1. No.
   2020T010

2. Title
   Neuroimaging Studies Regarding the Relationship between Psychiatric Disorders and Life Habits Including Smoking

3. Period
   2020-2024

4. Summary
   For five years, we investigated the relationship between lifestyle habits and the mind and brain from the perspective of behavioral addictions. Various lifestyle behaviors can potentially be related to sarcopenia and frailty, but we focused on internet use and exercise in particular. As a result, in a report on the relationship between the mental health of medical residents and internet use, it was shown that excessive internet use and mental health are related to the cultivation of self-esteem. A comparison of exercise addiction and supplement use by sports discipline, based on an international questionnaire, showed that high-intensity endurance sports disciplines were associated with exercise addiction, appearance anxiety, and excessive supplement use and suggested that cultivating self-compassion may reduce these risks. No significant direct relationship was found between habitual smoking, exercise, and brain structure/function, and further investigation is considered necessary in the future. In addition, regarding developmental disorders associated with various addictions, it was thought that moderate or lower levels of inattention and hyperactivity (ADHD) tendencies, unlike clinical diagnosis levels, may be beneficial for promoting attention function and that it would be useful to consider them in the therapeutic context of exercise and, by extension, sarcopenia and frailty.