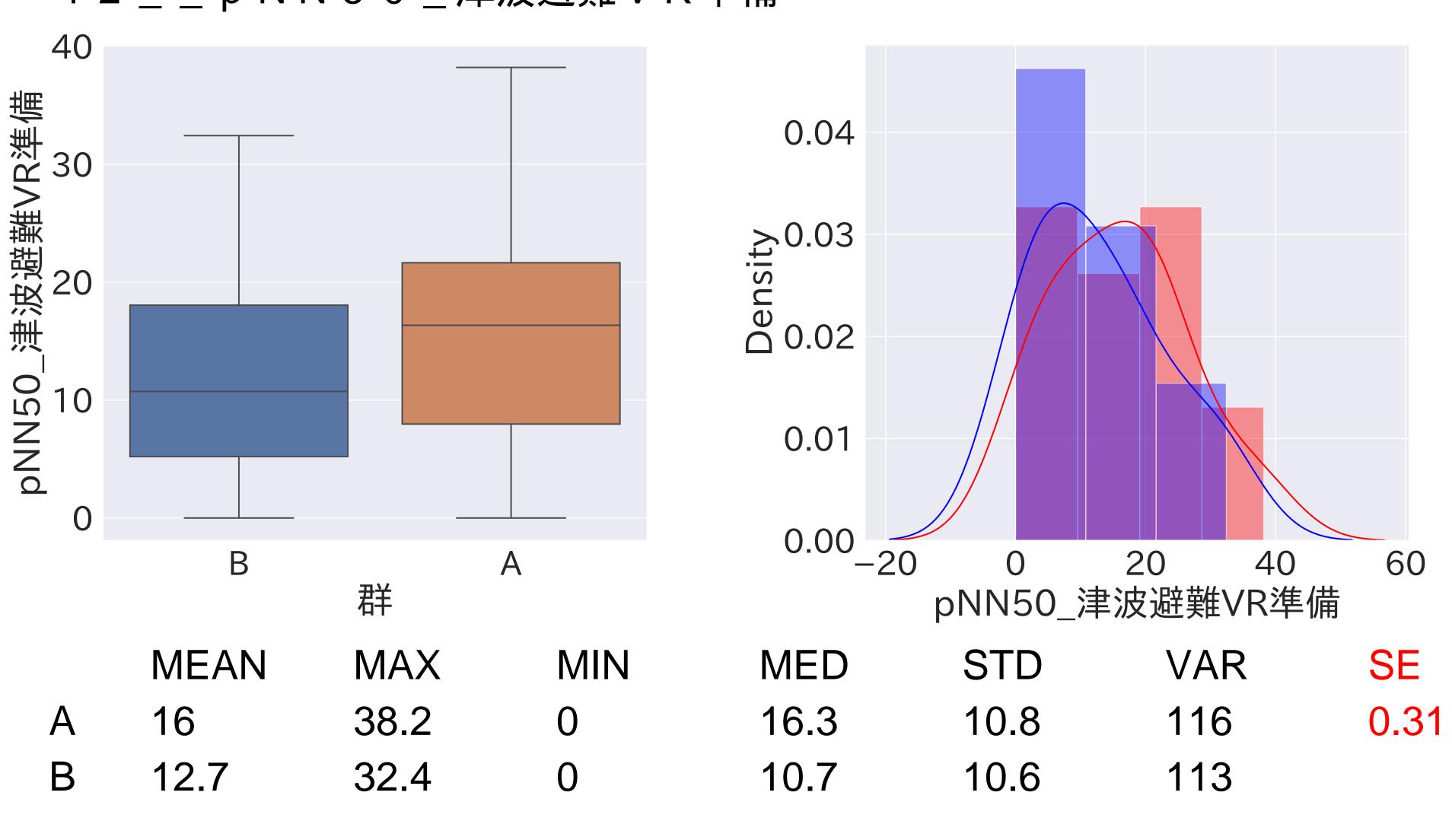
### 4 1 \_ RRI \_実験前準備・評価

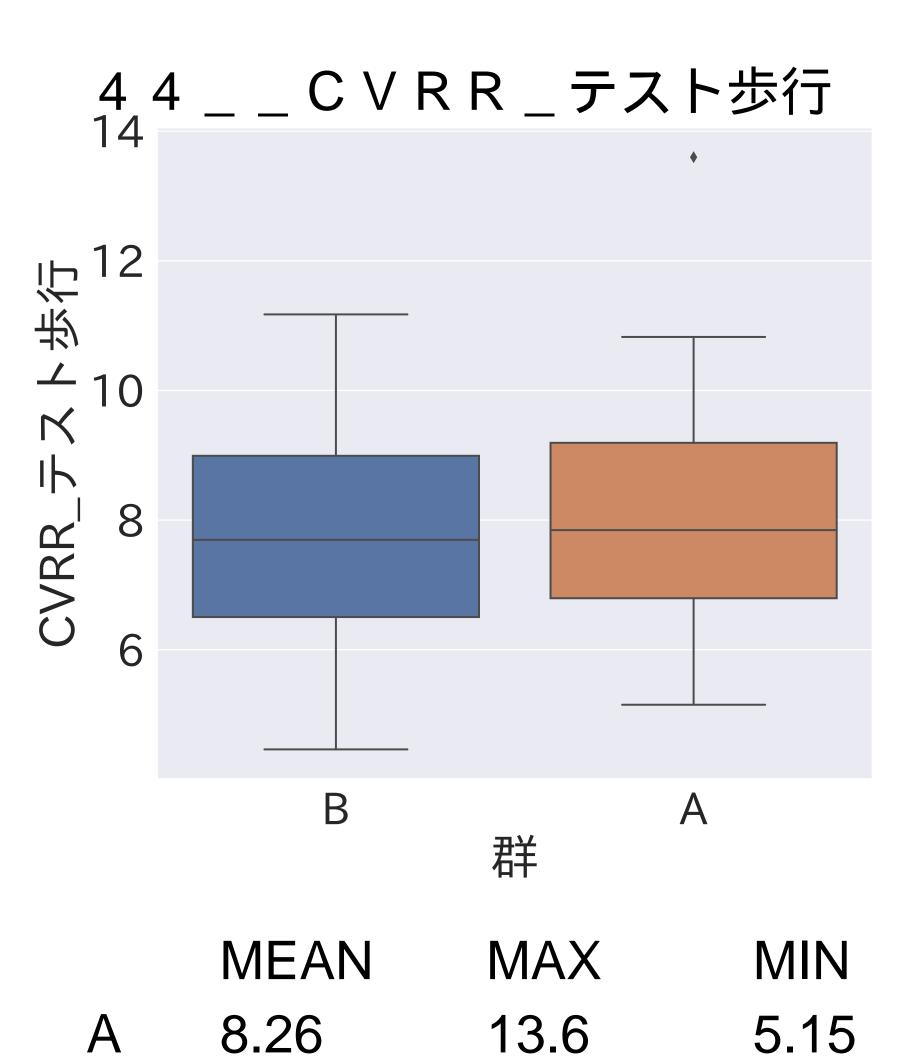


## 43\_\_CVRR\_実験前準備・評価



## 4 2 \_ p N N 5 0 \_ 津波避難 V R 準備



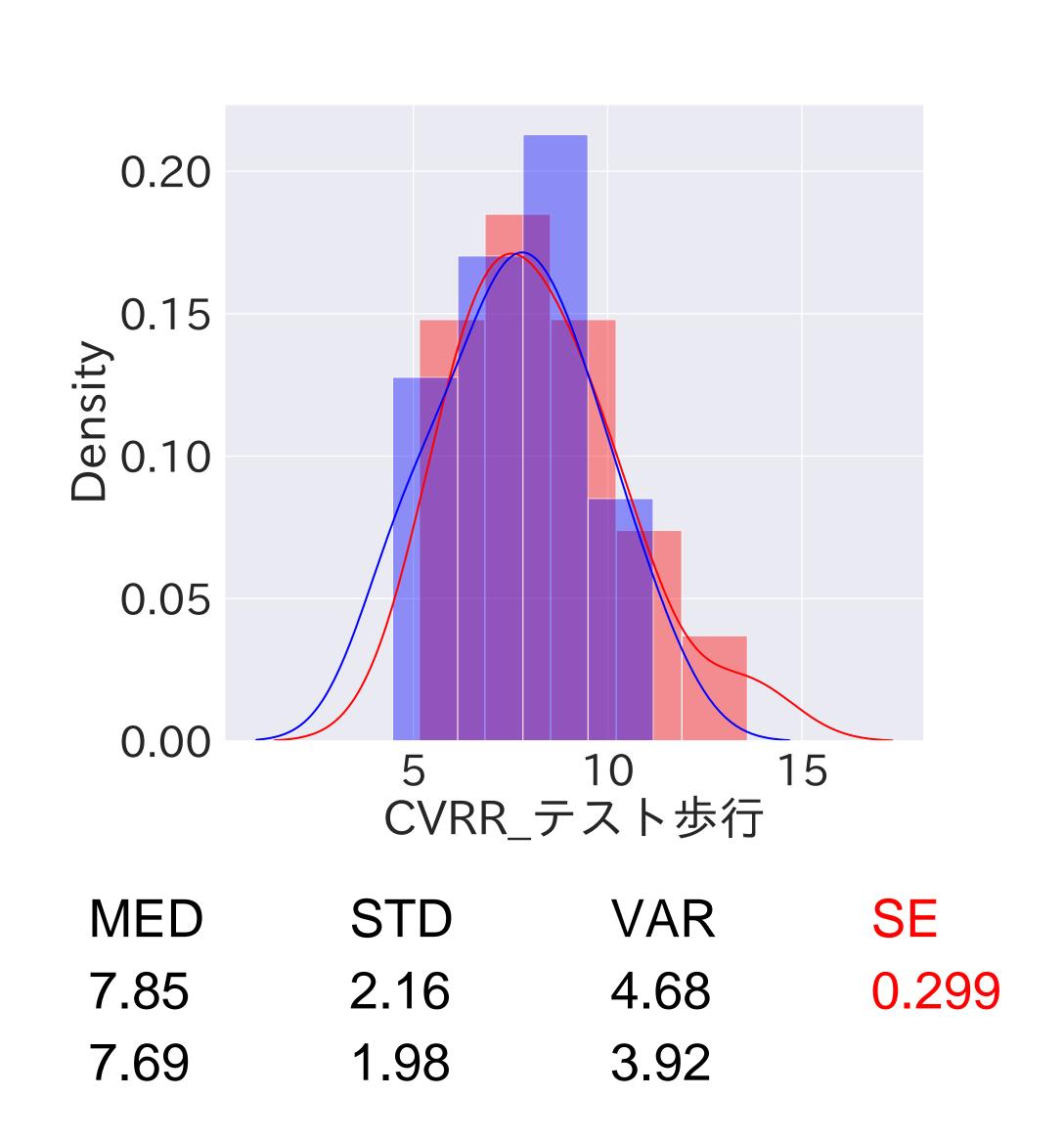


11.2

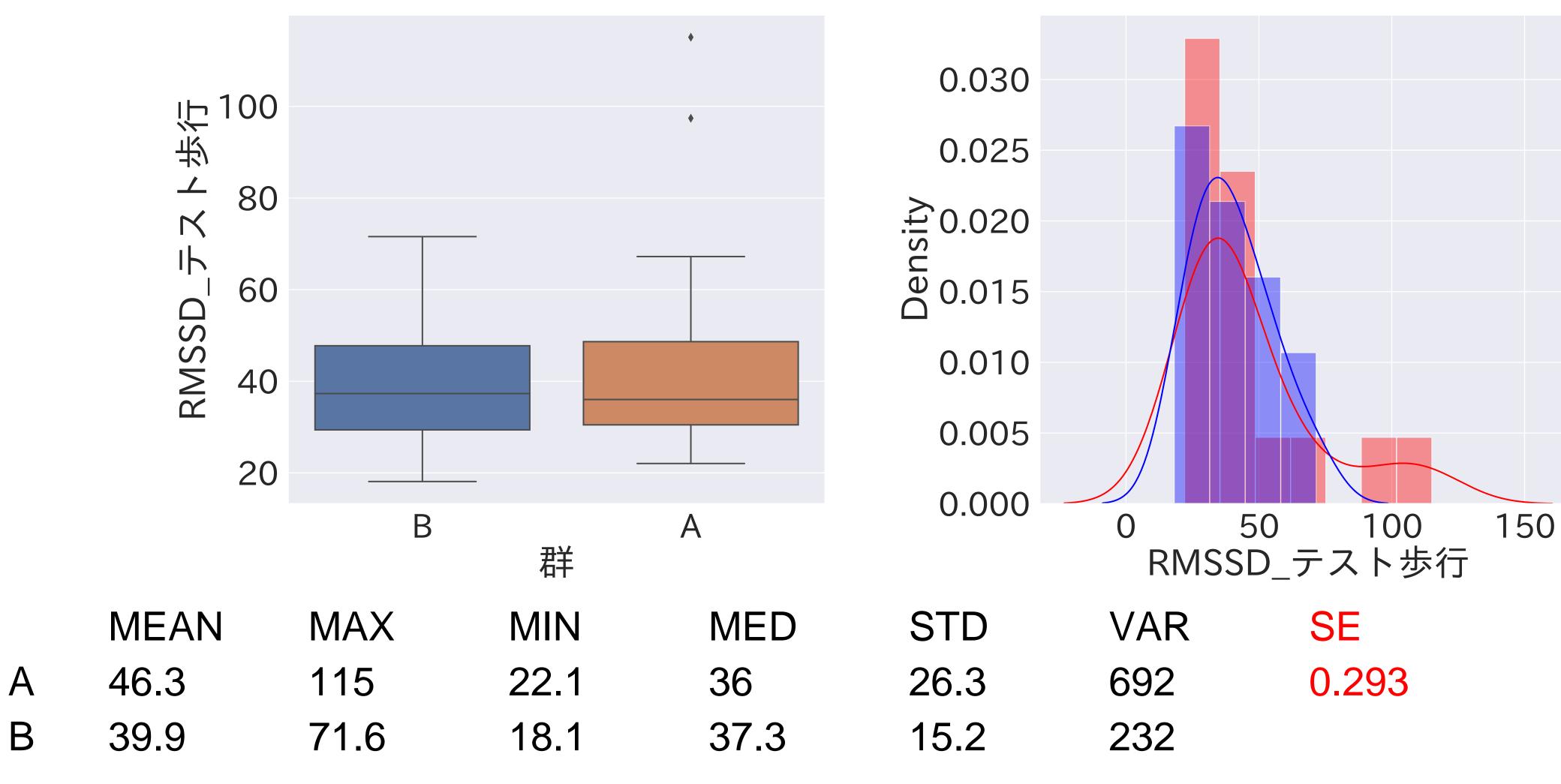
4.46

7.65

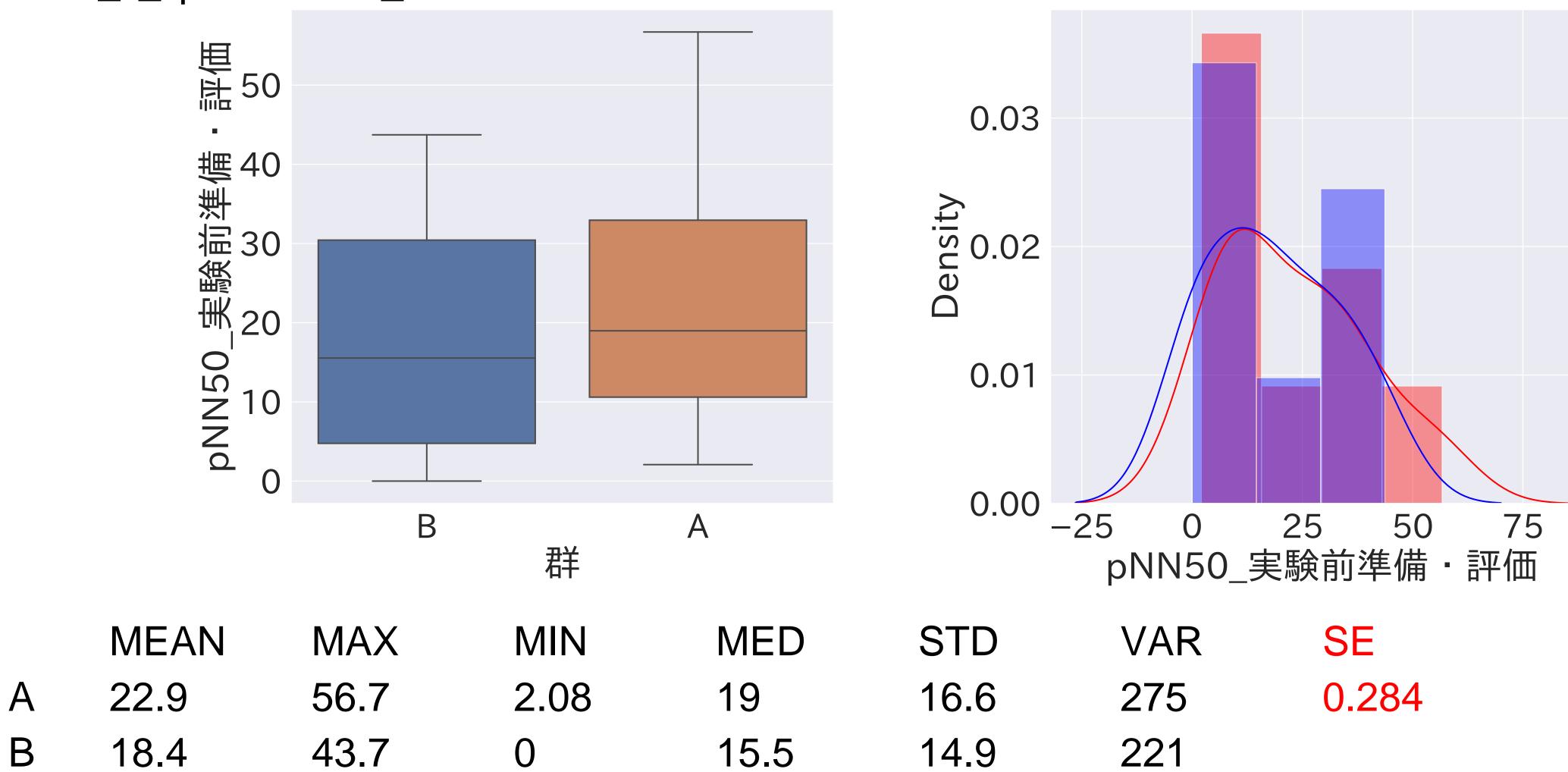
В



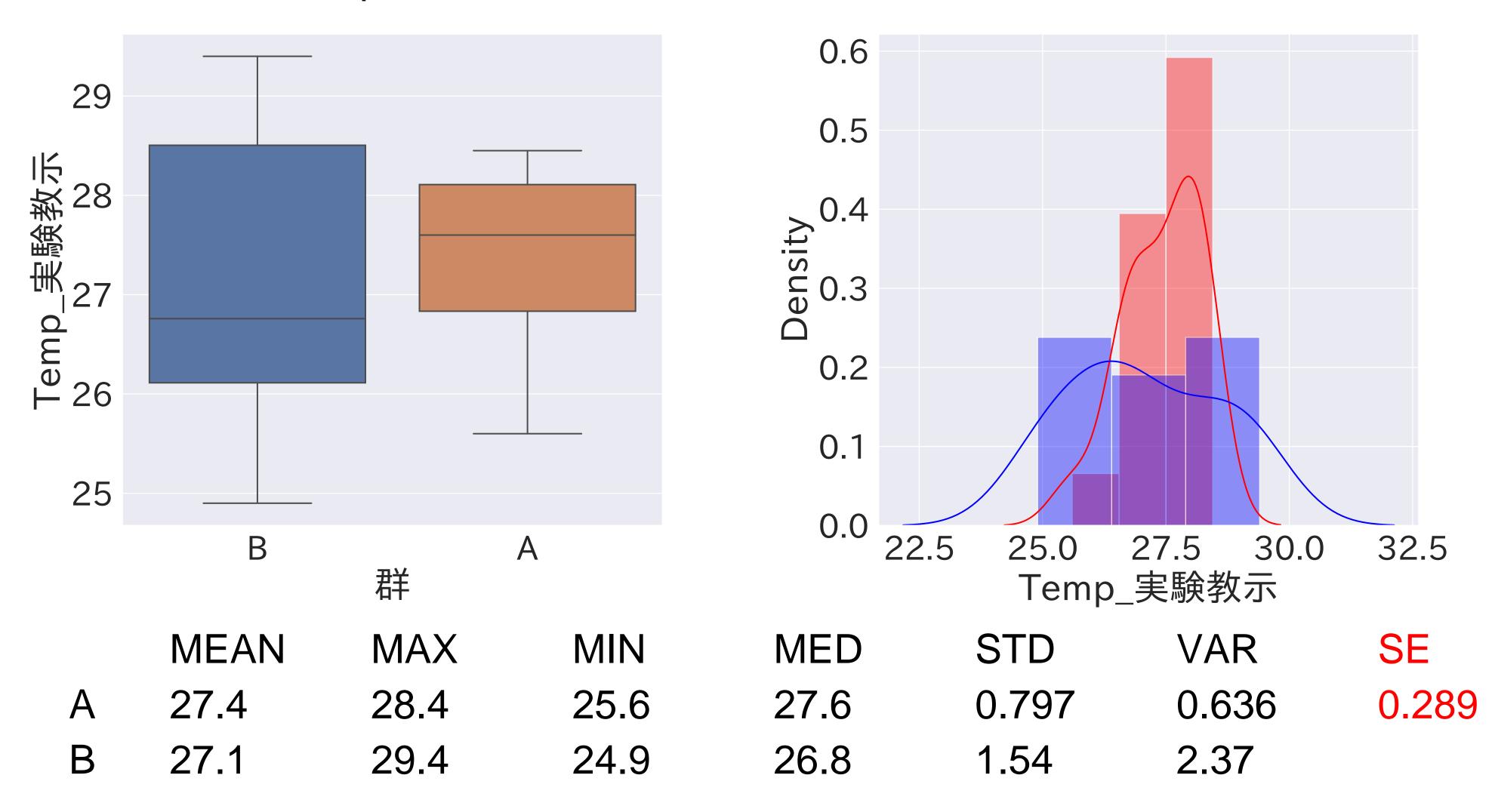
# 4 5 \_ RMSSD \_ テスト歩行

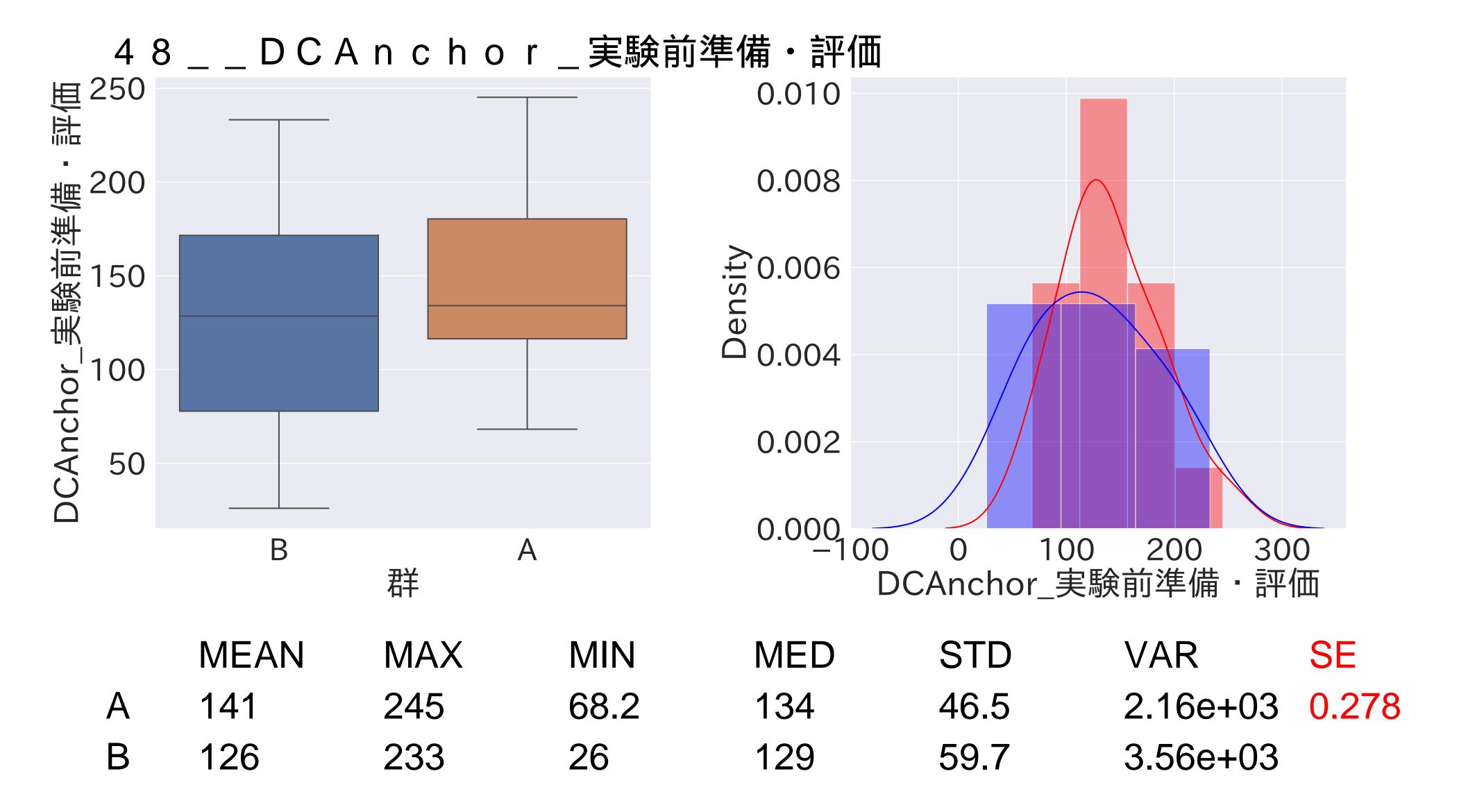


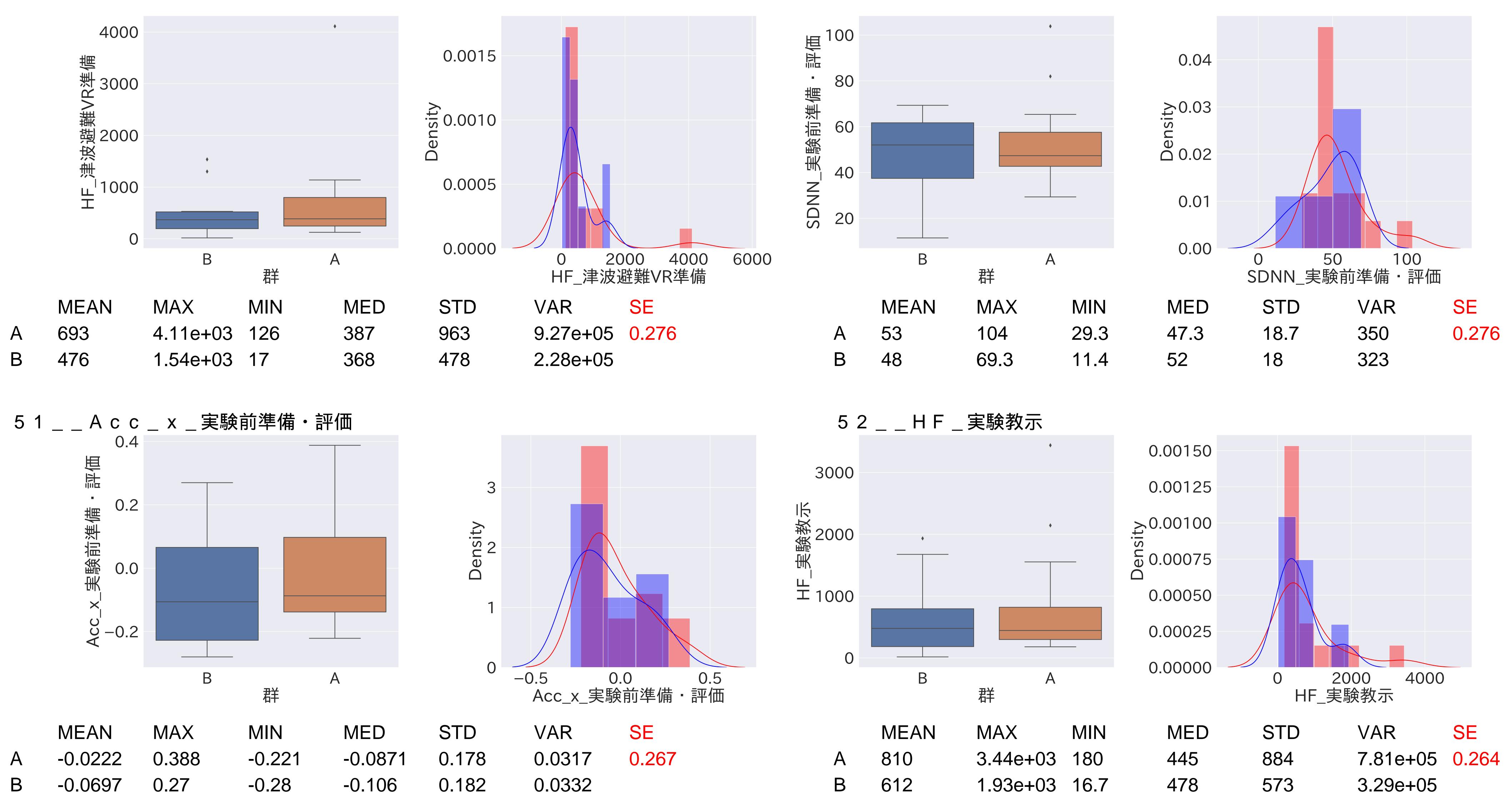
## 47\_pNN50\_実験前準備・評価

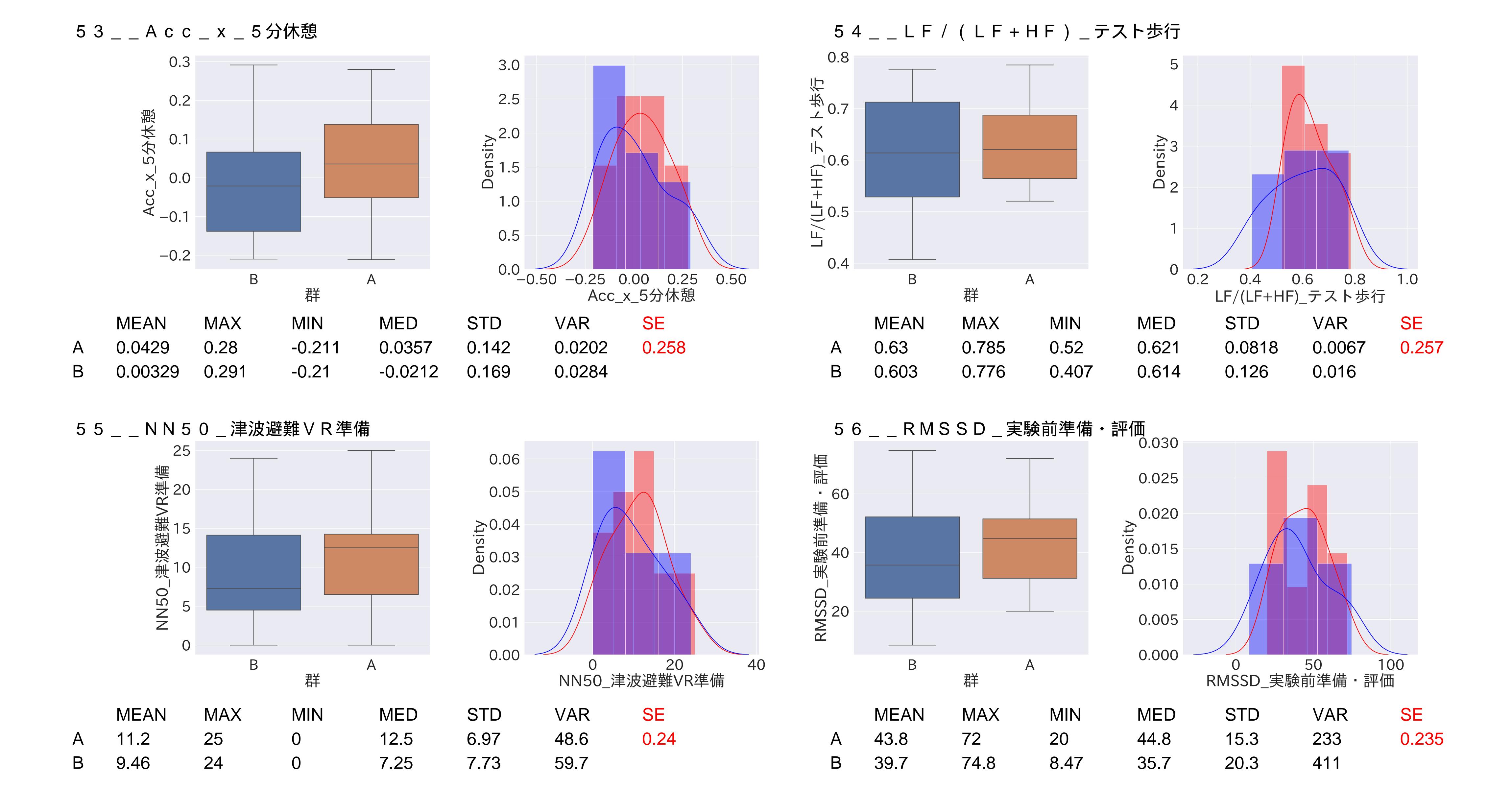


### 46\_\_Temp\_実験教示

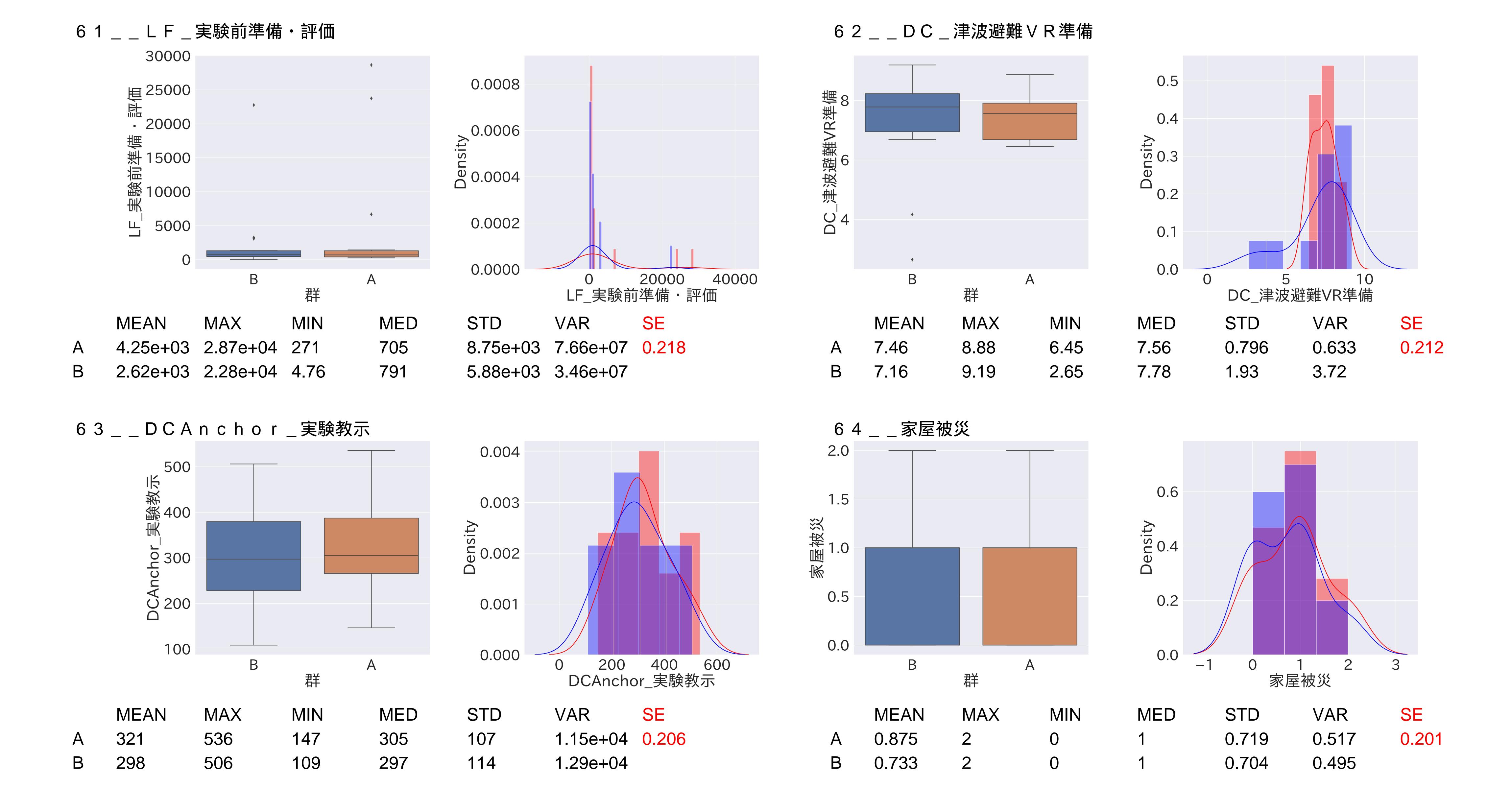








5 7 \_ H F \_ 実験前準備・評価 5 8 \_ \_ D C A n c h o r \_ 津波避難 V R 3000 1000 0.0010 0.0020 津波避難VR 坦2500 0.0008 - 2000 <u>S</u> 0.0015 |無難||1500||1000 ÷ 0.0006 0.0010 600 0.0004 0.0005 500 0.0002 0.0000 0.0000 2000 1000 4000 500 HF\_実験前準備·評価 DCAnchor\_津波避難VR 群 MEAN MIN MED STD VAR SE MEAN MAX MIN MED STD SE MAX VAR 417 3.88e+05 0.228 3.2e + 040.224 857 2.12e+03 140 696 623 680 979 664 179 2.88e+03 17.6 В 705 518 5.27e + 05638 998 308 599 4.09e + 04726 202 5 9 \_ RMSSD \_ 実験教示 60 \_ H F \_ テスト歩行 0.04 0.00125 実職教示 0.00100 0.03 Density 0.0 0.0 S 0.00075 ₹ 2000 RMSSD\_50 0.00050 生 1000 0.01 0.00025 0.00 0.00000 4000 0 50 RMSSD\_実験教示 2000 HF\_テスト歩行 群 MEAN MAX MIN MED STD VAR SE **MEAN** MAX MIN STD VAR SE MED 20.5 33.9 369 0.222 3.81e+03 147 532 1.03e+03 1.07e+06 0.221 41.1 19.2 855 78.4 2.29e+03 119 35 36.9 69.1 7.81 363 667 499 3.45e + 05В 19.1 В 588



57

В

83

18

59.3

18.7

351

427

153

2.35e+04

238

719

454

В

### 70\_\_DCAnchor\_津波避難VR準備 6 9 \_ \_ D C A n c h o r \_ 5 分休憩 1200 0.0030 长 1000 0.0015 0.0025 nsity 0.0010 <u>.</u>≥0.0020 800 0.0015 600 0.0010 0.0005 0.0005 O 0 400 400 0.0000 0.0000 1000 1500 1000 500 DCAnchor\_5分休憩 DCAnchor\_津波避難VR準備 群 群 MEAN MIN MED STD VAR SE MEAN MAX MIN MED STD VAR SE MAX 809 4.75e+04 0.185 622 2.7e + 041.19e+03 490 790 218 630 891 388 164 0.162 В 742 237 5.61e+04602 930 386 547 183 3.36e + 04767 1.17e+03 377 72\_不安(80点中)\_実験教示 7 1 \_ C V R R \_ 心理的安定化 実験教示05 0.30 0.06 0.25 nsity 0.20 $\frac{1}{5}$ 0.04 <u>0</u> 0.15 CVRR<sub>2</sub> 0.10 0.02 0.05 0.00 0.00 20 40 60 不安(80点中)\_実験教示 CVRR\_心理的安定化 MEAN MIN MED STD VAR SE **MEAN** MAX MIN MED STD VAR SE MAX

37.9

36.9

В

55

46

23

25

39

37

9.7

6.22

94.1

38.7

0.116

0.13

6.52

6.3

В

4.5

3.41

9.63

9.03

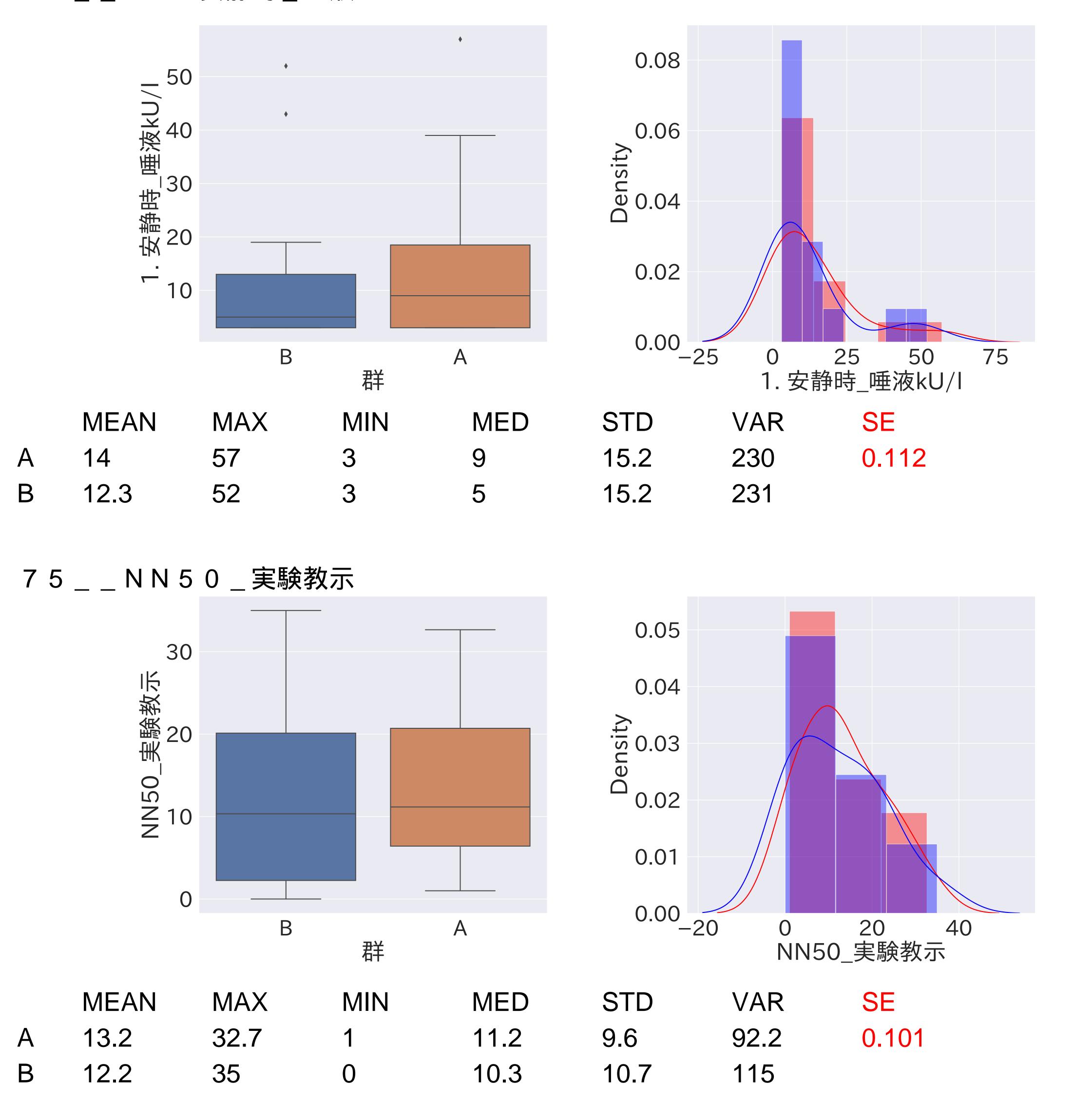
5.81

6.06

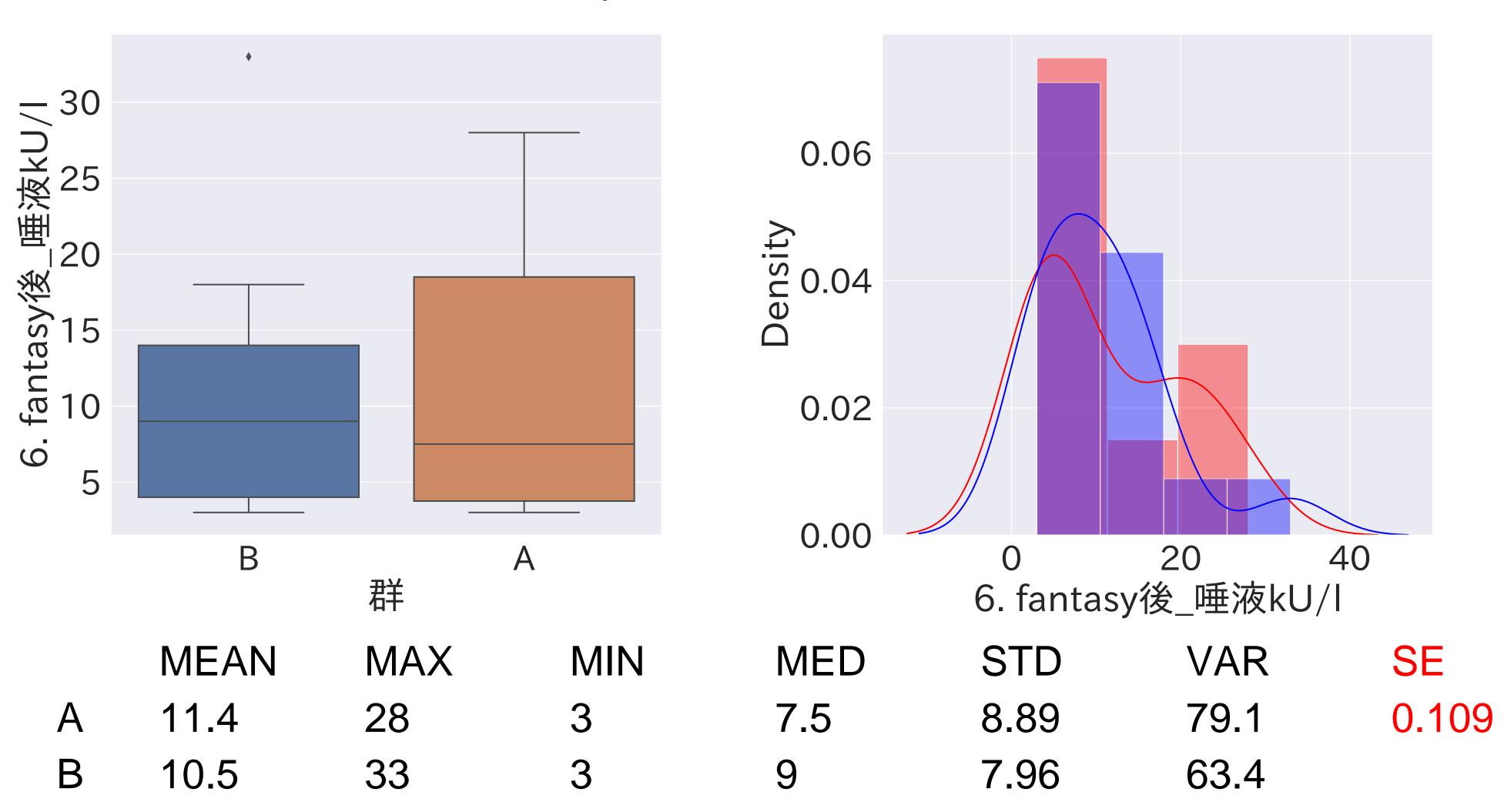
1.66

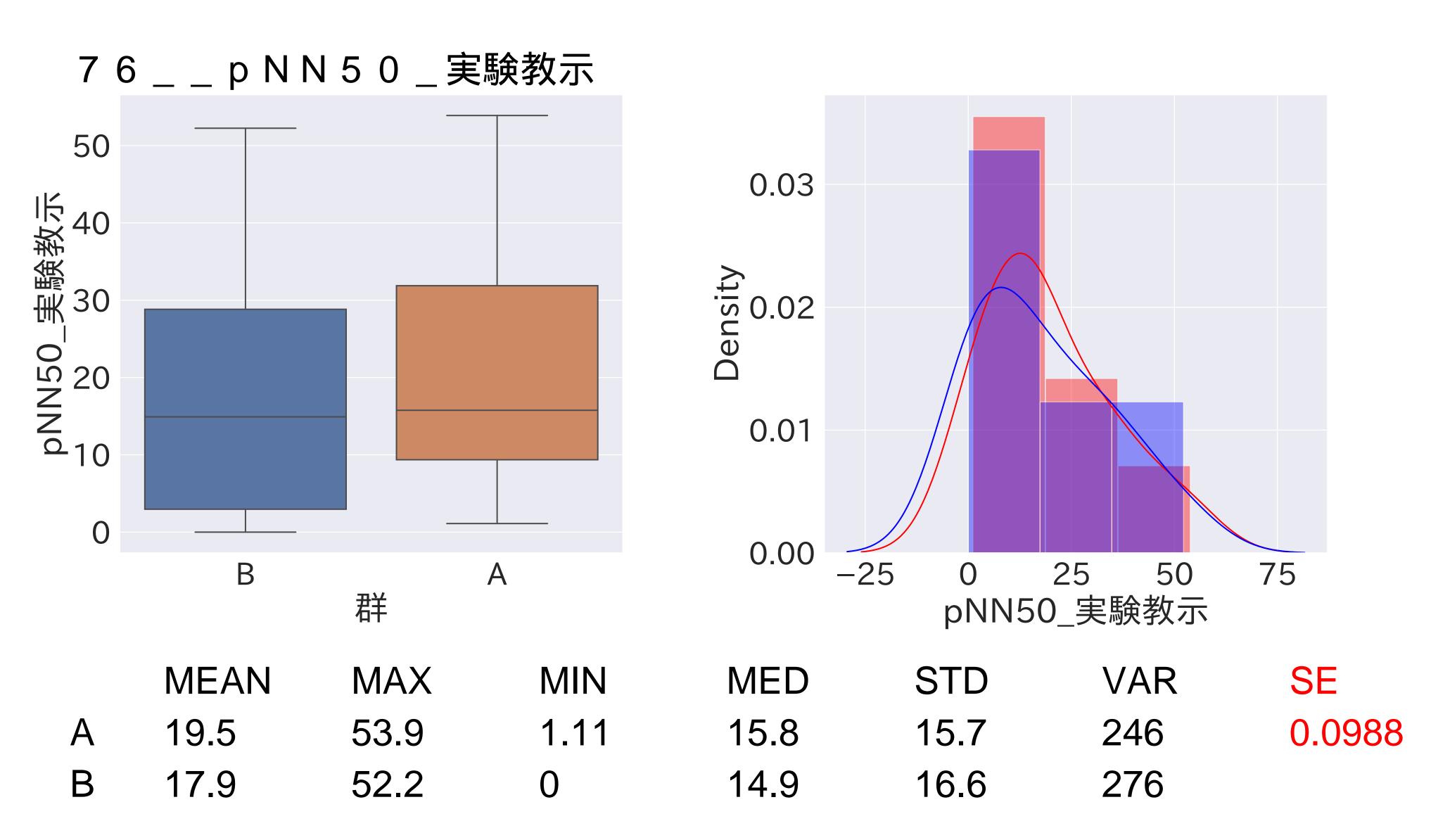
1.67

2.77



74\_\_6. fantasy後\_唾液kU/I





### 77\_ SDNN \_ テスト歩行

MEAN

27.9

27.8

В

MAX

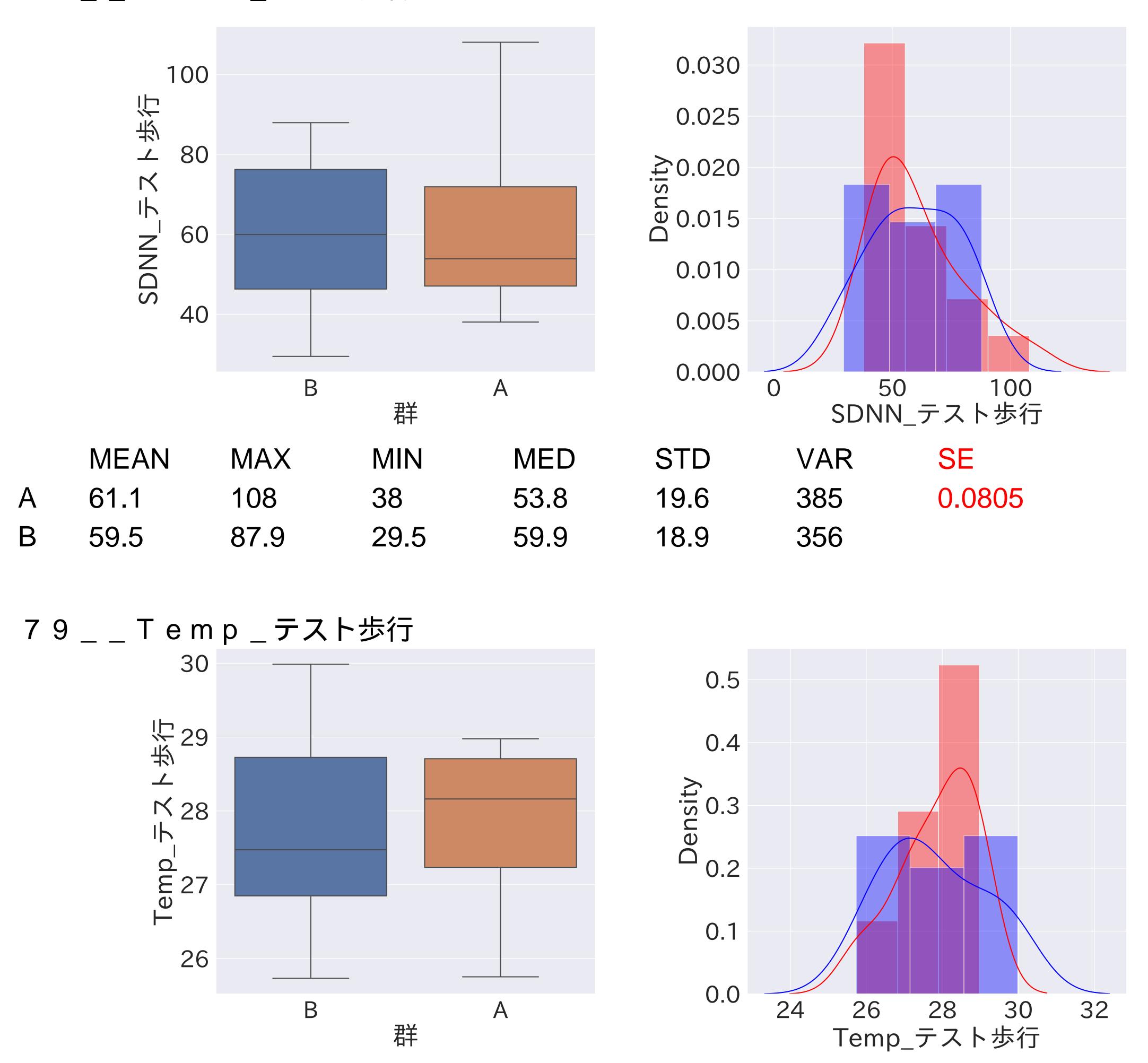
29

30

MIN

25.8

25.7



MED

28.2

27.5

STD

1.03

1.36

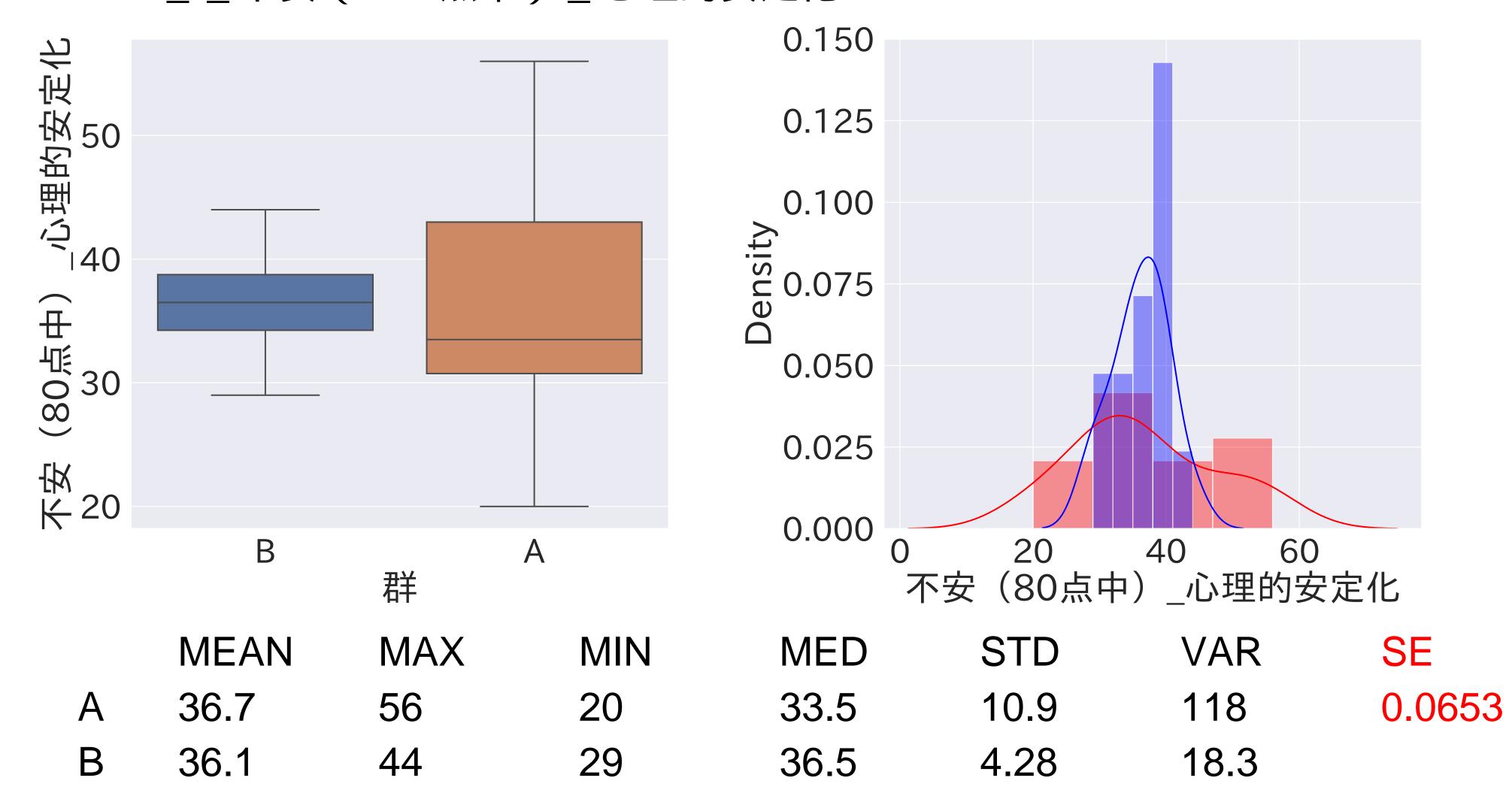
VAR

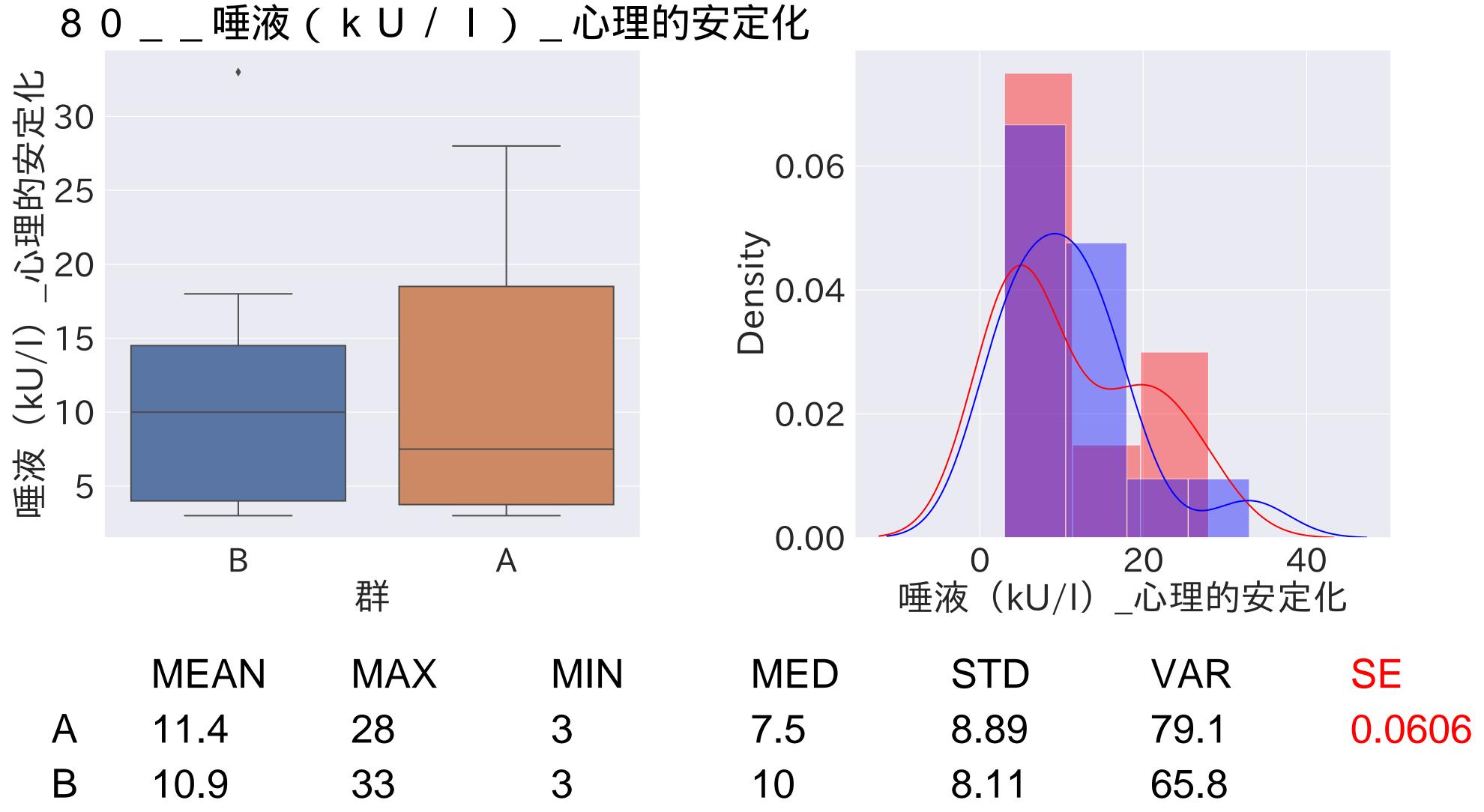
1.05

1.86

SE

78\_不安(80点中)\_心理的安定化





0.000208 0.28

-0.22

-0.0462

0.167

0.028

1e+03

647

825

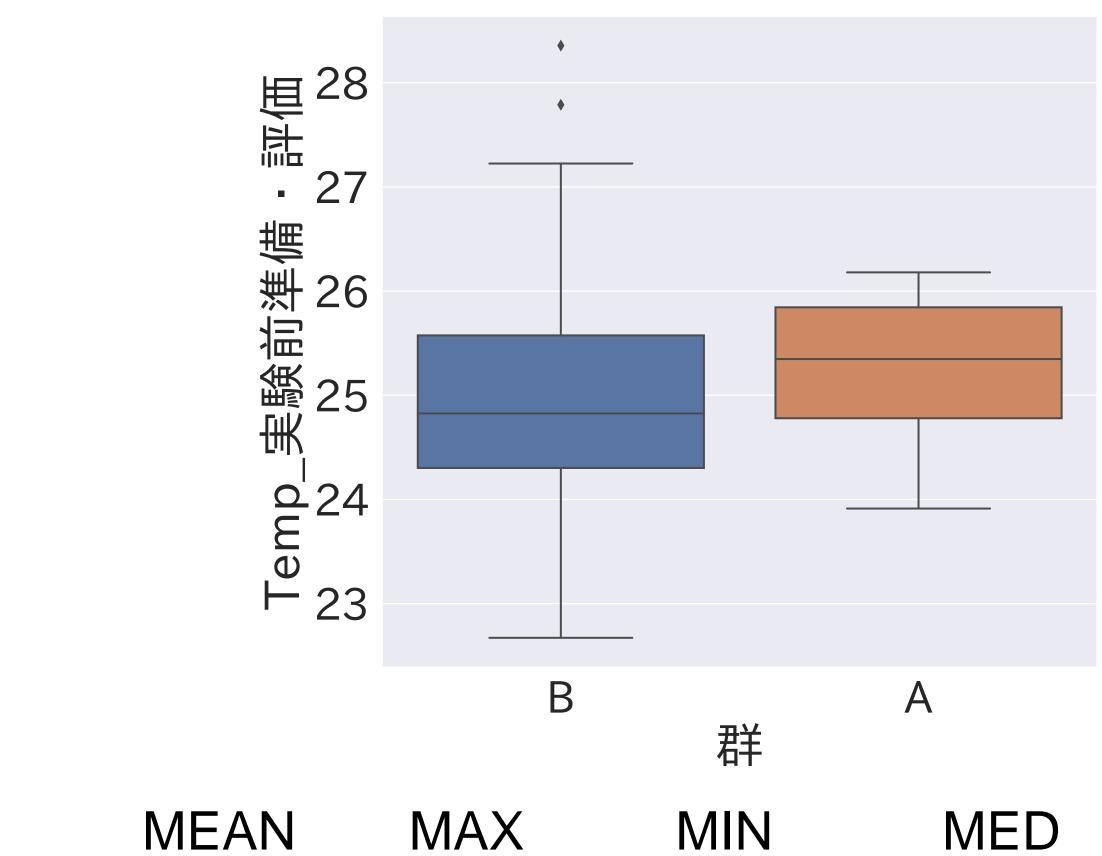
В

809

109

1.19e + 04

# 8 5 \_ \_ T e m p \_ 実験前準備・評価

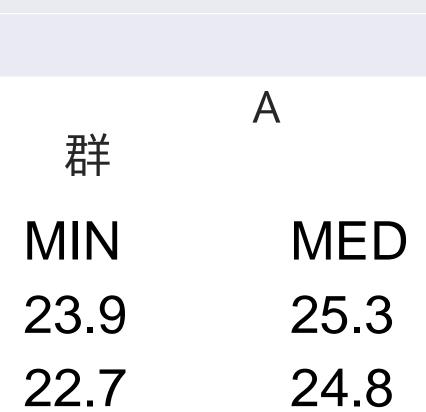


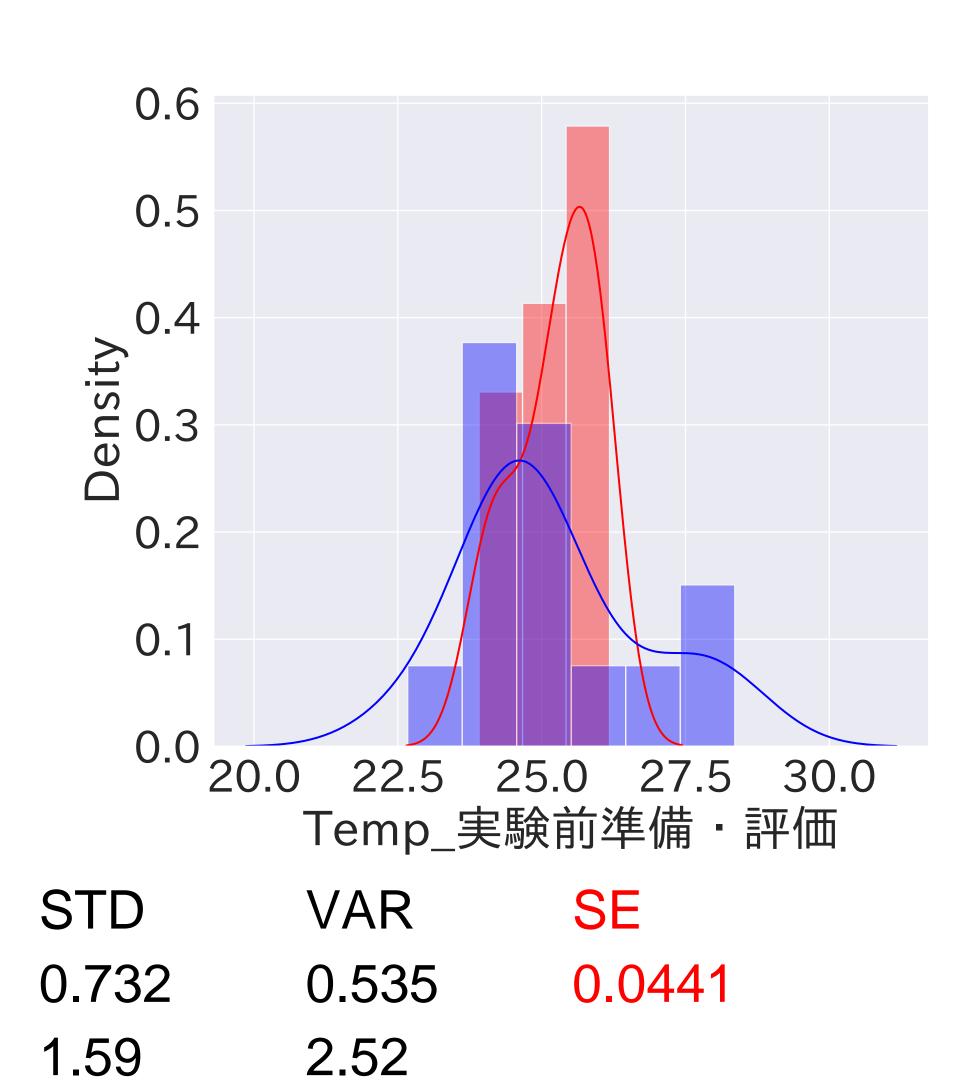
26.2

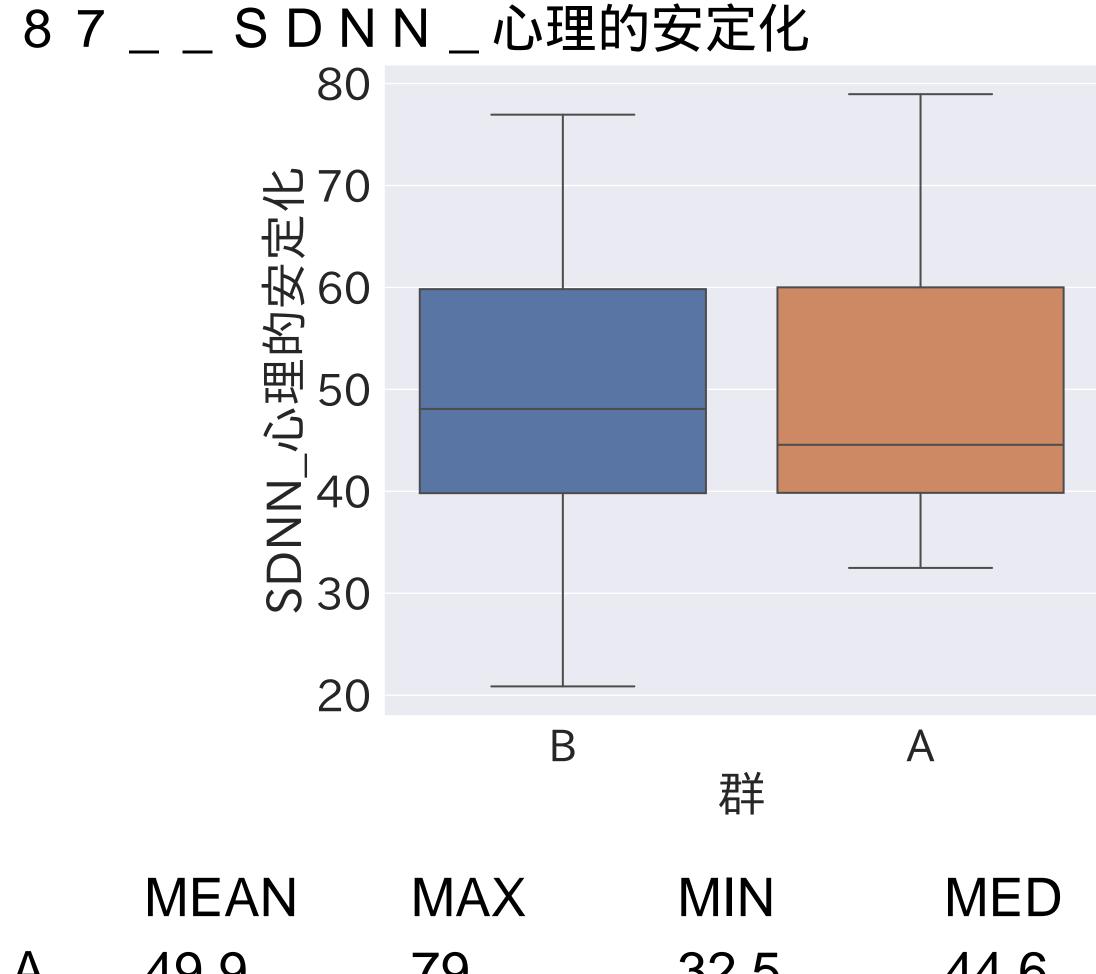
28.4

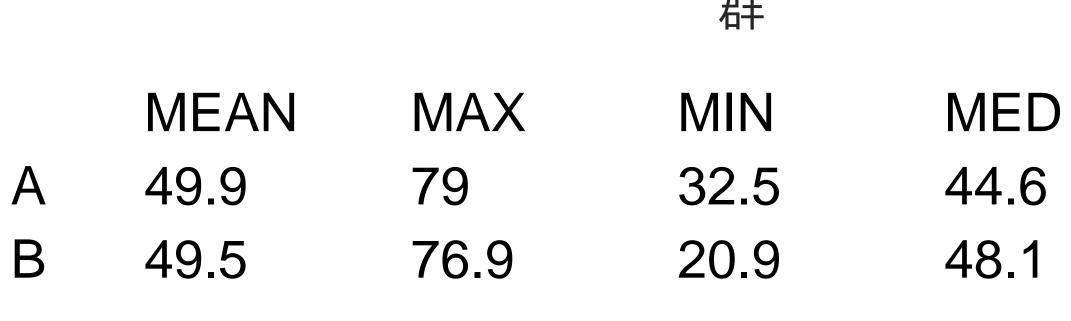
25.3

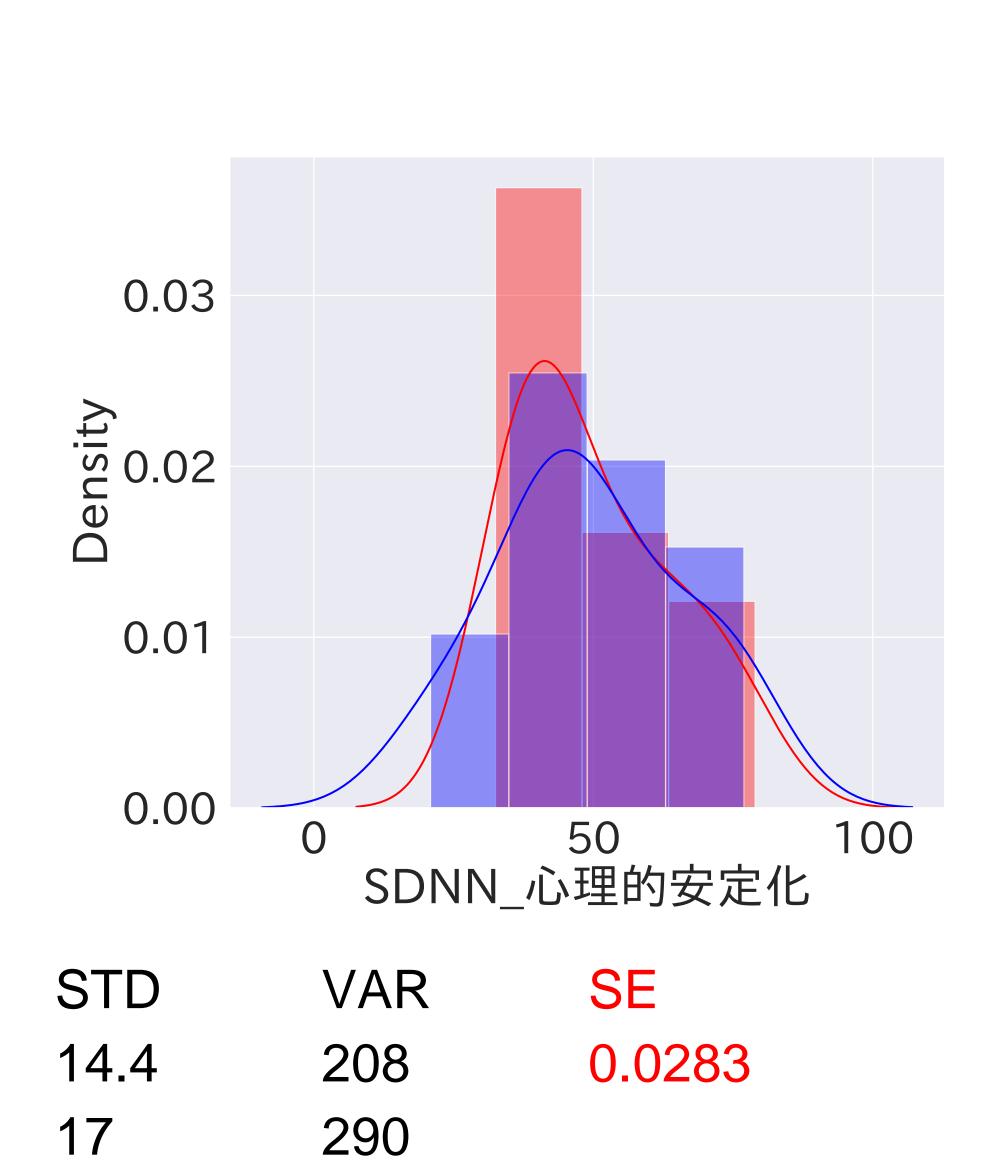
25.2



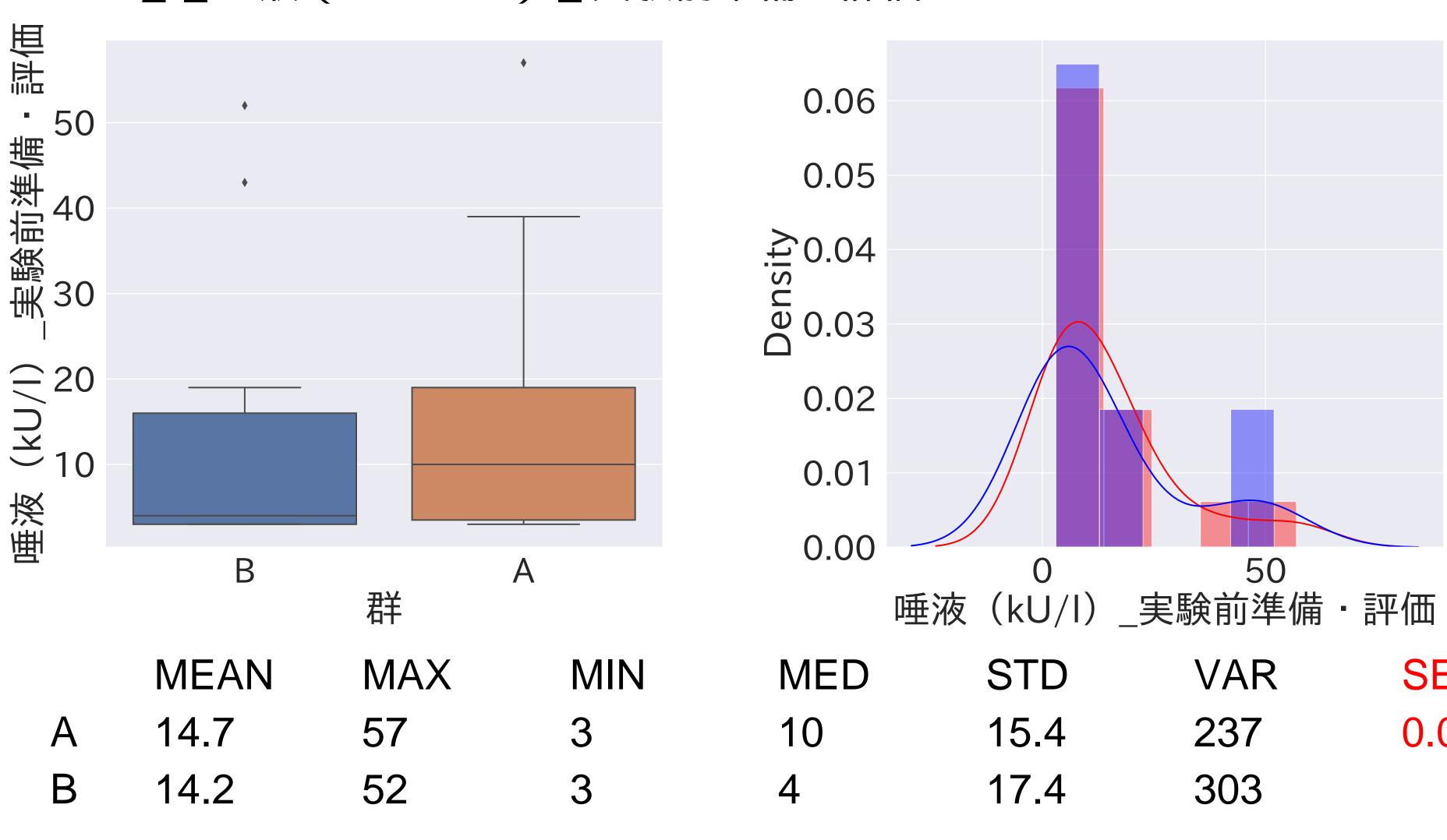


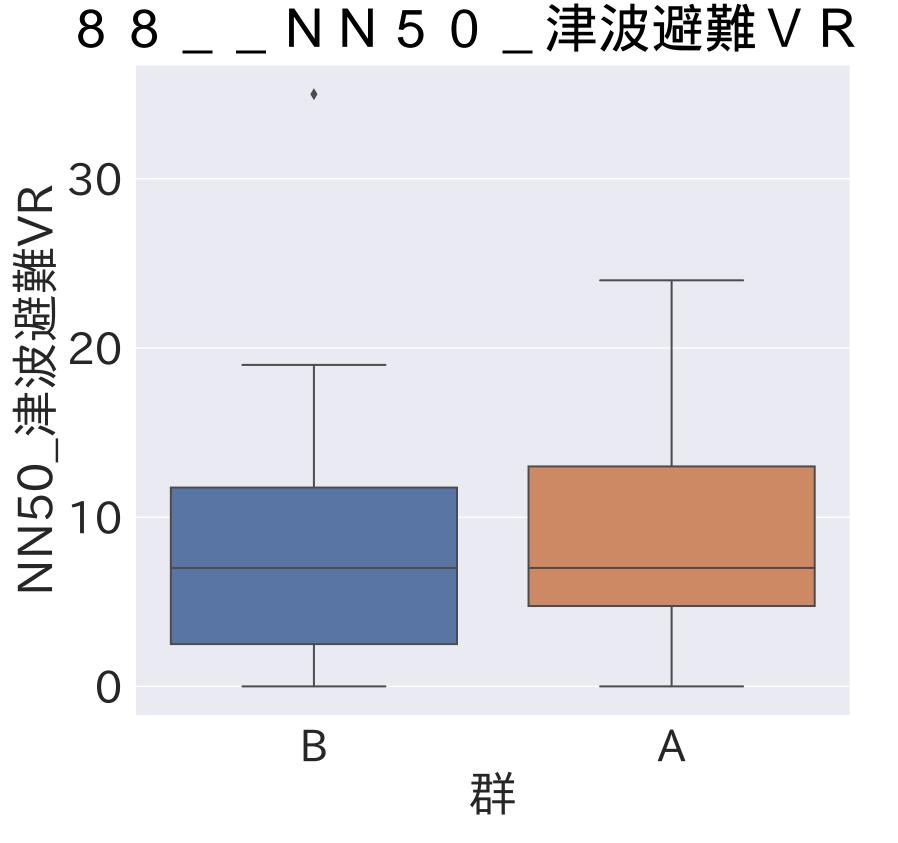


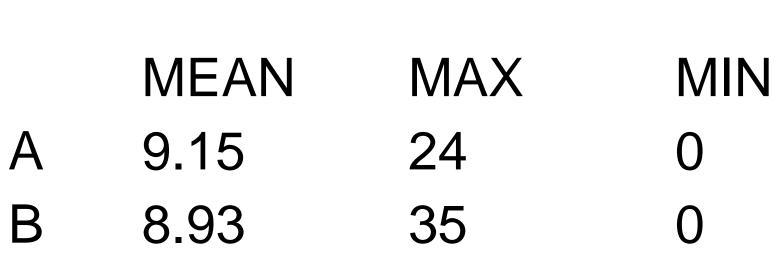


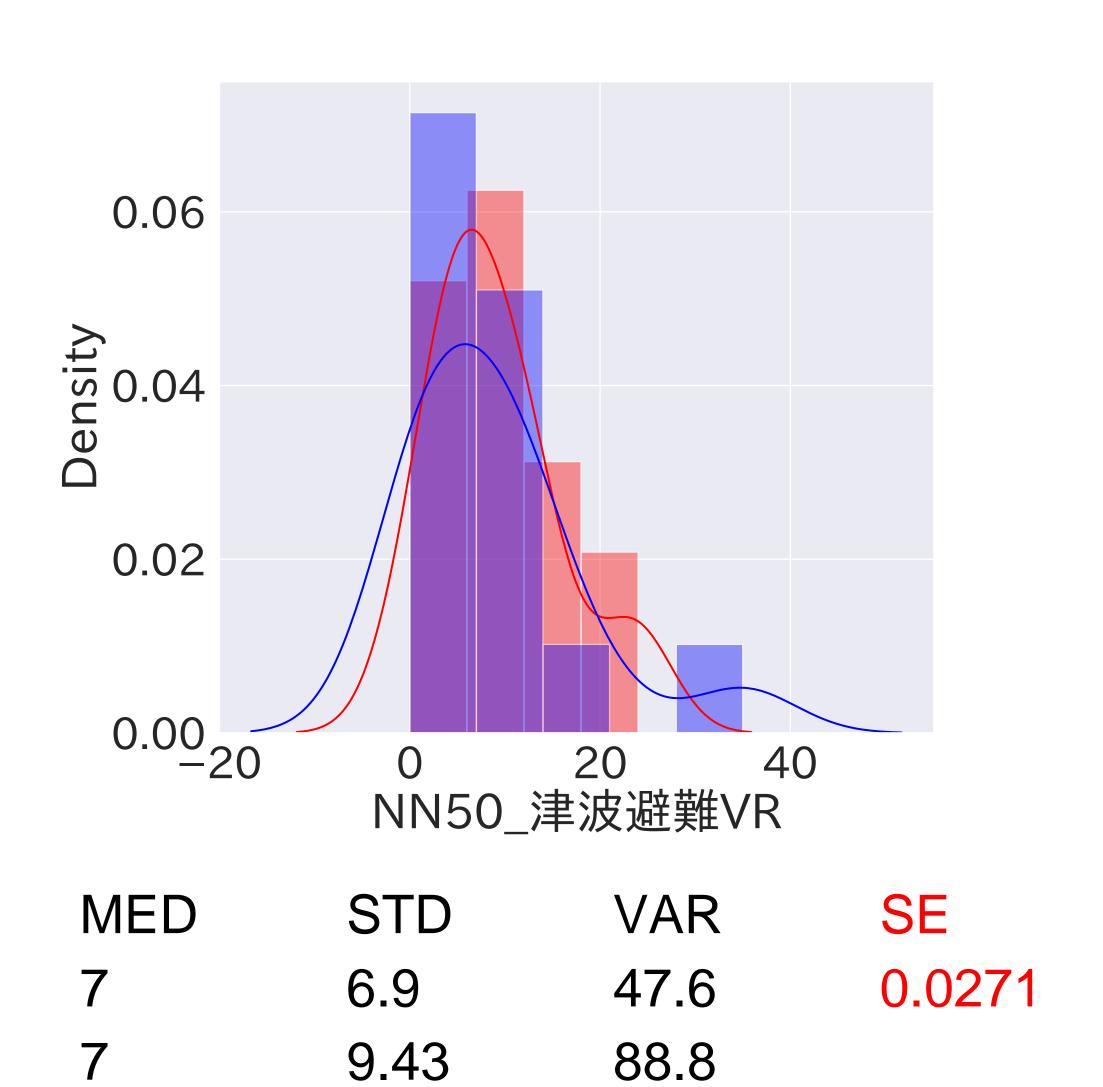


## 86\_\_唾液(kU/l)\_実験前準備・評価

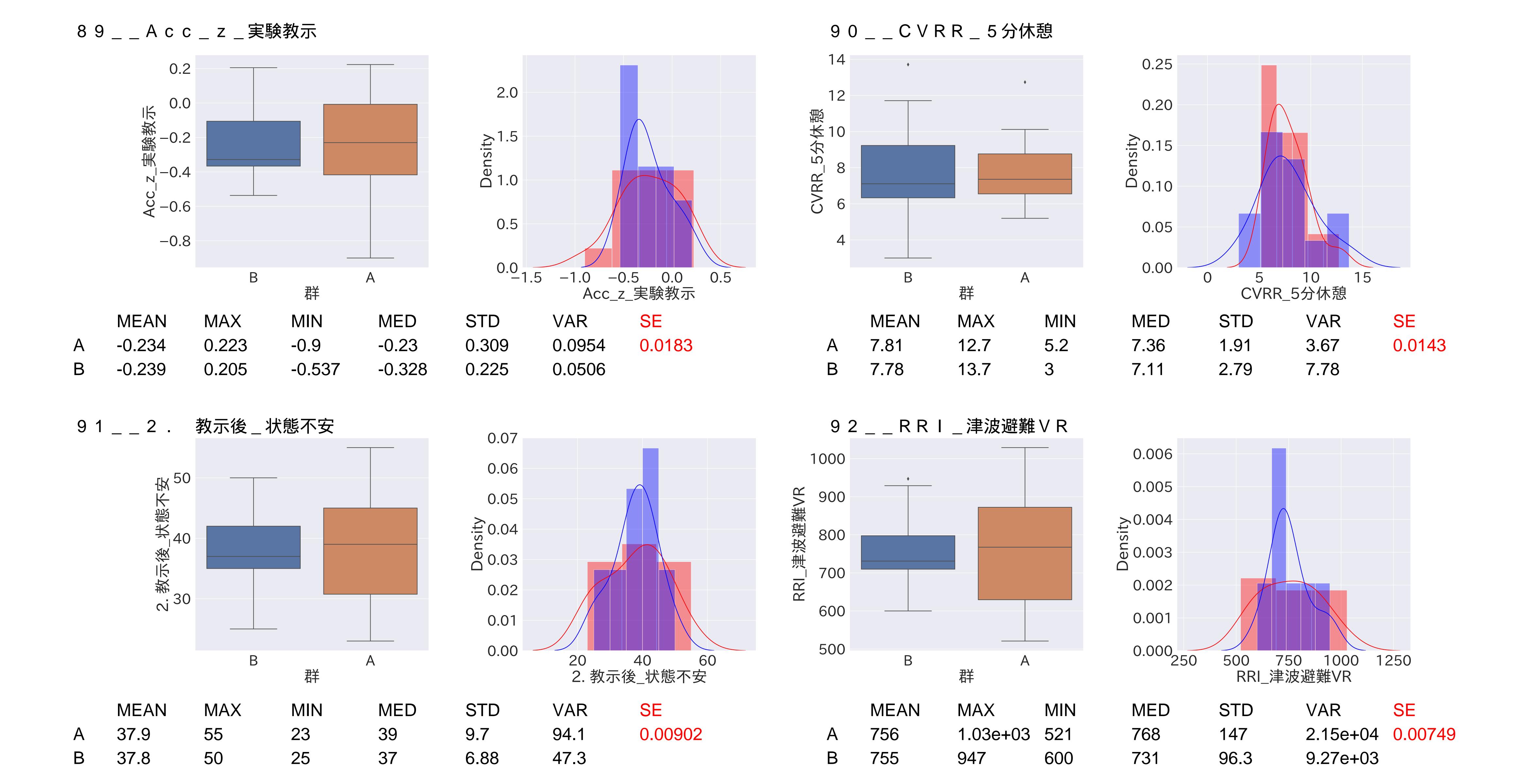


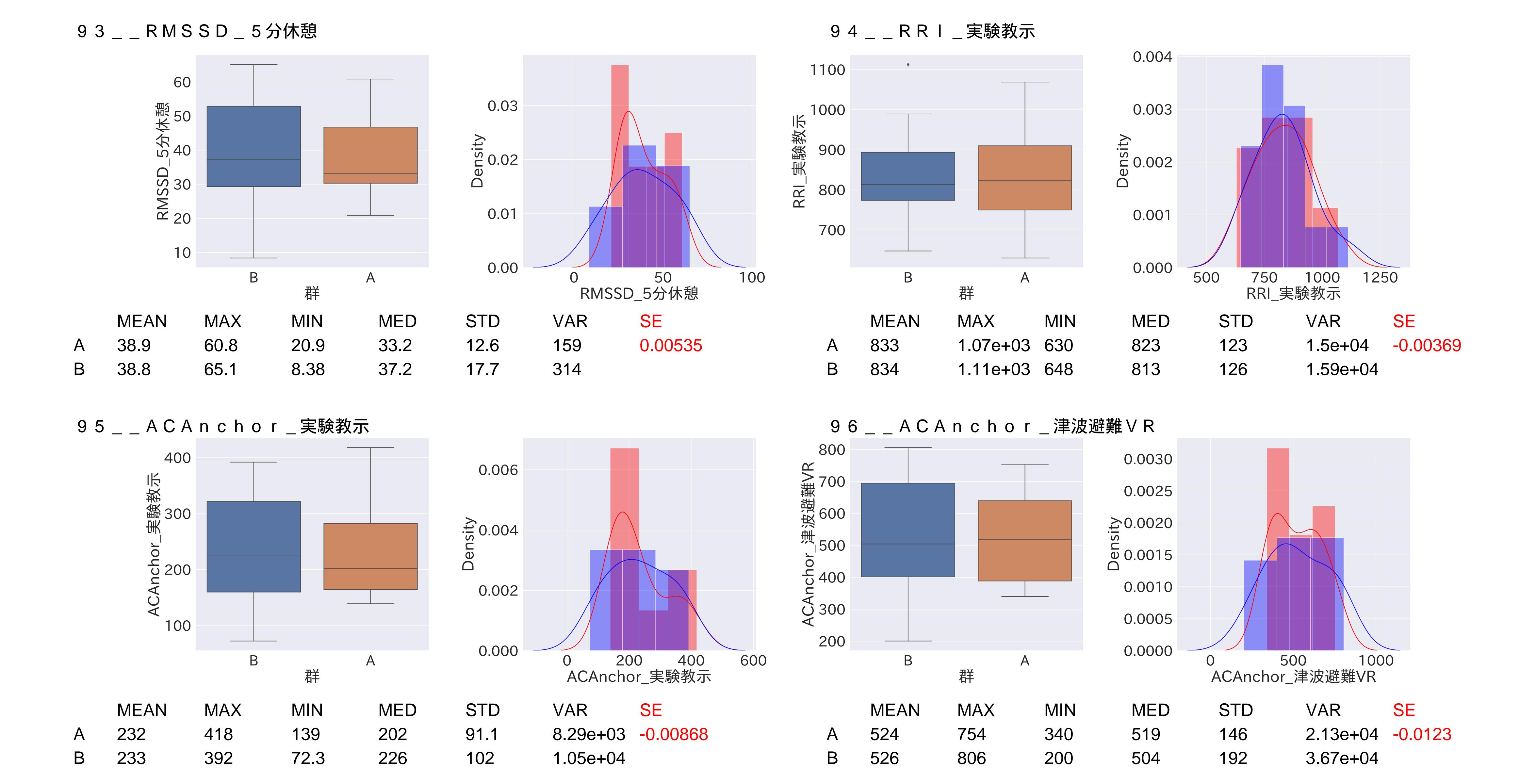






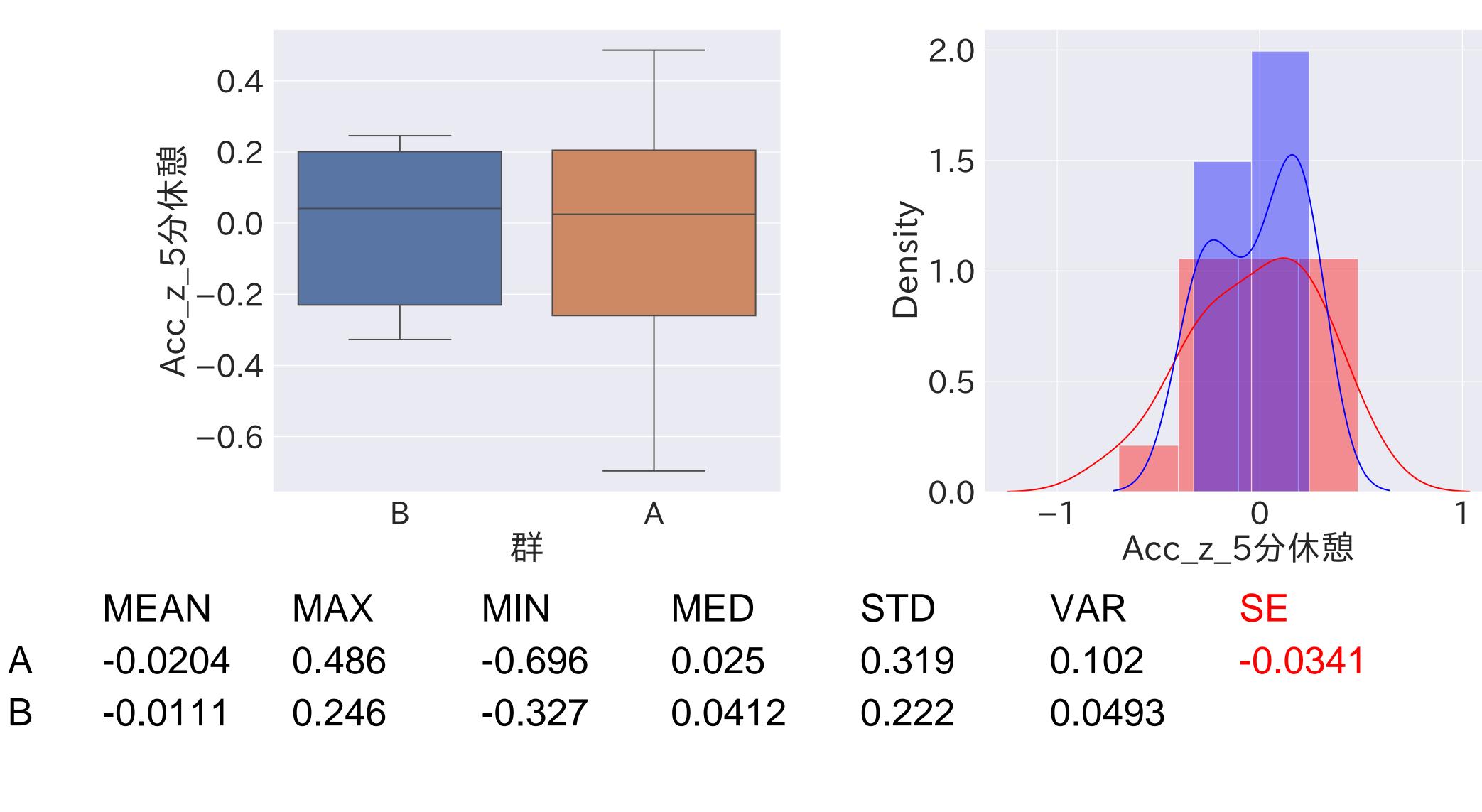
SE

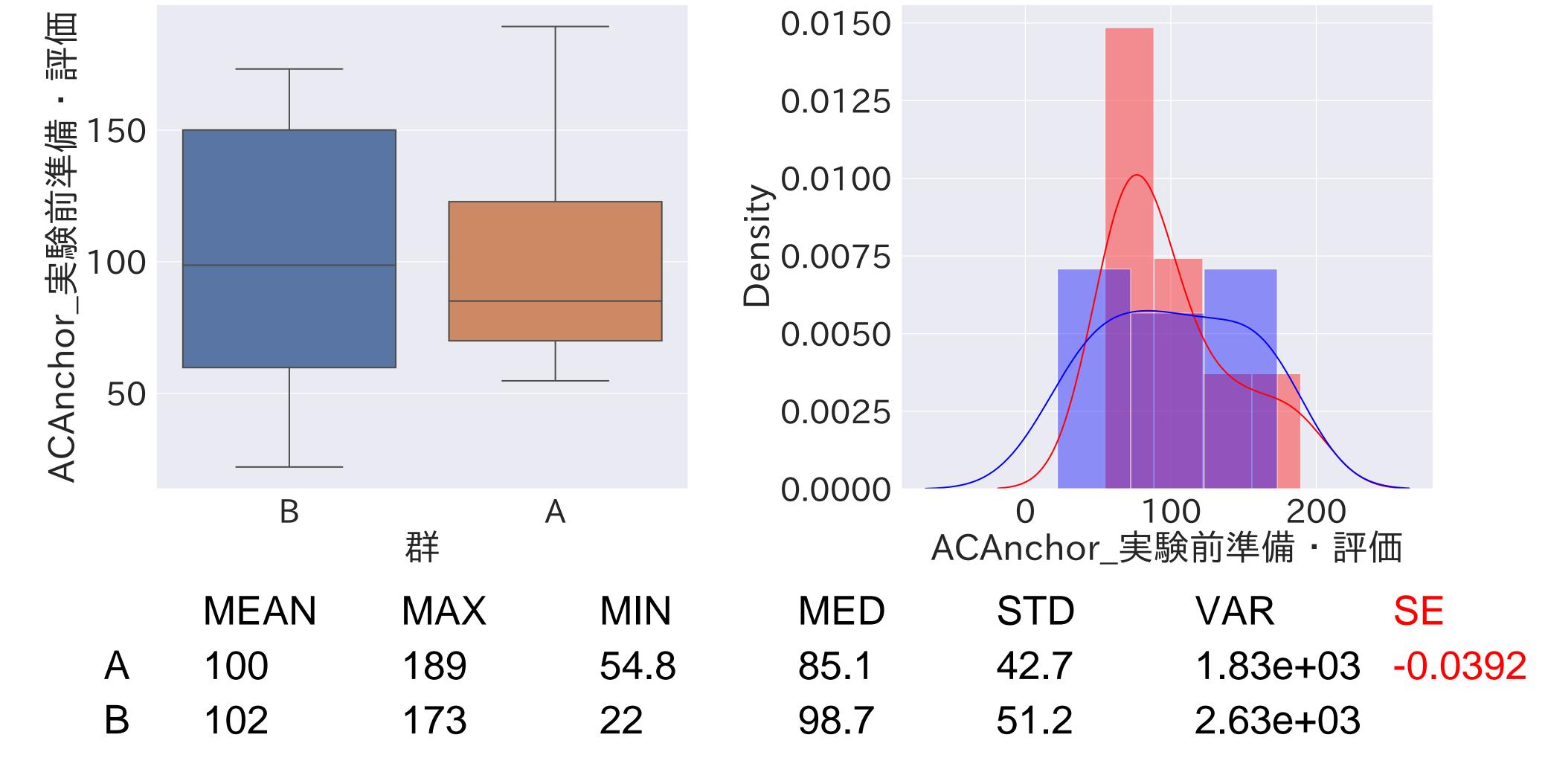


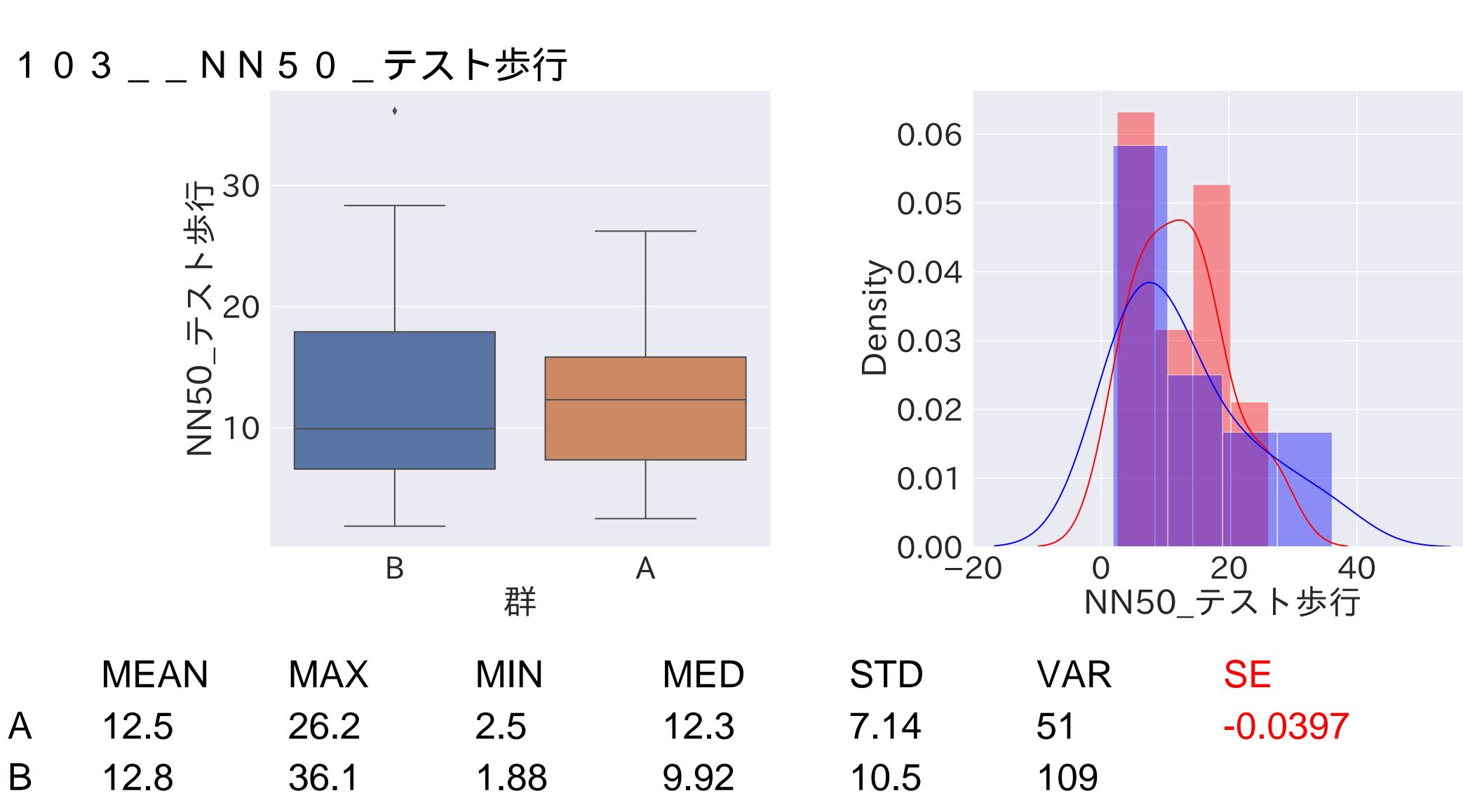


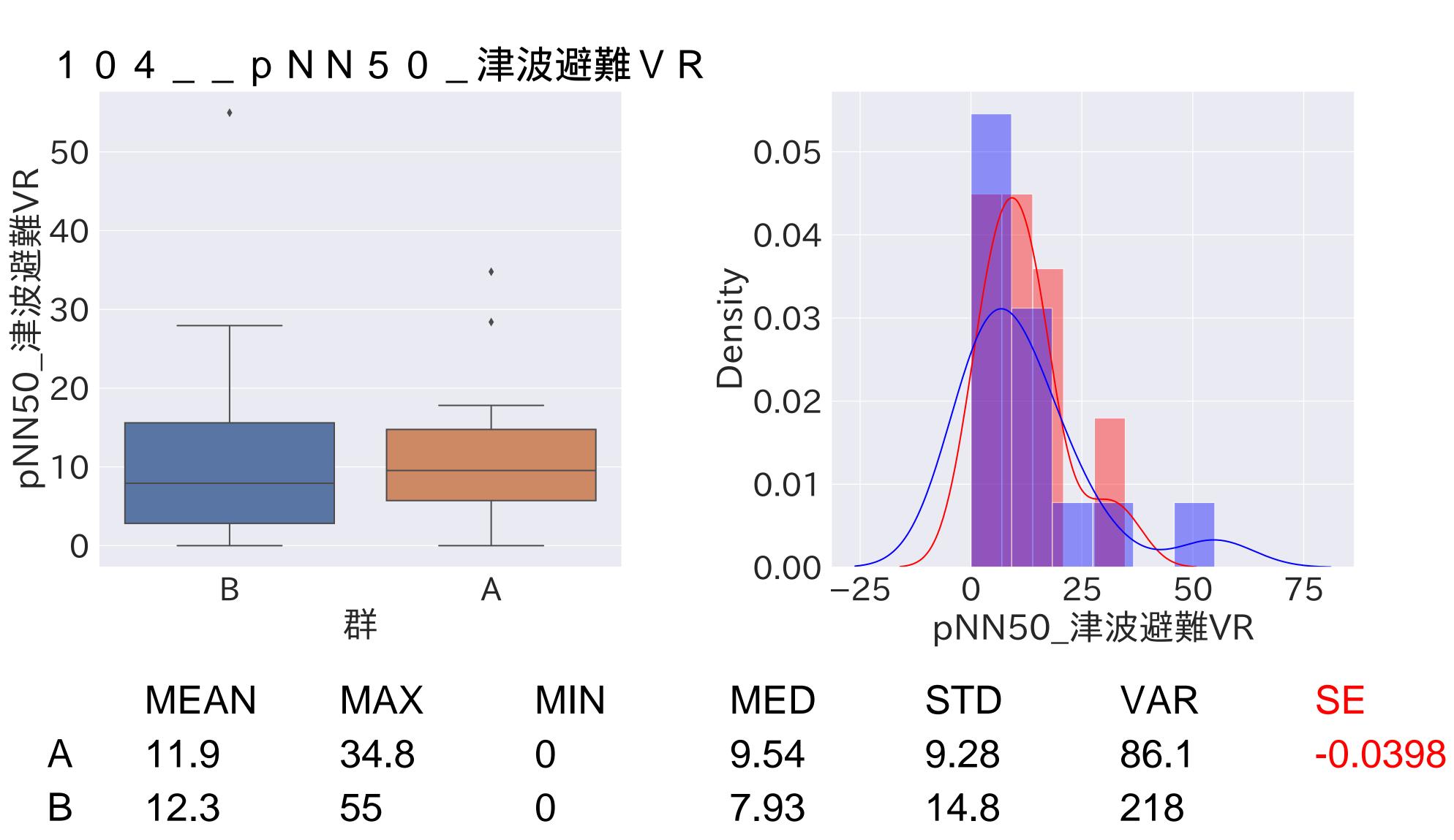
#### 97\_Temp\_津波避難 V R 9 8 \_ N N 5 0 \_ 5 分休憩 0.06 0.6 30 30 0.05 0.5 25 ensity 0.03 ensity 0.3 8.0 0SNN 10 Де В 27 0.2 0.02 0.1 0.01 $0.00_{-20}$ 0.0 24 26 0 20 NN50\_5分休憩 28 群 Temp\_津波避難VR SE SE MEAN MAX MIN MED STD VAR MEAN MAX MIN MED STD VAR -0.0249 -0.0286 28.2 26.2 28.5 63 29.6 1.04 1.08 12.3 27.6 10 7.94 28.3 30.2 26.2 В 28.1 1.21 12.5 30.4 9.57 9.92 98.4 1.46 0 1\_00\_\_\_外向性 9 9 \_ R R I \_ 津波避難 V R 準備 32.5 0.005 海波避難VR準備 200 00 00 00 0.08 30.0 0.004 27.5 0.06 Density 0.0 90 €0.003 型<sub>25.0</sub> 太 22.5 0.002 RR 20.0 0.02 0.001 600 17.5 0.000 0.00 600 800 100 RRI\_津波避難VR準備 1000 群 外向性 SE MEAN MAX MIN MED STD VAR SE MEAN MAX MIN MED STD VAR 9.35e+03 -0.0291 17 758 566 763 96.7 24.2 32 24 -0.0313 898 4.85 23.5 17 632 31 25 937 733 94.3 8.9e + 03В 760 24.3 21.2 В 4.61

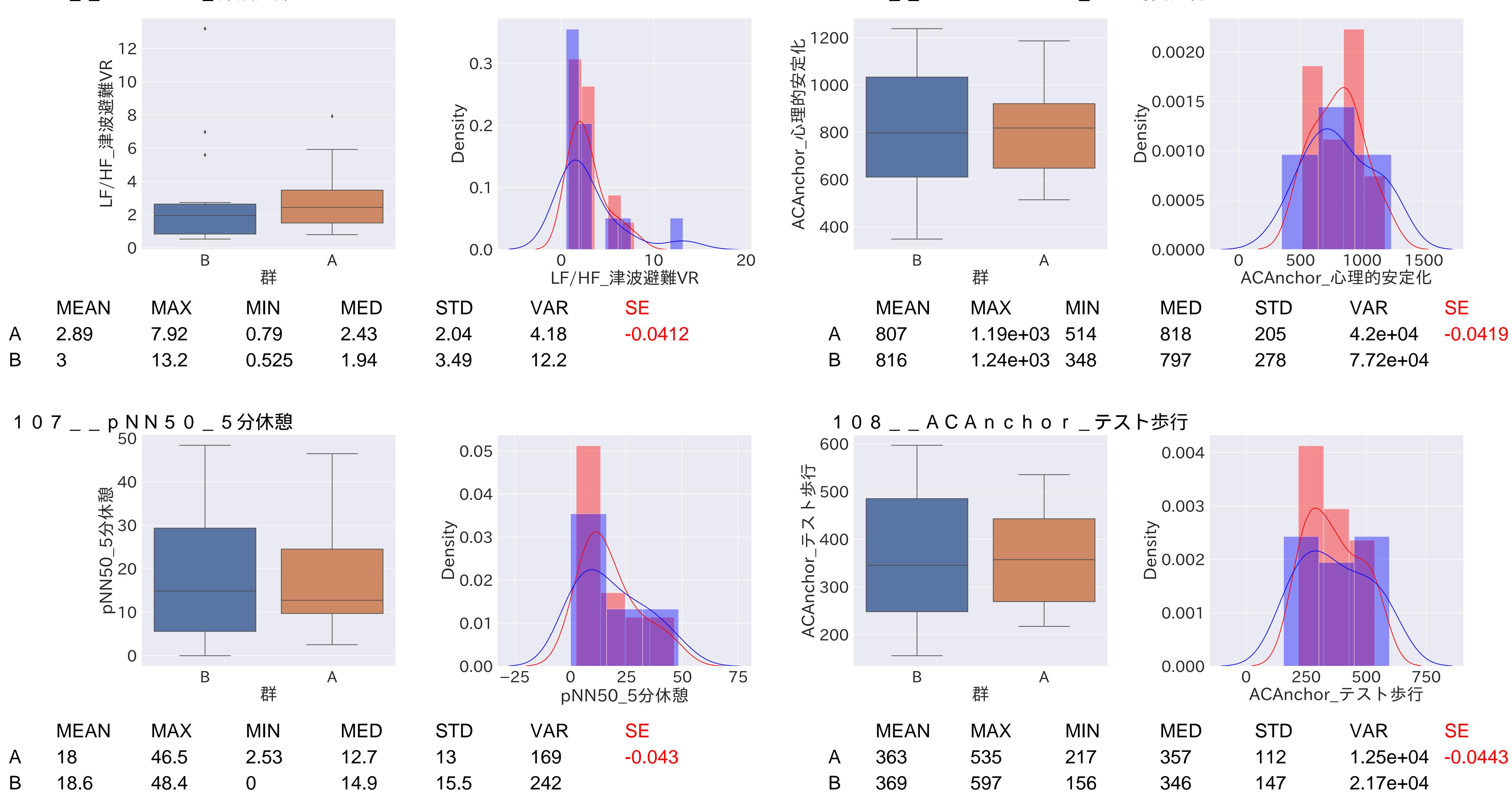
## 102\_\_ACAnchor\_実験前準備・評価

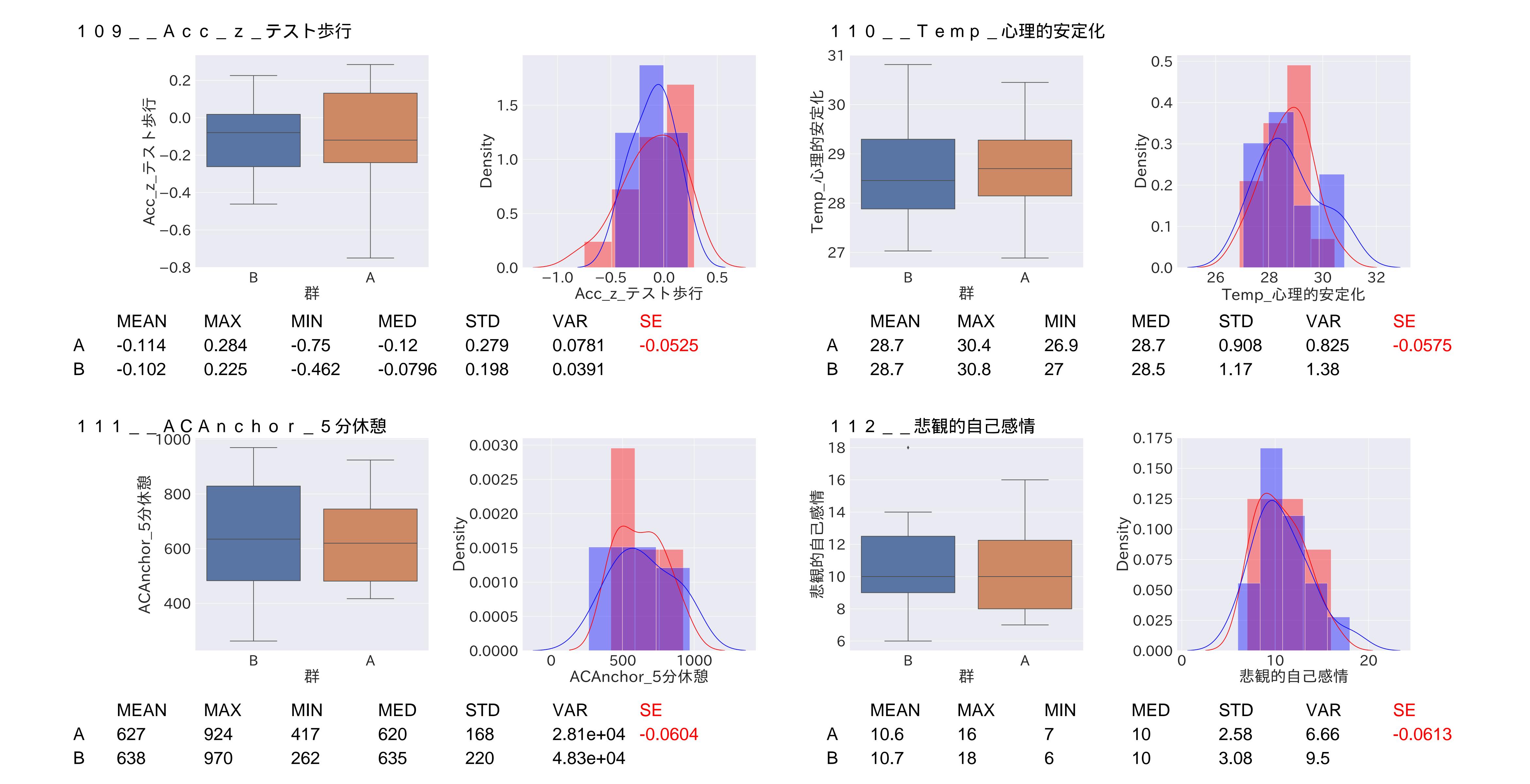












### 1 1 4 \_ \_ 誠実性 113\_\_6. fantasy後\_狀態不安 0.07 0.10 45 0.06 6. fantasy後\_状態不安 ∞ 5 5 0 40 0.08 0.05 35 Density 0.03 Density 0.0 90.0 減緩 30 新型 25 0.02 20 0.02 0.01 20 15 0.00 0.00 6. fantasy後\_状態不安 SE SE MEAN MAX MIN MED STD VAR MEAN MAX MIN MED STD VAR -0.0664 15 -0.0784 36.7 56 20 33.5 118 45 22.5 8.1 10.9 25.7 65.6 29 39 16 37.3 53 38 26.3 25 В 5.99 35.9 6.83 46.6 1 1 5 \_ \_ A C A n c h o r \_ 津波避難 V R 準備 1 1 6 \_ \_ A c c \_ z \_ 津波避難 V R | | 海波 | 200 | 200 | 200 | 200 | 200 | 200 0.0030 | | 無 | 点 | 一 | 0.2 | -0.2 1.5 0.0025 Density 1 **⇒**0.0020 0.0015 <del>ဝ</del>မှ 400 0.0010 9 – 0.4 0.5 A 300 0.0005 -0.60.0000 0.0 1000 750 500 0.0 250 ACAnchor\_津波避難VR準備 Acc\_z\_津波避難VR MEAN MIN MED STD VAR SE **MEAN** MAX STD VAR SE MAX MIN MED 482 310 477 133 1.78e+04 -0.0799 -0.109 0.0788 -0.081 684 -0.66 -0.11 0.38 0.281

-0.0875

0.28

В

-0.675

-0.13

0.262

0.0684

452

171

2.92e + 04

288

765

494

В

### 1 1 7 \_ \_ A c c \_ z \_ 心理的安定化 1 1 8 \_ \_ T e m p \_ 津波避難 V R 準備 0.5 0.50 30 VR 編 50 29 小理的效定化 0.0 -0.25 0.4 1.5 → | 注決避難 | 28 Density 5.0 8.0 ensity 0 පු −0.50 0.5 0.1 -0.7526 0.0 Acc\_z\_心理的安定化 Temp\_津波避難VR準備 群 SE SE MEAN MAX MIN MED STD VAR MEAN MAX MIN MED STD VAR -0.0902 -0.0942 -0.0848 -0.803 0.116 0.509 -0.06 0.341 28.2 29.5 26 28.4 1.06 1.12 30.2 26.1 -0.0592 -0.431 -0.0771 28.3 28.1 0.25 0.211 0.0445 1.28 1.64 1 2 0 \_ RMSSD\_津波避難VR 1 1 9 \_ T e m p \_ 5 分休憩 0.04 0.5 30 0.4 Density 20.02 Density Hem 28 RMSSD 0 0.01 0.1 27 0.00 0.0 28 30 Temp\_5分休憩 0 50 1 RMSSD\_津波避難VR 100 MEAN MAX MIN MED STD VAR SE **MEAN** MAX MIN MED STD VAR SE 32 28.4 26.6 28.5 0.963 0.927 -0.0992 32.9 12 11.2 125 -0.113 29.8 54.8

28.5

В

30.5

26.6

28.3

1.14

1.31

77.7

34.8

В

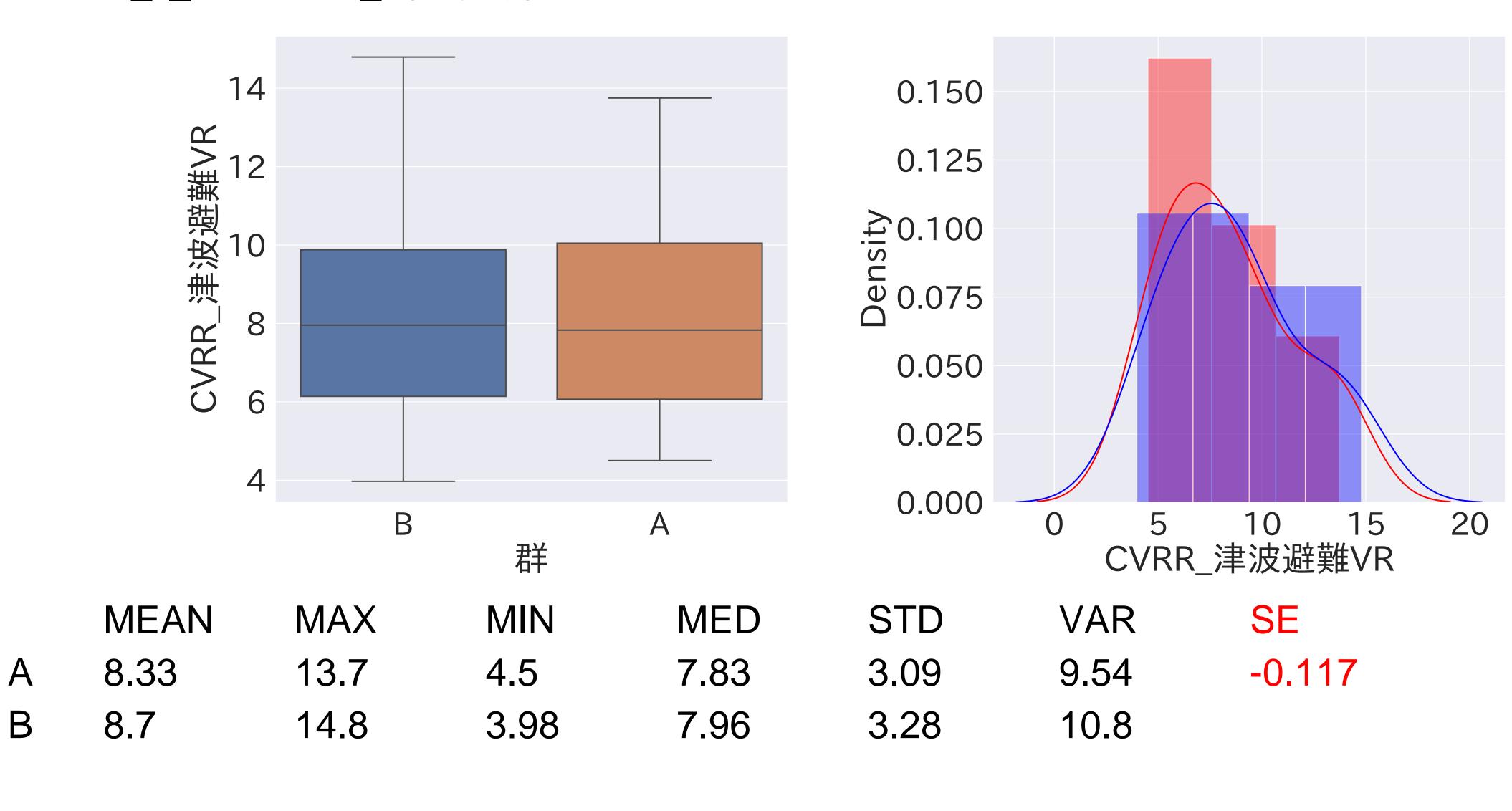
8.89

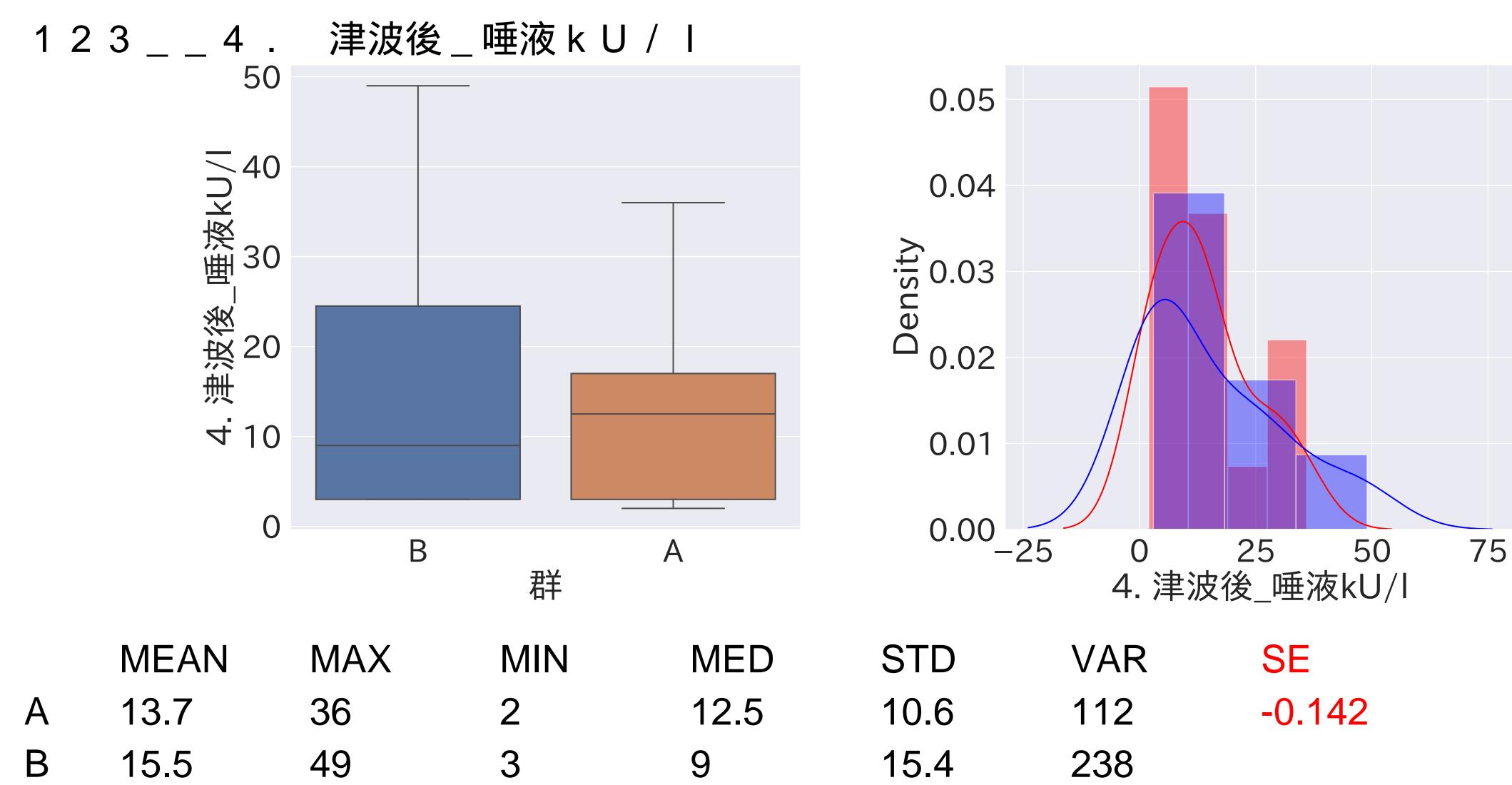
29.7

20.9

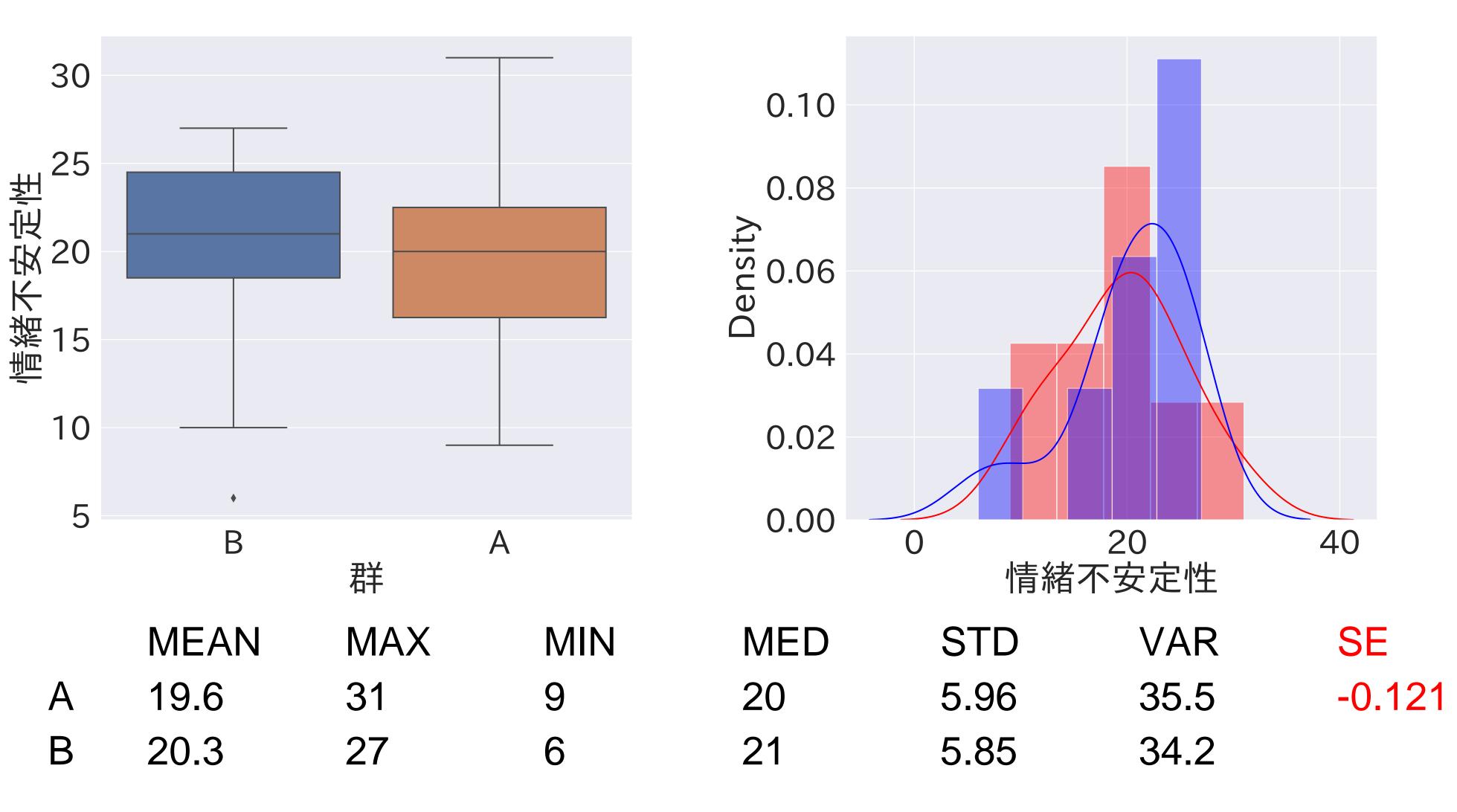
436

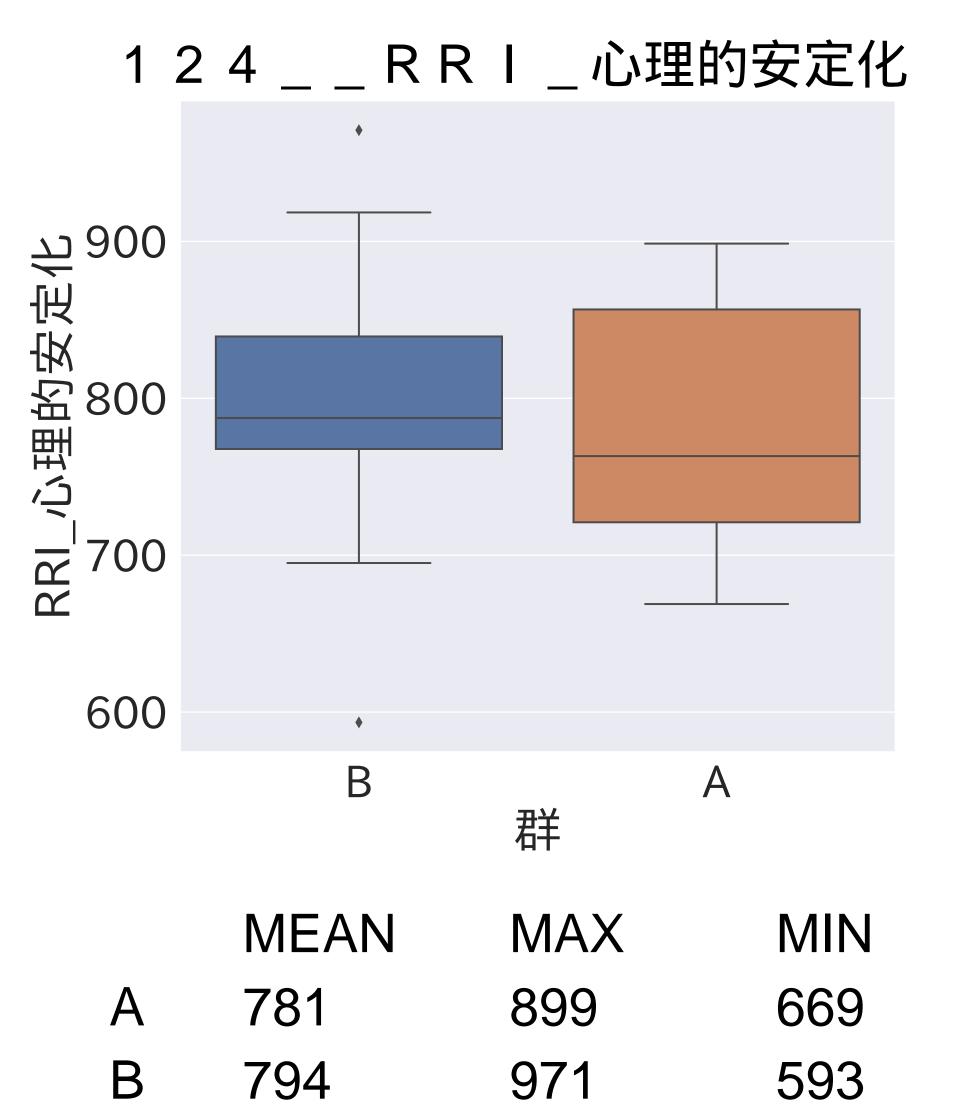
### 1 2 1 \_ \_ C V R R \_ 津波避難 V R

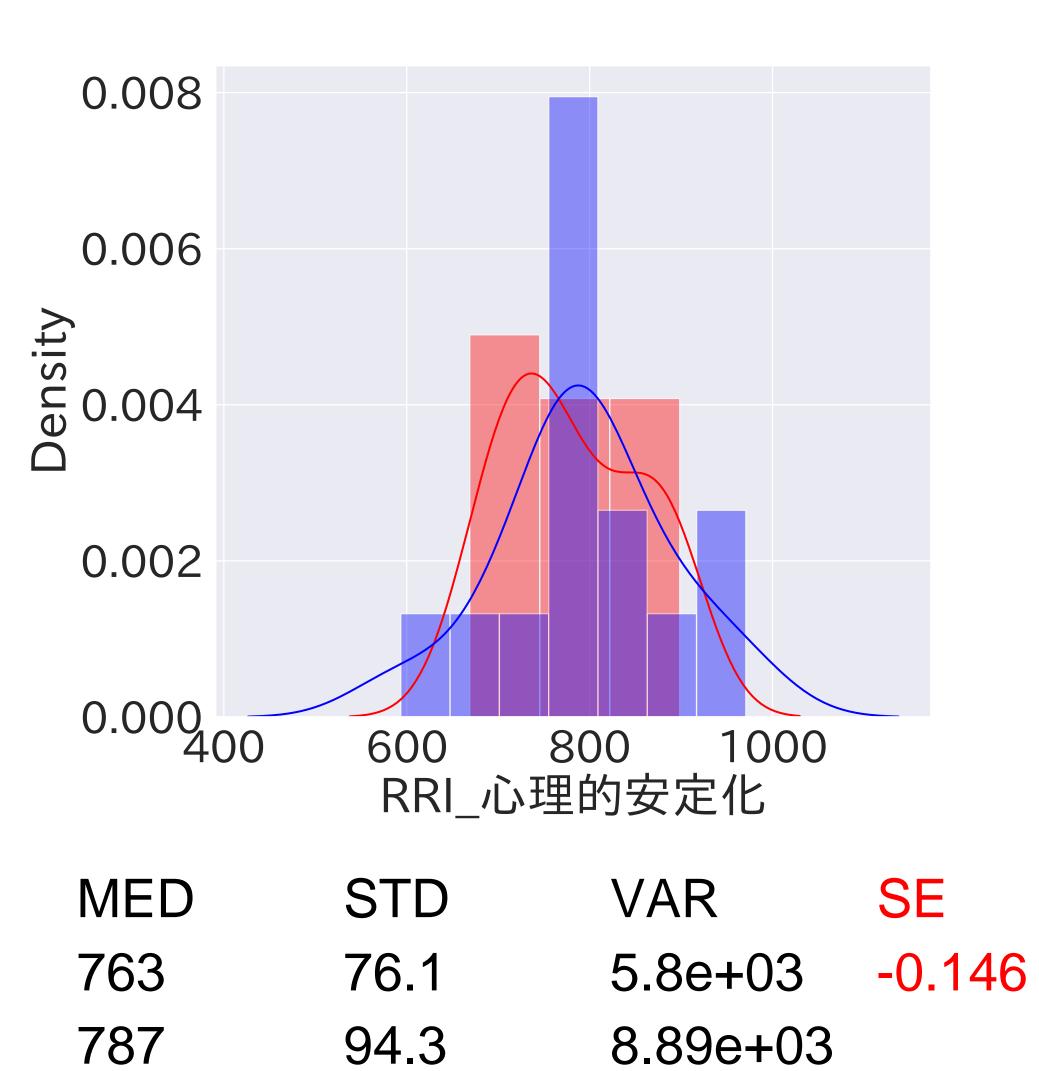




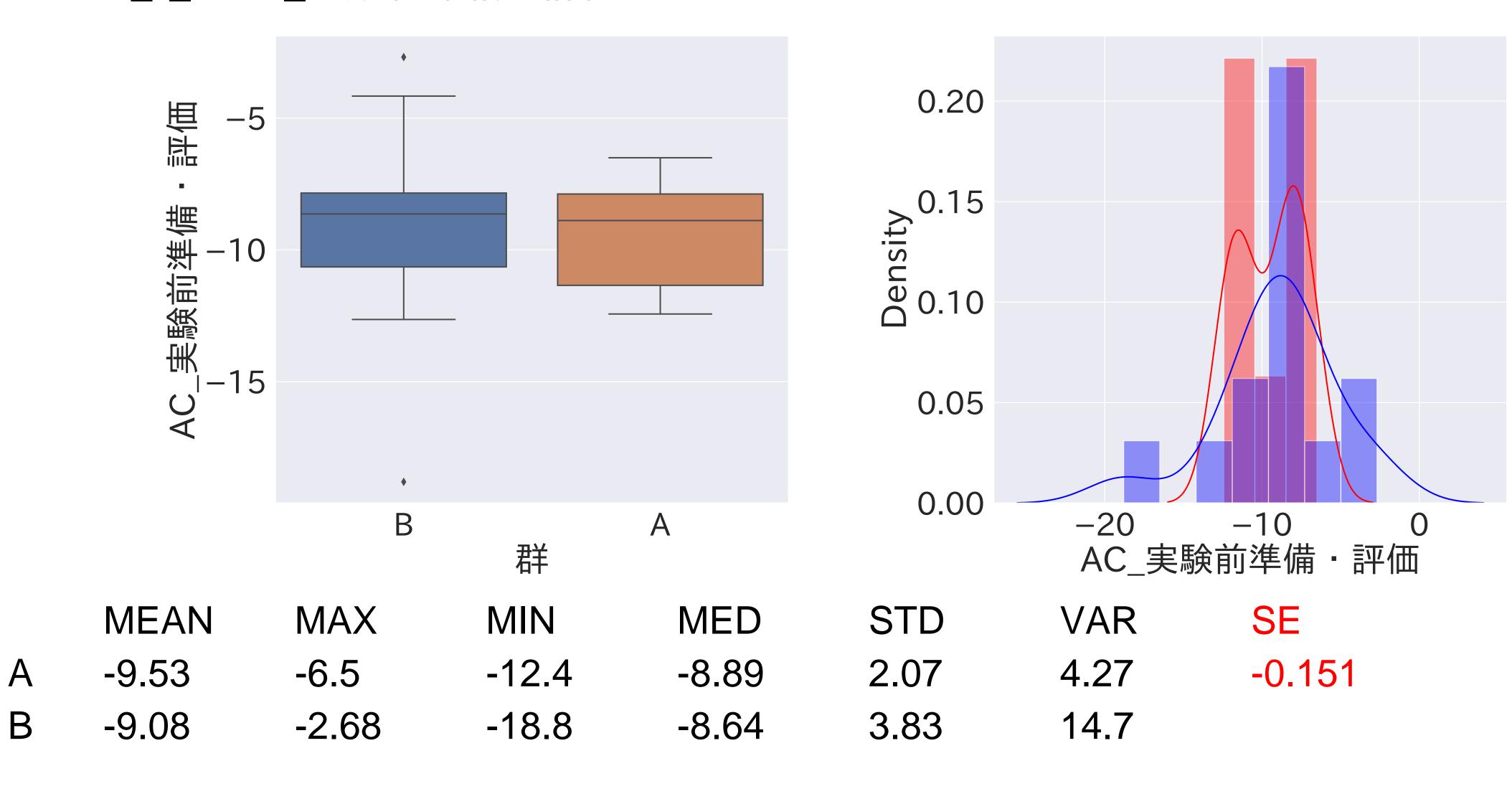
## 122\_情緒不安定性



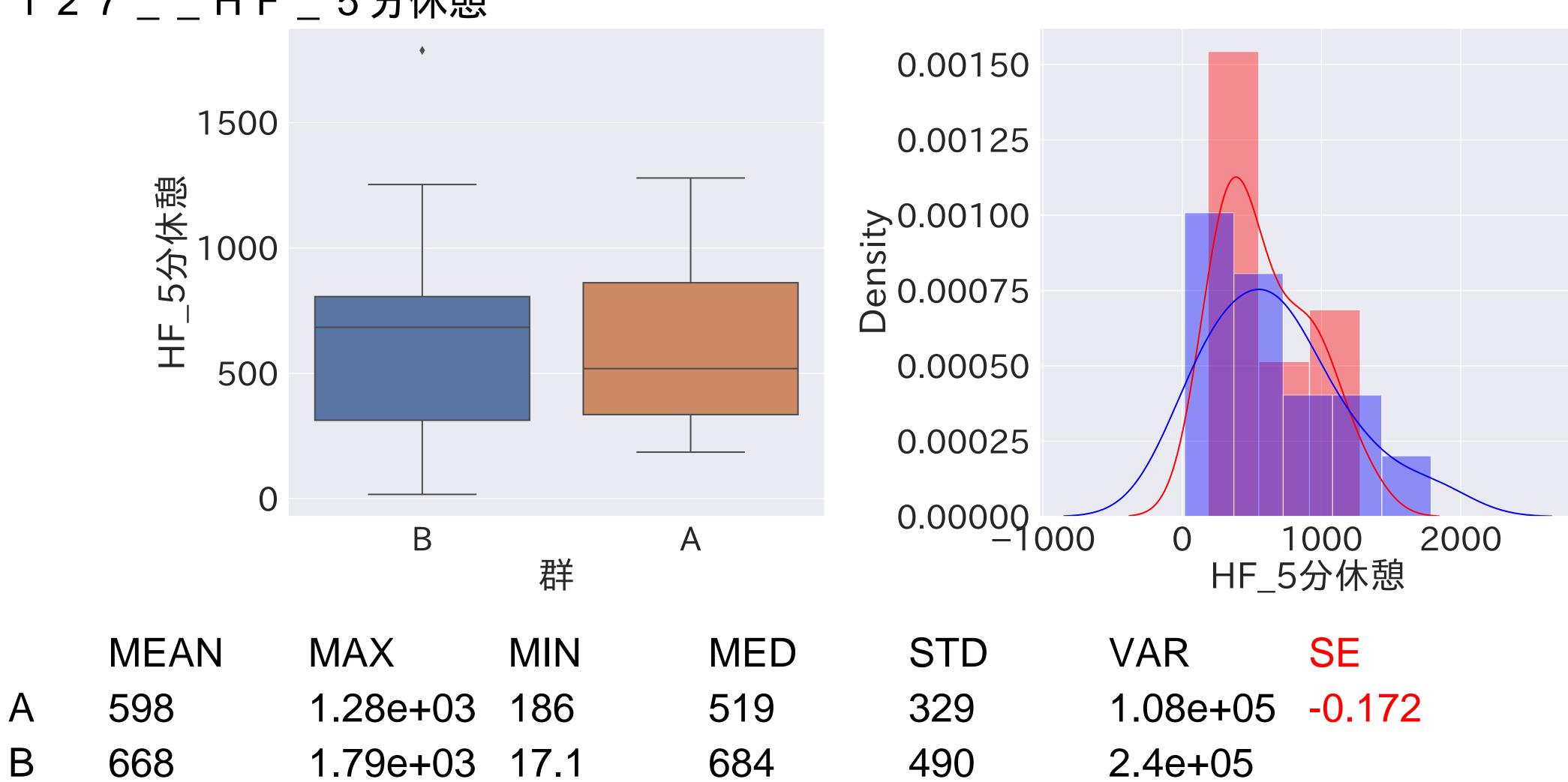




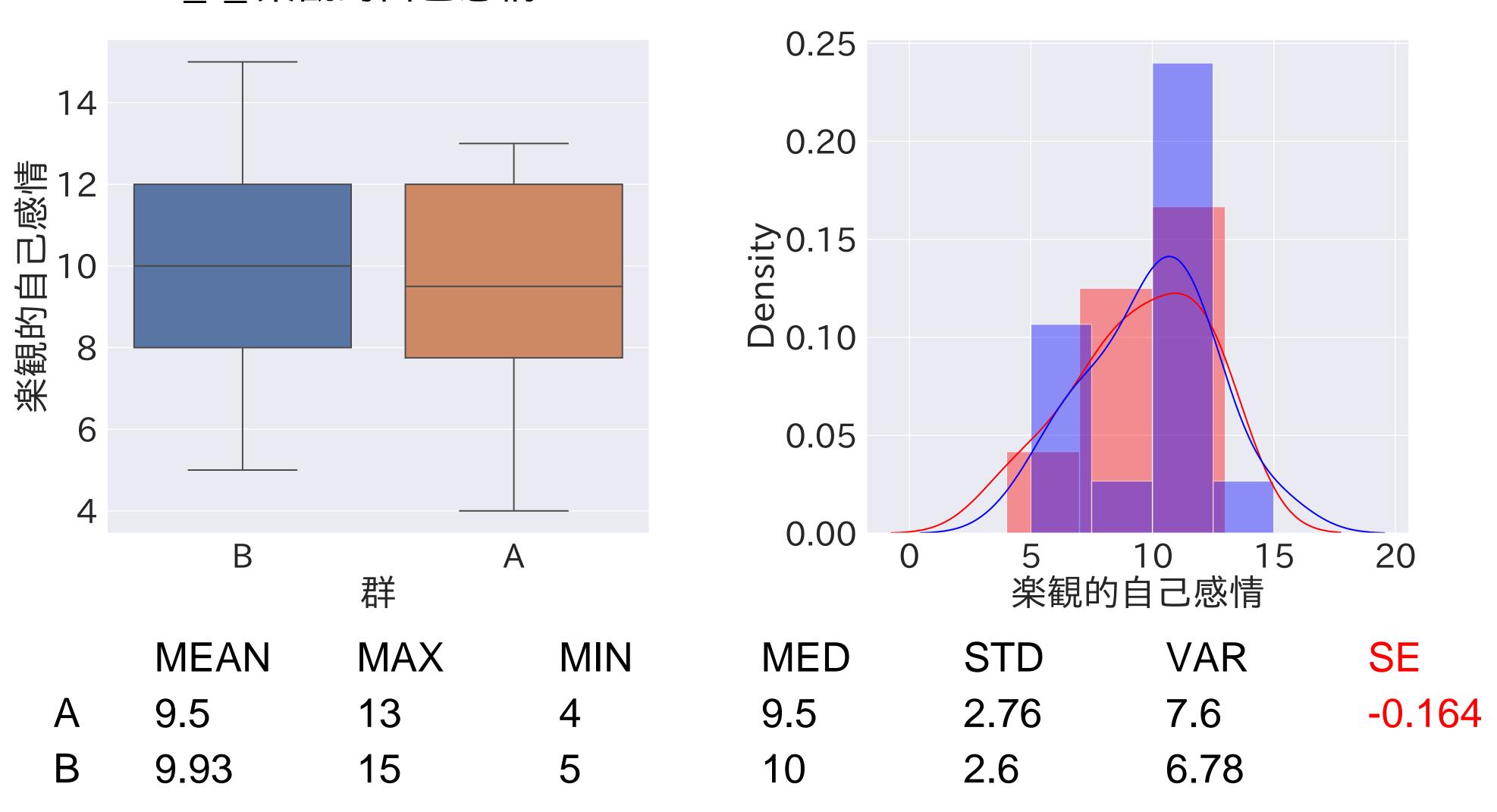
### 1 2 5 \_ A C \_ 実験前準備・評価



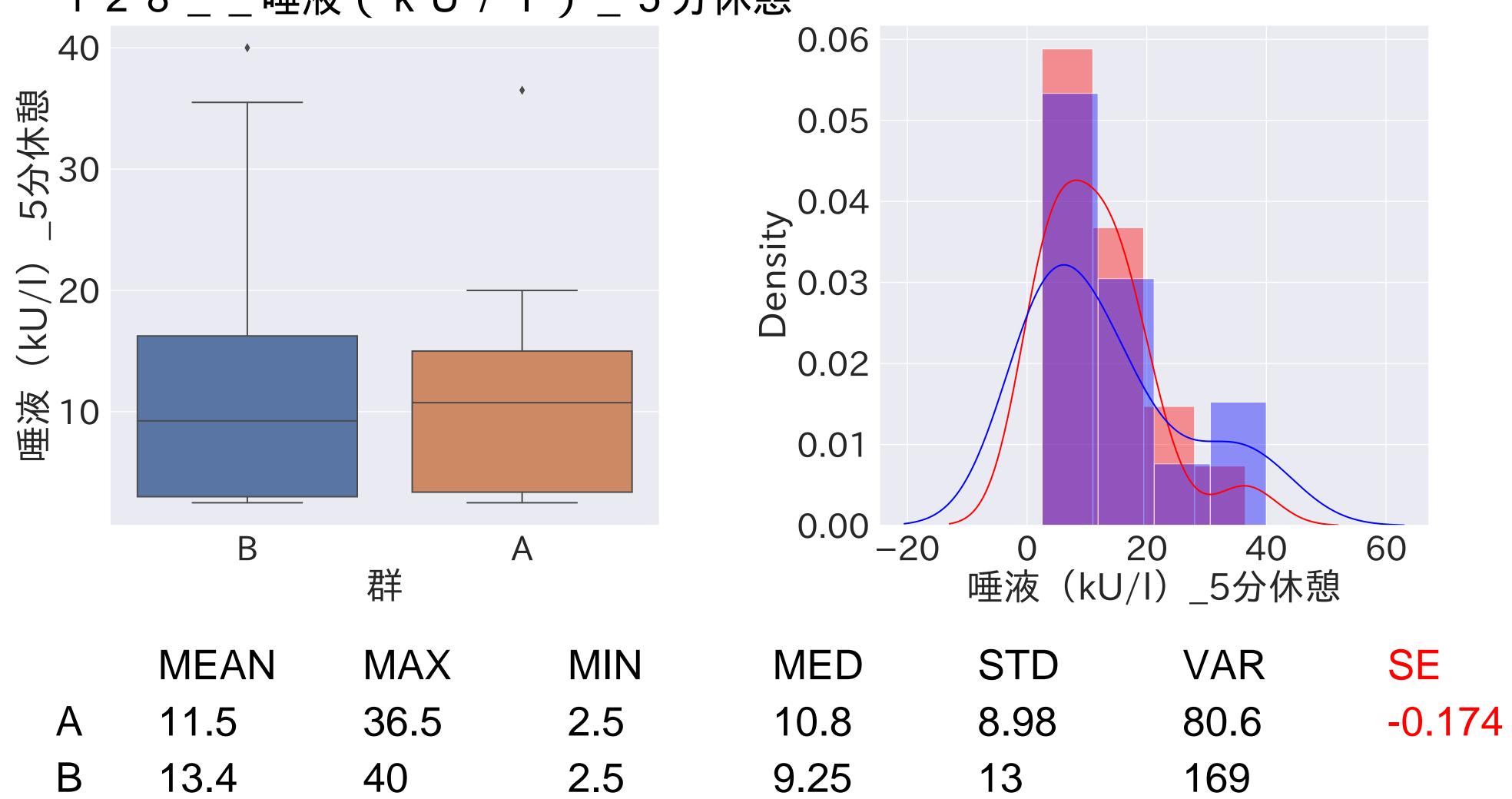
## 127\_HF\_5分休憩



## 126 \_ 楽観的自己感情



1 2 8 \_ \_ 唾液(kU/l) \_ 5 分休憩



### 130\_不安(80点中)\_5分休憩 1 2 9 \_ \_ A c c \_ z \_ 実験前準備・評価 0.4 2.5 5分休憩 評価 0.2 0.06 2.0 Density 0.1 ) 0.04 0.02 O.6 0.5 -0.8 0.00 20 40 60 不安(80点中)\_5分休憩 Acc\_z\_実験前準備·評価 SE SE MEAN MIN MED STD VAR MEAN MAX MIN MED STD VAR MAX 41 -0.213 -0.342 0.123 -0.841 -0.386 0.317 -0.196 55.5 23 9.99 99.9 0.101 40.1 -0.371 42 -0.284 0.384 -0.565 0.273 57.5 28.5 43.8 61.2 0.0744 7.82 132\_不安(80点中)\_テスト歩行 131\_5. 休憩後\_ 状態不安 0.06 0.05 大線/本 0.05 0.04 Density 80.0 80.0 0.03 40 (80点件) 0.02 0.02 0.01 0.01 ₩ ⊬<sub>20</sub> 0.00 0.00 20 40 60 5. 休憩後\_状態不安 20 40 60 不安(80点中)\_テスト歩行 群 MEAN MAX MIN MED STD VAR SE MEAN MAX MIN MED STD VAR SE 37.1 54 22 38 91.2 -0.214 36.7 55 20 37.5 -0.222 9.55 8.88 78.9 27 38 55 48 28 37 38.9 7.36 54.2 38.4 5.84 34.1 В

43

36.4

В

26

38

5.62

31.5

35

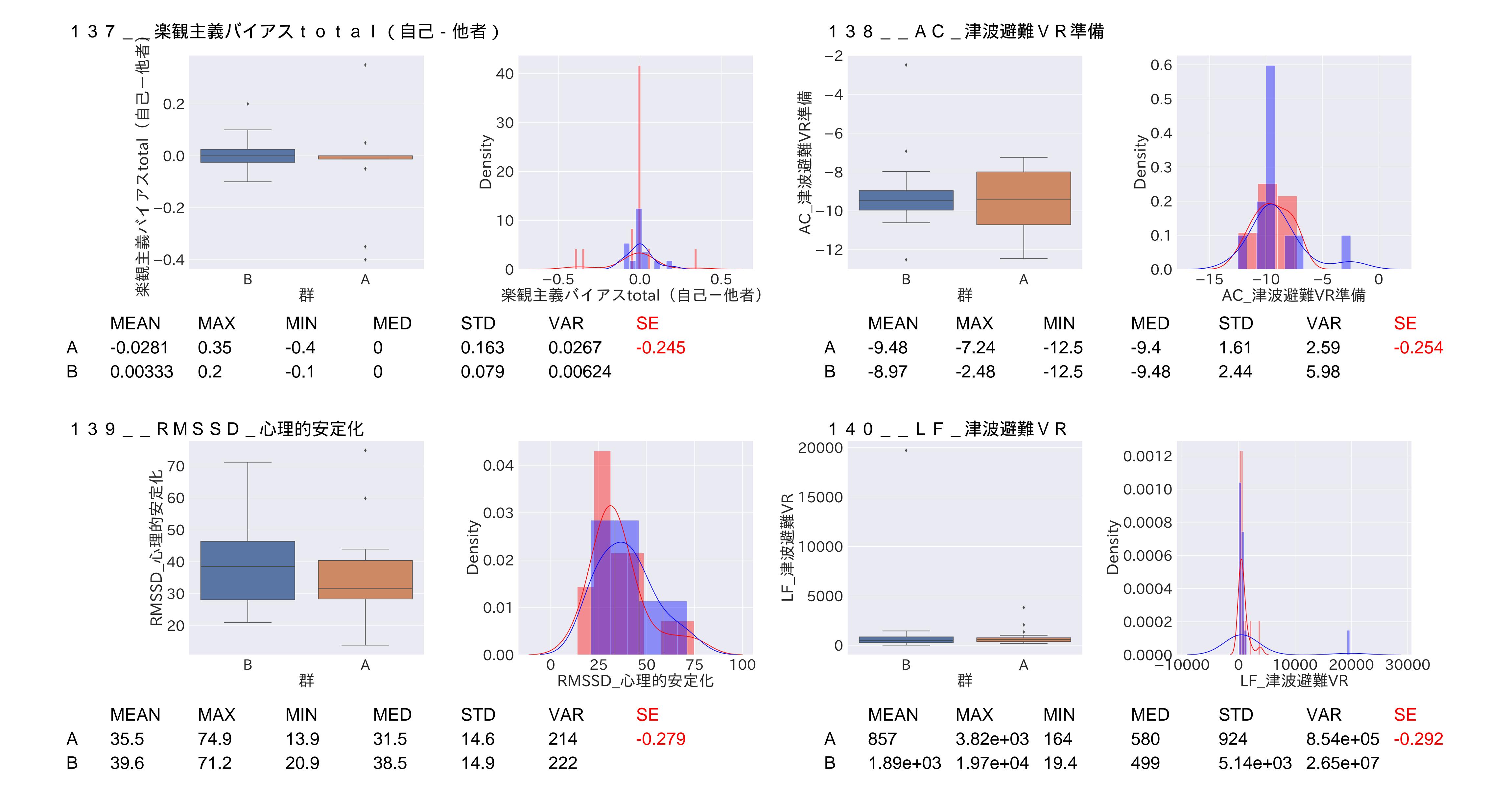
26.4

В

19

28

17.4



### 1 4 1 \_ \_ L F / ( L F + H F ) \_ 実験前準備・評価 1 4 2 \_ A C \_ 実験教示 即 0.8 -2.50.25 -5.00.20 Density 0.15 Density N <u></u> 0.4 0.10 -12.50.3 (LF) 0.2 0.05 -15.00.00 -100.50 AC\_実験教示 LF/(LF+HF)\_実験前準備·評価 群 SE SE MEAN MIN MED STD VAR MEAN MAX MIN MED STD VAR MAX 0.533 0.137 0.0188 -0.313 -0.314 0.789 0.361 0.5 -10.1 -7.11 -14.4 -10.5 2.25 5.05 0.579 0.21 0.159 -9.27 -2.33 В 0.743 0.621 0.0254 -15.8 -9.59 3.29 10.8 1 4 3 \_ L F / H F \_ 実験教示 144\_ 唾液(kU/I) \_ テスト歩行 0.5 0.08 実験教示 0.4 0.06 K Density 5.0 8.0 8.0 IF 80 Density 0 0 0 4 4 4 2 (kU/I)0.02 **垂**液 0.1 0.00 唾液(kU/I)\_テスト歩行 LF/HF\_実験教示 群 MEAN MAX MIN MED STD VAR SE MEAN MAX MIN MED STD VAR SE 6.5 2.43 4.18 1.21 2.24 0.883 0.779 -0.315 49 3 139 -0.317 10.5 11.8 8.43 2.99 129 9 0.616 2.25 2.44 18.1 3 32.9 1.08e + 03В 5.95 В

1 4 5 \_ 4 . 津波後 \_ 状態不安 1 4 6 \_ \_ A C \_ 心理的安定化 60 0.04 0.30 0.25 心理的安定化 0.03 Density 0.20 21.0 Density 50.0 ※三年 0.10 Q −10 0.01 4,30 0.05 -120.00 0.00 20 40 60 4. 津波後\_状態不安 -10 -5 AC\_心理的安定化 80 A 群 SE SE MEAN MAX MIN MED STD VAR MEAN MAX MIN MED STD VAR -0.319 -0.324 24 42.5 11.1 -7.25 43.1 58 123 -9.21 -12.2 -8.81 1.43 2.04 46.3 60 30 49 В 9.39 88.1 -8.59 -2.41 -11.6 -9.38 2.37 5.62 1 4 8 \_ \_ H F \_ 津波避難 V R 1 4 7 \_ NN 5 0 \_ 心理的安定化 0.10 0.0020 \_ 心理的安定化 0 0 4000 0.08 票 第 2000 2000 0.0015 Density 0.0 90.0 0.0010 05 NN NN NN 上 1000 0.0005 0.02  $0.00_{-20}$ 0.0000 4000 6000 2000 -2000NN50\_心理的安定化 HF\_津波避難VR 群 MEAN MAX MIN MED STD VAR SE **MEAN** MAX MIN STD VAR SE MED 10.3 0.125 6.79 7.97 63.5 -0.327 415 1.32e+03 46.6 401 1.61e+05 -0.327 30 272 13.3 34.1 219 1.57 11.1 109 702 4.45e+03 11 1.22e + 031.49e + 06В 10.4 В

### 150\_3. テスト歩行後 ლ液 k U / I 1 4 9 \_ \_ 5 . 休憩後 \_ 唾液 k U / I 0.08 // NX MM 30 mm 30 0.08 0.06 Density 90.04 Density 0 0 0 スト歩行後 0.02 ഗ് 10 0.02 1 $\ddot{\circ}$ $0.00_{-25}$ 0.00 0 100 3. テスト歩行後\_唾液kU/I 50 75 5. 休憩後\_唾液kU/I SE MEAN MAX MIN MED STD VAR MEAN MAX MIN MED STD SE VAR 6.5 4.5 -0.328 11.8 -0.33 9.38 43 10.3 105 10.5 49 139 3 13.5 47 129 11 1.01e + 03211 18.3 14.5 31.7 151\_\_避難行動に関する知識の正答率 152\_3. テスト歩行後\_状態不安 · 沃 線 子 数 0 9 2.5 0.05 2.0 0.04 nsity 1.5 50.03 50.03 後40 避難行動に関す 0.4 2.0 0.02 0.5 0.01 ന് 20 0.00 0.0 20 40 60 3. テスト歩行後\_状態不安 0.0 0.5 1.0 避難行動に関する知識の正答率 群 MEAN MIN MED STD SE **MEAN** MAX MIN STD VAR SE MAX VAR MED 0.516 0.875 0.25 0.5 0.0268 -0.337 36.7 55 20 37.5 -0.34 0.164 8.88 78.9

0.875

0.125

0.583

В

0.625

0.235

0.0551

54

39.4

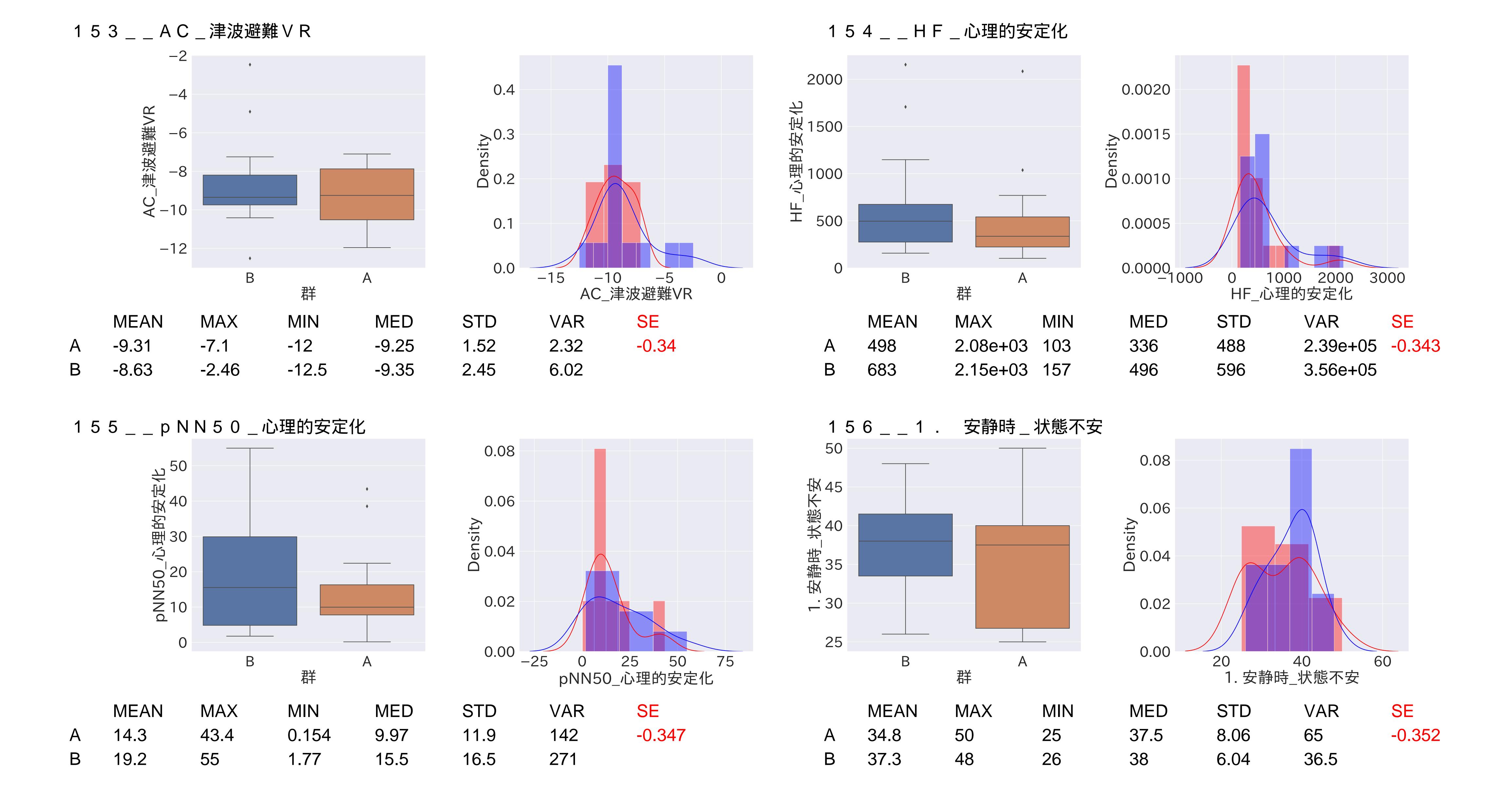
В

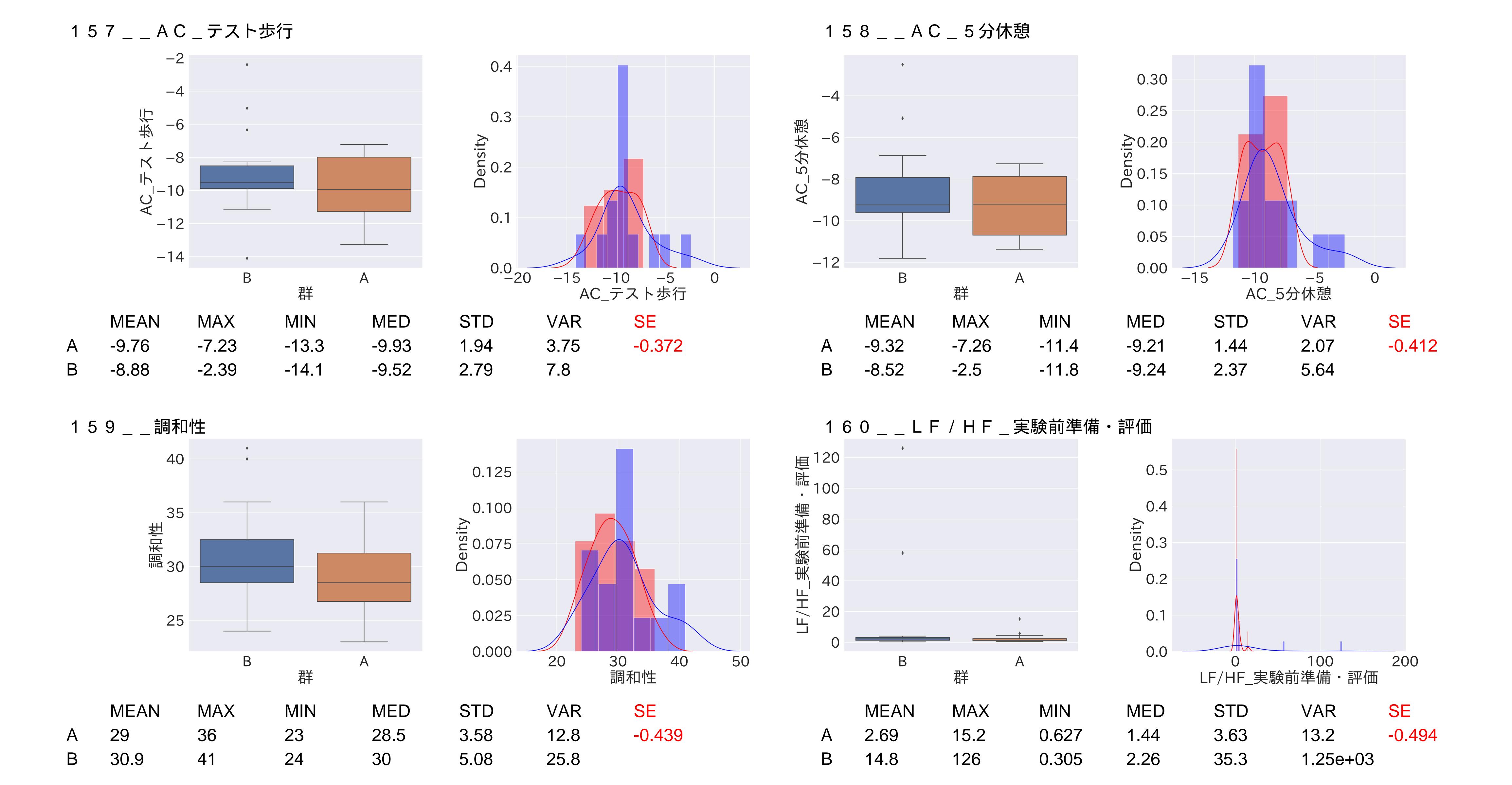
37

48

6.93

28





161\_\_家族喪失

