

Symposium | AI&IT : [Symposium 29] Trends in mental health in Japan from the perspective of social changes

📅 2025年9月26日(金) 9:00 ~ 10:30 🏢 Session Room 7 (Conference Room C)

[Symposium 29] Trends in mental health in Japan from the perspective of social changes

Moderator: Masato Masuda (Department of Psychiatry, Faculty of Medicine, Fukuoka University), Rika Tanaka (Studio Rika Clinic)

[SY-29] Trends in mental health in Japan from the perspective of social changes

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キーワード : Changes in mental illness、 Women's mental health、 Depression treatment for workers

As a result of changes in the global social structure, the circumstances surrounding mental health care are also changing significantly. There has also been a decline in the prevalence of schizophrenia (Lancet, 2009), with the WHO predicting that depression will become the most common of all illnesses by 2030. On the other hand, due to the coronavirus pandemic, many countries are starting to offer medical online treatment.

Japan's industrial structure also changed from 1945, when there were many primary industries, to tertiary industries, including the introduction of IT, in 1989. At the same time, average life expectancy has increased by 20 years over the past 40 years. Expectations for future changes are large, with demographic forecasts predicting that by 2100 Japan's population will drop from 120 million to 70 million and India's 1.5 billion. It is expected to become the most populous country in the world.

These changes are also reflected in psychiatric care in Japan. At this symposium, we expect several speakers to give presentations mainly on changes in mental health care in Japan. The contents include online medical treatment, women's mental health, EAP and corporate support, and inpatient treatment in a ward specializing in depression.