

JAPANESE HEALTH PSYCHOLOGY

No.6

DECEMBER 1998

Contents

Longevity and Healthy Aging:

The Self-repair Response..... Chok C. Hiew 1

Construction and Validation of

Japanese Female College Students' Hassles Scal (JFCS-HASS28) Akiko Hagiwara 17

Sleep Disturbances in Older Adults:

From a Perspective of Health PsychologyMika Omori and Yuji Sasaki 33