

## Kumiko Nonaka, PhD

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### Major Research theme

Evaluating the effects of volunteering on older adults' physical and psychological well-being.  
Developing the intervention methodology to prevent social isolation among mid-age and old-age.

### Education

Bachelor of Law: specializing in Political Science and Economics  
Nihon University, College of Law, April 1994.

Master of Arts, Sociology  
California State University Sacramento, June 2000.

Doctor of Philosophy, Sociology  
University of California, San Francisco, June 2007.

### Work

Research assistant for Dr. Gay Becker  
Institute for Health and Aging, University of California San Francisco, 2000 to 2006.

Researcher  
Research Teams for Social Participation and Health Promotion, Tokyo Metropolitan Institute of Gerontology, Jun 2006 to Present.

### Recent publications

Sachiko Murayama, Erika Kobayashi, Masataka, Kuraoka, Kumiko Nonaka, Masashi Yasunaga, Motoki Tanaka, Yuta Nemoto, Hiroko Matsunaga, Yoh Murayama, Hiroshi Murayama, and Yoshinori Fujiwara. Development of Revised Japanese Version of Generativity Scale (JGS-R) and Investigation of its Reliability and Validity. *The Japanese Journal of Personality*. 30(3):151–160, 2022.

Keiko Sugiwura, Hiroshi Murayama, Kumiko Nonaka, Masami Hasebe, and Yoshinori Fujiwara. Relationship between local seniors' longest-held occupation, current work situation, and reasons for working. *Japanese Journal of Public Health*. 69 (1)/. 2022.

Takahashi T, Nonaka K, Matsunaga H, Hasebe M, Murayama H, Koike T, Murayama Y, Kobayashi E, Fujiwara Y. Factors affecting social isolation in urban Japanese elderly people: A 2-year prospective cohort study. *Archives of Gerontology and Geriatrics*. 2019.

Nonaka K, Fujiwara Y, Watanabe S, Ishizaki T, Iwasa H et al., *Is unwilling volunteering protective for functional decline? The interactive effects of volunteer willingness and engagement on health in a 3-year longitudinal study of Japanese older adults*. *Geriatrics & Gerontology International* 18, 1259-1266, 2019.

Nemoto Y, Nonaka K, Hasebe M, Koike T, Minami U, et al., *Factors that promote new or continuous participation in social group activity among Japanese community-dwelling older adults: a 2-year longitudinal study*. *Geriatrics & Gerontology International* 18, 1259-1266, 2018.

Kobayashi E, Nonaka K, Kuraoka M, et al., *Community Child-Rearing Support Scale: Applicability across generations and differences in the supportive behaviors among generations*. *Japanese Journal of Public Health*. 65 (7), 321-333. 2018.

Nonaka K, Suzuki H, Murayama H, Hasebe, M, Koike T et al., *For how many days and what types of group activities should older Japanese adults be involved in to maintain health? A 4-year longitudinal study*. Plos One, 2017.

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