

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-7-03] Hidden Youth Syndrome (Hikikomori) among Singapore youth: symptoms of early presentation and an integrative intervention

*John Wong Chee Meng¹ (1. National University of Singapore (Singapore))

Hidden Youth Syndrome (Hikikomori), a form of severe social withdrawal, is increasingly recognized in Singapore among social mental health services. Similar to the presentations in other Asian countries, it is frequently associated with school nonattendance, poor academic performance, and adjustment issues with peers. The primary mental health system and school counseling services are the first-line services for identifying cases, and referring them to mental health clinics or social services for intervention. There are high co-morbidities with gaming addiction, cyber addiction, conscript military service avoidance, and psychological disorders (social anxiety disorder, autism spectrum disorder). With an increase of early detection and treatment among educators, social work and mental health professionals pilot a novel outreach and composite intervention program, known as Integrative Social Engagement & Mental Health Therapy.