

Symposium | Hikikomori : [Symposium 7] Globalizing issue of Hikikomori: Various Psychopathology and Novel Intervention

2025年9月25日(木) 14:45 ~ 16:15 Session Room 1 (Main Hall A)

[Symposium 7] Globalizing issue of Hikikomori: Various Psychopathology and Novel Intervention

Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Umberto Volpe (Polytechnic University of Marche)

[SY-7-01] Modern-type Depression and Hikikomori: what's the link?

*Umberto Volpe¹ (1. Università Politecnica delle Marche (Italy))

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Modern-type depression (MTD), a relatively novel form of depressive presentation observed in contemporary societies, is characterized by situation-dependent mood disturbances, a tendency to externalize blame, and difficulties adapting to social and occupational demands. Hikikomori, a severe form of prolonged social withdrawal that originated in Japan, similarly reflects struggles with societal expectations, interpersonal relationships, and self-identity. Emerging research suggests overlapping psychosocial underpinnings between MTD and hikikomori, including maladaptive coping strategies, heightened sensitivity to social evaluation, and conflict between personal autonomy and collective norms. While MTD is often associated with individuals maintaining external engagement but experiencing internalized distress, hikikomori represents an extreme withdrawal from social life. Their relationship appears to lie on a continuum of response to sociocultural pressures, mediated by factors such as family dynamics, cultural values, and digital environments. Understanding the interplay between modern-type depression and hikikomori may inform more nuanced diagnostic frameworks and targeted interventions, highlighting the need for culturally sensitive approaches in mental health research and clinical practice.