

Poster

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Session (Foyer 1)

Poster 18

[P-18-01]

Factors associated with depression and suicidality among unemployed adults

*Jongbin Kim¹, Young-Eun Jung¹ (1. Jeju National University Hospital (Korea))

[P-18-02]

The Usefulness of an Employment Preparation Support Program through Metaverse: A Preliminary Study

*Izumi Mashimo^{1,2}, Tomomi Tsujimoto³ (1. Aino University graduate school of Health science (Japan), 2. Department of Rehabilitation Science, Kobe University Graduate School of Health Sciences (Japan), 3. Yururiwork (Japan))

[P-18-03]

Attempts to prevent social withdrawal through the use of school support volunteers

*Shizuka Suzuki¹, Masafumi Ohnishi¹, Aiko Hirose¹, Kaori Kawamura¹ (1. University of Fukui (Japan))

[P-18-04]

The effect of carbohydrate intake and healthy eating index on depression and suicidality: a nationwide population-based study

*Hyewon Kim¹ (1. Hallym University Sacred Heart Hospital (Korea))

[P-18-05]

Development of a short form depression screening questionnaire for Korean career soldiers

*Jong-Ik Park¹ (1. Kangwon National University (Korea))

[P-18-06]

Otaku, Weebs, and Social Wellbeing: Does Immersion in Niche Communities Help or Harm?

*Jamie Parkerson¹, *Chaden Nouredine¹ (1. Icahn School of Medicine at Mount Sinai (United States of America))

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[P-18-01] Factors associated with depression and suicidality among unemployed adults

*Jongbin Kim¹, Young-Eun Jung¹ (1. Jeju National University Hospital (Korea))

Keywords : unemployed、depression、suicidality、employing training、vocational education

Background: Unemployed people often experience stress in relation to changes in their lives, and their mental health appears to be more vulnerable than that of the general population. Clinical studies have consistently shown that unemployment may be a risk factor for depression and suicide. We assessed factors associated with depression and suicidality among unemployed people in South Korea.

Methods: Data from 624 unemployed adults who took part in a community survey were analyzed. All participants completed self-report questionnaires: demographic variables, and the Patient Health Questionnaire-9 was used to assess depression. To obtain information regarding suicidal ideation, suicide plans, and suicide attempts, we administered the Mini International Neuropsychiatric Interview (MINI) suicidality module.

Results: The prevalence of depressive symptoms among the unemployed in Jeju was 28.4%. Factors associated with suicidality included age, gender, unemployment period, job application period and depression. Moreover, unemployed participants who had an opportunity to receive vocational education had fewer symptoms of depression regardless of the number of vocational education sessions. The multivariate regression model revealed that age ($\beta = -0.08$, $p = 0.024$) and depression ($\beta = 0.51$, $p < 0.001$) were significantly correlated with suicidality.

Conclusions: Unemployed participants were at significant risk of depression and suicidality, and these psychiatric issues were problematic from a young age, affecting those in their 20s and 30s. Our results also emphasize the importance of vocational training. Further research on the underlying mechanisms will enhance our understanding of the effects of unemployment and provide ideas for interventional strategies.

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[P-18-02] The Usefulness of an Employment Preparation Support Program through Metaverse: A Preliminary Study

*Izumi Mashimo^{1,2}, Tomomi Tsujimoto³ (1. Aino University graduate school of Health science (Japan), 2. Department of Rehabilitation Science, Kobe University Graduate School of Health Sciences (Japan), 3. Yururiwork (Japan))

Keywords : Metaverse、 Social withdrawal、 Hikikomori、 Employment Preparation、 Adjustment Disorders

Background: In Japan, approximately 1.46 million individuals are estimated to be in a state of social withdrawal (hikikomori). Additionally, 13.5% of workplaces have reported employees taking extended leave or resigning because of mental health issues. Therefore, we developed the New Employment Experience Through Metaverse (NEXT) program for hikikomori or truancy. NEXT is a 10-session, seminar-style intervention conducted within a 2D metaverse environment that aims to social skills and work readiness.

Methods: A 20-something male production engineer, who was on leave because of adjustment disorder and social withdrawal, participated in the program. Data was collected using the General Health Questionnaire-30 (GHQ-30) and explored the participant's self-efficacy regarding career decision-making (CDMSE) before and after the NEXT experience.

Results: The participant reported increased confidence in workplace communication, particularly in reporting, contacting, and consulting (hou-ren-sou). He stated, "I wish I had these skills earlier. The GHQ-30 scores deteriorated from 10 to 20, and the CDMSE scores improved from 79 to 82 after the intervention.

Discussion: The results were contradictory: mental health worsened and self-efficacy improved after NEXT. A score of four or higher on the GHQ-30 indicates mental distress, whereas a score of 20 or more requires clinical intervention.

For individuals with psychiatric disorders, this suggests the need to establish a collaborative system with psychiatric medical institutions when implementing NEXT. Regarding the improvement in self-efficacy related to career decision-making, we speculated that the program provided a non-intrusive platform for the participant to engage in social skills training, thereby reducing his resistance to interpersonal contact. This approach shows promise for socially withdrawn individuals who aspire to return to the workforce.

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[P-18-03] Attempts to prevent social withdrawal through the use of school support volunteers

*Shizuka Suzuki¹, Masafumi Ohnishi¹, Aiko Hirose¹, Kaori Kawamura¹ (1. University of Fukui (Japan))

Keywords : Social functioning scale、Community-based school support volunteers、Preventive measures against social withdrawal

Currently, social withdrawal has become a major social problem, it is not uncommon for underlying diseases such as schizophrenia, depression, anxiety disorders, and personality disorders to exist in addition to developmental disorders in the background. It is said that there are a certain number of people who have experienced truancy while they are in school. Therefore, as part of the "prevention of social withdrawal", there is an urgent need to identify "people who may be socially withdrawn" from school age and continue to support the transition in the community. Educational institutions have been monitoring the number of truant children and students at the national level for many years, and regional trends have also been analyzed. However, there are very few reports that discuss the clinical profile of individual truant children and students, particularly the degree of "social participation" closely related to social withdrawal, and assess their "social functioning" from school age, with a focus on early prevention. In this study, we evaluated the degree of social participation using the Social and Occupational Functioning Assessment Scale (SOFAS) on children and students who were absent from school before and after the start of school support volunteer activities(Life-Partner Program: LPP in University of Fukui), and measured its effectiveness. Data analysis targeted 17 truant students were utilizing LPP volunteers during the 2023 academic year. Surveys were conducted with staff from educational counseling institutions and parents who know truant students involved with LP well. As a result, it was suggested that the participation of school support volunteers in the targeted students may increase the number of opportunities to visit educational counseling institutions outside the school, increase the time spent on social activities and communication with people other than family members, and improve the level of social participation.

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Poster 18**[P-18-04] The effect of carbohydrate intake and healthy eating index on depression and suicidality: a nationwide population-based study**

*Hyewon Kim¹ (1. Hallym University Sacred Heart Hospital (Korea))

Keywords : diet、 carbohydrate、 depression、 suicide

Introduction: Evidence for the association between carbohydrate intake and dietary quality with depression and suicide has been poorly understood.

Methods: Data from the Korea National Health and Nutrition Examination Survey of 2013, 2015, 2017, 2019, and 2021 were used. We identified the Healthy Eating Index (HEI) and dietary carbohydrate intake in 23,623 eligible subjects. We analyzed the risk of depression and suicidal ideation, plan, attempt, and the composite of suicidality within the past year according to the dietary pattern.

Results: Compared to those in quartile 1 of carbohydrate intake, those who intake more carbohydrate showed the increased risk of depression. In addition, those in quartile 4 of carbohydrate intake showed the increased risk of suicidal ideation, plan, attempt, and the composite of suicidality. Compared to those with low HEI, those with a higher HEI showed a reduced risk of depression, suicidal ideation, plan, attempt and the composite of suicidality.

Conclusion: High carbohydrate intake was associated with the increased risk of depression and suicidality. On the other hand, high quality diet was associated with the reduced risk of depression and suicidality.

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[P-18-05] Development of a short form depression screening questionnaire for Korean career soldiers

*Jong-Ik Park¹ (1. Kangwon National University (Korea))

Keywords : Suicide、 Depression、 Korean career soldiers

Objectives : This study uses the short-form Center for Epidemiological Studies-Depression Scale (CES-D) to screen for depression among Korean career soldiers, aiming to protect mental health and ensure military stability.

Methods : The study involves 2,922 career soldiers who completed online self-report questionnaires assessing suicidality, depression, anxiety, and social support. Diagnosis of major depressive episodes (MDEs) using the Korean version of the Mini International Neuropsychiatric Interview (K-MINI) was confirmed through Pearson correlation analysis of the 20 CES-D items. The top three correlated items form the Depression Screening Questionnaire for Korean Career soldiers (DSQ-KC). Receiver operating characteristic curves and area under the curve (AUC) values were obtained, with the DSQ-KC total score as the explanatory variable and MDEs as the response variable. Independent t-tests were performed to determine whether suicidality, anxiety, and social support differed based on the cut-off scores of the DSQ-KC.

Results : In the analysis of each CES-D item with an MDE diagnosis, items 4, 6, and 3 were obtained. The AUC value was 0.958. At a cut-off score of 2, sensitivity and specificity were 93.9% and 89.9%, respectively, with positive and negative predictive values of 14.7% and 99.6%, respectively. Conversely, at a cut-off score of 3, sensitivity and specificity were 83.7% and 94.4%, respectively, with positive and negative predictive values of 27.7% and 98.9%, respectively. As sociations with suicidality, anxiety, and use of social networks from cut-off scores of 2 or 3 were examined.

Conclusion : The DSQ-KC, developed with three reliable items, is user-friendly and can be utilized in suicide prevention projects for career soldiers.

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[P-18-06] Otaku, Weebs, and Social Wellbeing: Does Immersion in Niche Communities Help or Harm?

*Jamie Parkerson¹, *Chaden Nouredine¹ (1. Icahn School of Medicine at Mount Sinai (United States of America))

Keywords : Child and Adolescent、Internet Gaming Disorder、Cultural Psychiatry、Internet Addiction、Social Media

Background: Weeaboo or weeb is defined as “a mostly derogatory slang term for a Western person...obsessed with Japanese culture, especially anime, often regarding it as superior to all other cultures”. This subculture, a western analogue of the Japanese Otaku identity, which is often used to describe an intense interest in anime/manga, has reached critical mass and inspired academic inquiry. As mental health clinicians, it is imperative that we be aware of what cultural phenomena our patients engage with, and to understand potential implications of these “obsessions”.

Methods: Google Scholar and PubMed were searched using terms including variations of “weeaboo,” “weeb,” “otaku,” and “mental health”. Thirty-two studies were included from 813 search results.

Results: A Korean study of 71 college students found that otaku students had higher happiness levels compared to non-otaku. Another study of 1115 online participants found that otakus had higher pathological internet use and lower reported social support, while a German study of 4738 adults correlated interest in anime and manga with some adverse mental health/social outcomes, as well as greater subjective well-being, joy, and lower social isolation. Another study (n=300) revealed positive association between strong identity in anime/ACG (animation, comics, and games) with anxiety, aggression, depressive symptoms, and suicidal tendencies.

Conclusions: The heterogeneity of results illustrates the complexities of subcultures and the impacts of pop culture immersion. Differences across nationalities may reflect attitudes towards otaku and weeb communities, as the terms themselves have decidedly different and discourse-dependent connotations. With a dearth of information on these communities, further research is needed to better understand these nuances. In an increasingly culturally and socially globalized world, it is imperative that mental health professionals remain knowledgeable of relevant subcultural trends to provide patient-centered care.