

Symposium | Influential Scientific Authors : [Symposium 54] Sharing of Impactful Research Findings from Highly Cited Researchers in the field of Psychiatry, Psychology, and Neuroscience in Asia

📅 2025年9月26日(金) 16:30 ~ 18:00 🏢 Session Room 8 (Meeting Room 1)

[Symposium 54] Sharing of Impactful Research Findings from Highly Cited Researchers in the field of Psychiatry, Psychology, and Neuroscience in Asia

Moderator: Roger Ho (National University of Singapore), Toshiaki A. Furukawa (Kyoto University)

[SY-54-03] My Journey: From Clinical Work to Systematic Reviews, Randomized Trials, and Smartphone Apps

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キーワード : Systematic reviews、 Clinical trials、 Smartphone CBT

I obtained my MD at the University of Tokyo in 1985. After being Visiting Professor at McMaster University in 1997 and becoming Professor and Chair in the Department of Psychiatry, Nagoya City University in 1998, I moved to Kyoto University in 2010 and retired in 2024. I am currently Program-Specific Professor at Kyoto University Office of Institutional Advancement and Communications.

I wear three hats of clinical epidemiologist, cognitive-behavioral therapist, and psychiatrist. I have been conducting systematic reviews, running randomized trials, performing meta-epidemiological research, and developing smartphone CBT apps in the past three decades. I am author and co-author of over 650 peer-reviewed original articles in English as well as JAMA Users' Guides to the Medical Literature 3rd Ed (McGraw Hill, 2014). I have been nominated Clarivate Highly Cited Researcher for four consecutive years in 2021-2024. My h-index is 105 on Google Scholar and 80 on Web of Science (with 3 Hot Papers and 26 Highly Cited Papers: B-9259-2011) as of April 26, 2025.

In this presentation I will share my early days as a clinical psychiatrist, then some representative systematic reviews and randomized controlled trials that I have conducted, and finally introduce my smartphone CBT app. It is my great honor to share my academic journey with young colleagues. And it will be a great pleasure for me if you can learn from my experiences, both good and bad.

For more details you may enjoy reading: Venkatesan P (2020) Toshi A Furukawa: pursuing humankind's best possible care. *Lancet Psychiatry*, 7, 393.

<https://www.ncbi.nlm.nih.gov/pubmed/32353273> and Furukawa TA (2024) Scientific Autobiography of a Japanese Psychiatrist Turned Cognitive-Behavioral Therapist, Clinical Epidemiologist and Smartphone App Developer. *American Journal of Geriatric Psychiatry*, 32, 1166-1176. <https://www.ncbi.nlm.nih.gov/pubmed/38926055>