

Symposium | Neurodevelopmental disorder : [Symposium 52] "Empowering Neurodiversity: Advancing Support for Adults with Developmental Disabilities"

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(Conference Room B)

[Symposium 52] "Empowering Neurodiversity: Advancing Support for Adults with Developmental Disabilities"

Moderator: Atsushi Kashiwa (Heart Clinic Medical Cooperation)

[SY-52-02] Cultural Context and Social Support as Determinants of Quality of Life in Individuals with ADHD in Japan

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ADHD is a neurodevelopmental disorder often characterized by impairments in executive function. However, daily functioning and mental health outcomes are strongly influenced not only by biological traits but also by cultural background and the characteristics of the surrounding community. The presence or absence of educational, psychological, and social welfare support significantly affects individuals' quality of life (QoL). In the Japanese context, limited public understanding of neurodiversity and strong cultural norms emphasizing conformity often result in the marginalization of those who differ from societal expectations. Differences are frequently perceived as abnormalities, which can lead to diminished self-esteem, social isolation, and secondary psychological difficulties among individuals with ADHD. Over the past 25 years, ongoing efforts within ADHD support networks in Japan have aimed to increase public awareness, reduce stigma, and promote peer-driven programs. These initiatives have demonstrated the critical role that social understanding and contextual support play in improving the well-being of individuals with ADHD. This presentation will examine the cultural and structural challenges surrounding ADHD in Japan and will introduce the 25-year history of EDISON CLUB's efforts to support individuals with ADHD and their families within this context.