

Poster

📅 Thu. Sep 25, 2025 4:00 PM - 5:10 PM JST | Thu. Sep 25, 2025 7:00 AM - 8:10 AM UTC 🏢 Poster Session (Foyer 1)

Poster 4

[P-4-07] Psychosocial, communicating characteristics of social withdrawal cases lacking help seeking behaviors for mental health services.

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Keywords : social withdrawal、 help seeking behaviors、 reciprocal communication skills

[Background] The problem of social withdrawal is a severe psychosocial problem in Japan. And there is current needs to explore their mental conditions, and to clarify how to take care and to utilize human resources for resolving it. We investigated demographic, and psychological factors of the social withdrawal cases lacking help seeking behaviors, comparing with the cases who were able to consult to our facilities, to aim searching for effective strategy for such persons. [Methods] Subjects (adolescent, adult persons 15 or over) were 133 cases lacking help seeking behaviors (91 males and 42 females), and 85 cases who were able to consult to our facilities (63 males and 22 females). We investigated demographic and psychological factors of both groups, including age, sex, duration of social withdrawal, psychiatric illnesses, adjustment problems in schools and in businesses, the degree of anxiety and impulsivity, physical illnesses, the degree of social withdrawal, communication relationships with family members, marriage, school careers, adverse childhood experiences scores (which was limited to the cases with help seeking behaviors), and suicide-related events (SREs). We compared every item of two groups, and investigated that which factors were contributed to communicating relationships with family members, and to their SREs, using t test and multiple logistic regression analysis.[Results] The factors of social withdrawal degree and impulsivity significantly contributed to communication relationships with family members, and those of impulsivity and psychiatric illnesses contributed to the SREs. [Discussions] The social withdrawal persons lacking help seeking behaviors were in isolated, impulsive states, and such states promoted to worsen the communication relationships with family members. To help family members get reciprocal, interactive communication skills, being lectured and trained by mental health stuffs, should be progressively promoted to treat them. This research was acknowledged by ethical committee of the association of mental health and welfare centers in Japan.