

Symposium | Nerodiversity : [Symposium 111] LGBTQ+ and mental health

📅 Sun. Sep 28, 2025 4:30 PM - 6:00 PM JST | Sun. Sep 28, 2025 7:30 AM - 9:00 AM UTC 🏛️ Session Room 4 (Large Hall B)

## [Symposium 111] LGBTQ+ and mental health

Moderator: Katsuki Harima (Harima Mental Clinic)

### [SY-111-01] Social changes towards LGBT in Japan and the role of psychiatrists

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Keywords : TRANSGENDER、 Sexual Orientation、 Gender Identity

Before the 1990s, Japanese society and the medical community did not show much interest in LGBT people. In the 1990s, medical efforts to treat gender identity disorder began. In 1996, the Japanese Society of Psychiatry and Neurology (JPSN) established a special committee on gender identity disorder. In 1997, this committee developed guidelines for the treatment and diagnosis of gender identity disorder. Then treatment for gender identity disorder has begun. "Act on Special Cases in Handling Gender Status for Persons with Gender Identity Disorder" was enacted in 2003. As a result of this act, approximately 12,000 transgender people have changed their registered gender by the end of 2022. In the 2010s, the LGBT movement became active in Japan. Tokyo LGBT parade now attracts hundreds of thousands of people. Medical journals have also begun to include special features on LGBT issues. "Act on Promotion of Public Understanding of Diversity in Sexual Orientation and Gender Identity" was enacted in 2023. This act aims to promote public understanding of LGBT issues. Psychiatrists and other specialists are expected to play a role in achieving this goal. Regarding "Act on Special Cases in Handling Gender Status for Persons with Gender Identity Disorder", the sterilization requirement was ruled by the Supreme Court to be unconstitutional in October 2023. As a result of this unconstitutional ruling, the importance of a psychiatrist's diagnosis will likely increase in family registration change procedures. I have described the changes in Japanese society regarding LGBT people over the past 30 years. Psychiatrists will continue to play an important role in not only providing psychological support people but also promoting social understanding for LGBT people