

Symposium | Forensic Psychiatry : [Symposium 9] Anti-stigma 1

2025年9月25日(木) 14:45 ~ 16:15 Session Room 3 (Large Hall A)

**[Symposium 9] Anti-stigma 1**

Moderator: Michio Suzuki (Itoigawa Clinic/Arisawabashi Hospital)

**[SY-9-04] The Path to Eliminating Stigma begins with a single step.**\*Kumiko Ando<sup>1</sup> (1. Institute of Science Tokyo (Japan))

キーワード : Mental health literacy、School-based education、Adolescents、Mental health stigma、Early intervention

Japan lags behind other OECD countries in providing adequate mental healthcare. A strong stigma surrounding mental health issues often leads patients and their families to conceal their conditions. This stigma operates on two levels: public stigma, which reflects negative societal attitudes, and self-stigma, in which individuals internalize these views. As a result, people may avoid social activities, limit their social networks, and delay seeking treatment.

Adolescence and young adulthood are critical periods, as many mental illnesses, such as schizophrenia, commonly emerge during these years. Early recognition and timely intervention can significantly improve outcomes. However, stigma and limited mental health literacy remain major barriers to help-seeking in Japan.

To address these challenges, the Anti-Stigma Committee of the Japanese Society of Psychiatry and Neurology has developed an educational video targeted at high school students. While mental health topics are included in Japan's national health and physical education curriculum, this video provides supplementary and more relatable content aimed at increasing awareness and reducing stigma.

The educational video explains common mental health conditions, emphasizes the importance of seeking support, and challenges stereotypes through evidence-based information and real-life narratives. The goal is to empower students to identify mental health concerns in themselves or peers and to promote earlier engagement with support systems.

At the upcoming symposium, a short version of the video will be screened to demonstrate its content and educational approach. This initiative represents a step towards stigma reduction and improved mental health literacy among Japanese youth, with the potential for broader application in school-based mental health promotion.