

## Educational Lecture

📅 2025年9月26日(金) 15:50 ~ 16:40 🏛️ Session Room 1 (Main Hall A)

**[Educational Lecture 3] On the Heterogeneity of Depression: How the Japanese cultural environment has affected psychopathology**

Moderator: Chee Ng (Melbourne Medical School)

[EL-3]

On the Heterogeneity of Depression:

How the Japanese cultural environment has affected psychopathology

\*Shigenobu Kanba Kanba<sup>1</sup> (1. Kyushu University (Japan))

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### **[EL-3] On the Heterogeneity of Depression: How the Japanese cultural environment has affected psychopathology**

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キーワード : depression、 culture、 psychopathology

Japan has been undergoing a profound period of economic, social, and cultural transformation. In recent times, there has been a noticeable increase in individuals experiencing depression and related states. Traditionally, depression primarily manifested as endogenous with symptoms resembling melancholia, carrying a significant risk of suicide. This condition was often observed among middle-aged and elderly individuals who were respected for their disciplined, responsible, hardworking, and norm-abiding natures. However, the rising number of individuals grappling with depression appears to extend beyond this established demographic. Younger people who struggle to adapt to evolving environments and seek medical assistance for depressive symptoms as a response to their distress are now becoming more prevalent. In a society where the prevailing trend is shifting away from a structured, order-driven orientation towards a more liberated pursuit of personal interests—reflective of capitalist societies since the modern era—establishing a temperament characterized by obsession or melancholy affinity becomes challenging. This is particularly evident among the youth born after the 1960s, raised in the consumer culture of the post-1970s era, who find it hard to conform to traditional normative standards. Another notable development in recent years is the increased awareness surrounding depression and the reduced stigma associated with it. The introduction of new antidepressants has led to heightened awareness of depression within Japanese society, along with a reduction in stigma against psychiatric care as a whole. This has facilitated easier access for those grappling with maladjustment to identify depressive symptoms as expressions of their struggles (drawing from Kleinman A.'s term), and consequently, seek psychiatric assistance. This lecture seeks to analyze the premorbid personality that has emerged within the modern psyche, with the aim of comprehending and addressing depression.