

Poster

📅 Sat. Sep 27, 2025 2:00 PM - 3:00 PM JST | Sat. Sep 27, 2025 5:00 AM - 6:00 AM UTC 🏛️ Poster Session (Foyer 2)

Poster 22

[P-22-01] Factors related to the quality of life of people with mental disorders living in remote islands

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Keywords : people with mental disorders, remote island, quality of life

Objectives: This study aimed to identify the association between quality of life (QOL), sense of belonging, and social support for people with mental disabilities living in remote islands with and without psychiatric hospitals.

Methods: This cross-sectional study included individuals with mental disabilities living in remote islands with and without psychiatric hospitals in Japan. Questionnaires, consisting of items regarding participant demographics, living conditions, use of social resources, the World Health Organization QOL Assessment 26, the Japanese version of the Duke Social Support Index (DSSI-J), and the Sense of Belonging Scale for people with mental disorders, were distributed to these individuals. Binomial logistic regression analysis was conducted to analyze data from two groups, one with psychiatric hospitals on the island and one without psychiatric hospitals.

Results: A total of 77 valid responses were received. Among the respondents, 48 (62.3%) were male and 29 (37.7%) were female, with a mean age of 55.3 years. Further, 43 (55.8%) and 34 (44.2%) respondents resided in islands with and without psychiatric hospitals, respectively. Individuals with mental disabilities living on a remote island with psychiatric hospitals had significantly higher emotional, instrumental, and cognitive-evaluative support as well as psychological and physical QOL. Binomial logistic regression analysis that compared scales for remote islands with and without psychiatric hospitals revealed that living on a remote island with psychiatric hospitals was significantly associated with higher QOL (odds ratio = 2.198, 95% confidence interval: 1.095–4.413). No significant differences in the DSSI-J and sense of belonging were observed.

Conclusion: The availability of psychiatric hospitals affected the QOL of people with mental disabilities living in remote islands. Further, outreach, local understanding, and support from family and friends are important for a fulfilling life for such individuals.