

Symposium | AI&IT : [Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

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(Conference Room A)

## [Symposium 82] Youth Mental Health in the Digital Era: Perspectives from Young Psychiatrists

Moderator: Hiroyuki Yamaguchi (National Center of Neurology and Psychiatry), Akane Hayakawa (Tokyo Metropolitan Matsuzawa Hospital)

Discussant: Tokuya Inaguma (Tokyo Metropolitan Matsuzawa Hospital)

### [SY-82-04] “Smartphone Addiction” and Mental Health in Japanese Youth: A Psychiatric Clinical Approach

\*Akane Hayakawa<sup>1</sup>, Tokuya Inaguma<sup>1</sup> (1. Tokyo Metropolitan Matsuzawa Hospital (Japan))

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With the rapid spread of smartphones in the last two decades, “smartphone addiction”—especially among youth—has become a global social issue. In Japan, as of 2024, as many as 99% of high school students own a smartphone and use it for an average of six hours a day to watch videos, play games, and search for information online. Furthermore, in a 2018 report by the Japanese Ministry of Health, Labour and Welfare, approximately 520,000 middle and high school students were considered addicted to the internet or gaming.

Studies suggest that internet and gaming use are associated with unhealthy lifestyles and poorer academic performance (Sunday et al, 2021; Wacks & Weinstein, 2021). “Smartphone addiction” has a significant impact on youth health, and urgent support for affected individuals is necessary. In this presentation, although “smartphone addiction” is a relatively new and still academically debated disorder, we will outline the current knowledge regarding its concept, pathological features, and diagnosis. We will then introduce the treatment approach for “smartphone addiction” at Tokyo Metropolitan Matsuzawa Hospital, including a brief case presentation.