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[\[PDF \(297K\)\]](#) [\[References\]](#)**Intimacy Avoidance, Depression, and Ego-Identity in Japanese Young Adults**[Ryo Ito](#)<sup>1)</sup>, [Satomi Murase](#)<sup>2)</sup>, [Takahiro Yoshizumi](#)<sup>1)</sup> and [Takashi Murakami](#)<sup>3)</sup>

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The purpose of this study was to investigate the relationship between tendency to avoid intimacy and depression and ego-identity in Japanese young adults. Two-hundred ninety-two university students, 125 men and 167 women, completed a questionnaire measuring the tendency to avoid intimacy with others, anthropophobic tendency, and depression and ego-identity. They were divided in data analysis into three groups: intimacy avoiding, anthropophobic, and no phobic/avoidant. ANOVA showed that intimacy avoiders endorsed fewer depressive symptoms and had higher scores on ego-identity than the anthropophobic. It was also shown that intimacy avoiders had lower scores on two ego-identity subscales than those without phobic or avoidant tendency. These results suggested that intimacy avoiders had better mental health than the anthropophobic, although they may be more prone to ego-identity crises in interpersonal relationship than those who were less afraid of intimacy.

**Keywords:** [avoidance of intimacy](#), [anthropophobic tendency](#), [depression](#), [ego-identity](#)[\[PDF \(297K\)\]](#) [\[References\]](#)Download Meta of Article [\[Help\]](#)[RIS](#)[BibTeX](#)

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