Symposium

📅 2025年9月28日(日) 14:50 ~ 16:20 🏛 Session Room 3 (Large Hall A)

[Symposium 102] Re-work Program in Japan: Resilience Improvement and Relapse Prevention after Return-to-Work

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

[SY-102-02] The Possibility of Personalized Treatment for Major Depressive Disorder in the Re-work Program

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キーワード：Major depressive disorder、Re-work、cognitive function、social cognition

The number of workers in Japan on sick leave due to mental health-related illnesses is increasing. Even after returning to work after undergoing psychiatric treatment (pharmacotherapy, psychotherapy, environmental adjustment), it is known that the rate of return to sick leave is high[1]. We reported that the factors necessary for continued employment were activity, cognitive function, social adaptability, and benzodiazepine use[2,3,4]. We also reported on the effectiveness of the re-work program[5]. However, major depressive disorder is highly heterogeneous. Therefore, the rehabilitation required for each patient in the re-work program may differ. We examined the effectiveness of individualized rehabilitation for patients with major depressive disorder[6]. In this study, participants were randomly assigned to either the personalized treatment group or the usual treatment group, and underwent 8 weeks of rehabilitation treatment. Both groups showed improvements in neurocognitive function, social cognitive function, and emotional processing[7]. The social cognitive function of the personalized treatment group improved significantly. In the future, personalized rework programs tailored to the patient's situation may be required.

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4) Atake K et al., Psychiatry Res; 291: 113209, 2020
5) Tamasaki Y et al., 2017
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7) Knight MJ et al., Psychiatry Res 300:113906, 2021
8) Hawighorst A, Hori H et al., Psychiatry Res 330:115590, 2023