

Symposium | AI&IT : [Symposium 29] Trends in mental health in Japan from the perspective of social changes

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[Symposium 29] Trends in mental health in Japan from the perspective of social changes

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[SY-29-04] Clinical Education and Mental Health—Problematic Internet Use, school absenteeism, and developmental disabilities in children

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Keywords : Clinical Education、 Problematic Internet Use、 school absenteeism、 developmental disabilities

The Certified Psychologist Act was enacted in 2017 in response to the changes in mental healthcare in Japan, creating the first national certification for psychologists in Japan. They provide psychological support and other services in five fields, including medical health, education, and industrial work.

The digitalization of education fields is rapidly progressing and has both positive and negative aspects. In this symposium, I introduce some of the research conducted by the research team of which I am a member. Our team is currently investigating the effects of problematic Internet use such as Internet and smartphone addiction and long screen times on children's mental and physical development (e.g., eyes, sleep, and brain) and the mechanisms underlying educational and social problems.

Education has become more diverse with the spread of online education and increased educational support through free schools. And, the number of school absenteeism children and those with developmental disabilities have markedly increased, which can be described as educational and clinical problems. The number of school absenteeism children reached a record high of approximately about 350,000 in FY2023. The number of children with developmental disabilities enrolled in special education classes doubled in 10 years, from 164,000 in 2012 to 353,000 in 2022. Discomfort with these three clinical issues in education is becoming more prevalent. Therefore, we would like to reflect on the current situation and what is happening from the perspectives of the mind, relationships, and attachment.