

Oral

2025年9月28日(日) 9:00 ~ 10:15 Session Room 8 (Meeting Room 1)

**Oral 17**

[O-17-01]

From Burnout to Resilience: Leveraging AI to Optimize Workloads and Build Sustainable Healthcare Systems

\*Nancy De Jesus<sup>1,2,3</sup> (1.Pôle94G16 Hôpitaux Paris Est Val de Marne, 12 Rue du Val d'Osne 94410 Saint Maurice (France), 2.CNRS-INSERM-CERMES3, Université Paris Cité, 45 Rue des Saints-Pères, 75006 Paris(France), 3.SPI-DDH, WHO Europe Région(Denmark))

[O-17-02]

Culturally Adapted Mobile App-Based Intervention for Preventing Smoking Initiation and Mitigating Addiction Risk Among Indonesian Adolescents: A Feasibility Study

\*Nice Maylani Asril<sup>1</sup>, Luh Ayu Tirtayani<sup>2</sup>, Ni Wayan Surya Mahayanti<sup>1</sup>, Ni Komang Arie Suwastini<sup>1</sup> (1.Universitas Pendidikan Ganesha(Indonesia), 2.Universitas Brawijaya(Indonesia))

[O-17-03]

The spiritual domain on transcultural mental care: the role of faith, hope and charity through a case study of a Latin American woman in Japan.

\*Marisa Tsuchida<sup>1,2</sup> (1.Yotsuya Yu Clinic(Japan), 2.Keio University Neuropsychiatry Department(Japan))

[O-17-04]

Literature Review on Mental Health Support for International Students in Higher Education - How we promote Equity and Diversity

\*Maya Yanase (International Student Counseling Office, Student Support Center, Kyoto University(Japan))

[O-17-05]

The Japanese Society of Psychiatry and Neurology Fellowship Award Past and Future

\*Toshitaka Ii<sup>1</sup>, Ai Aoki<sup>2</sup>, Tsuyoshi Akiyama<sup>3</sup> (1.Aichi Medical University(Japan), 2.Nagoya University, Graduate School of Medicine(Japan), 3.NTT Medical Center Tokyo(Japan))

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キーワード：AI in healthcare、Workforce well-being、Burnout prevention、Digital health、Workload Optimization

The integration of artificial intelligence (AI) in healthcare holds transformative potential to address workforce challenges, particularly in mitigating burnout among health and care workforce (HCW). The WHO Europe SPI-DDH Working Group 4 (WG4) explores how AI can shift from being a digital tool to a strategic solution for enhancing HCW's resilience. Through an extensive study of **1,200 peer-reviewed articles, systematic and grey literature (2014-2024)**, we identified **16 scientific articles and 4 pertinent sources** that provide actionable insights into AI-driven burnout prevention and workload optimization. Key findings reveal that AI-enabled strategies can significantly reduce burnout risk by: (1) **predicting burnout hotspots** through real-time risk analytics (2) deploying **AI-powered red zone detection** to visualize high-risk departments and personalize interventions; and (3) implementing **adaptive workload redistribution** to dynamically adjust staffing based on real-time strain indicators. These approaches could enable healthcare systems to transition from reactive crisis management to proactive, system-wide burnout prevention. However, the successful implementation of AI-driven solutions require **real-world pilot testing**, alignment with workforce policies, and active engagement of HCW in the design process. Ethical considerations are essential to mitigate biases in predictive models and decision-making processes. Crucially, AI must **complement the roles of HCW**, rather than overwhelming them, to preserve the human-centric nature of healthcare. In conclusion, AI has the potential to enhance workforce well-being, optimize healthcare delivery, and build resilient systems. By prioritizing **HCW engagement, policy integration, and ethical AI use**, organizations can leverage AI to enable sustainable and equitable healthcare. AI could bridge immediate relief, such as burnout prevention, with long-term workforce evolution, driving resilient and adaptive systems. The SPI-DDH WG4's study highlights the need for cross-sector collaboration and AI infrastructure investment, positioning AI as a cornerstone of the future healthcare workforce.

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**Oral 17****[O-17-02] Culturally Adapted Mobile App-Based Intervention for Preventing Smoking Initiation and Mitigating Addiction Risk Among Indonesian Adolescents: A Feasibility Study**

\*Nice Maylani Asril<sup>1</sup>, Luh Ayu Tirtayani<sup>2</sup>, Ni Wayan Surya Mahayanti<sup>1</sup>, Ni Komang Arie Suwastini<sup>1</sup> (1.Universitas Pendidikan Ganesha(Indonesia), 2.Universitas Brawijaya(Indonesia))

キーワード : smoking prevention、 addiction risk、 culturally adapted prevention、 feasibility study、 adolescent

**Background:**

Adolescent smoking is a significant public health issue in Indonesia, with more than 30% of adolescents engaging in the habit. Smoking initiation generally occurs between the ages of 10 and 19, determined by social and cultural influences. Traditional anti-smoking initiatives have proven mainly ineffective. Since the widespread usage of smartphones among Indonesian adolescents, a mobile application intervention is an appropriate choice for smoking prevention, integrating culturally relevant content and peer support.

**Method:**

This pilot study utilized a randomized controlled trial design including two groups: an intervention group using a mobile application and a control group receiving traditional anti-smoking education. The application was developed on the COM-B Model (Capability, Opportunity, Motivation, Behavior) and Self-Determination Theory, incorporating elements such as culturally adapted information, gamification, peer support, and individualized feedback. Forty participants, aged 12 to 18, were recruited from two urban schools in Indonesia. Data were gathered using pre- and post-surveys, focus groups, and application engagement metrics. **Results:**

The intervention group exhibited substantial engagement, with 87% consistently utilizing the app. Participants exhibited a 65% enhancement in smoking-related knowledge, in contrast to 10% in the control group. Qualitative feedback revealed that the culturally appropriate knowledge and peer support components were significantly important, enhancing motivation to prevent smoking initiation. A significant number of participants appreciated the integration of community examples and the chance to interact with their peers through the application. **Discussion:**

The mobile application intervention proved to be both feasible and effective in enhancing smoking-related information and engagement among Indonesian adolescents. The integration of culturally customized content, gamification, and peer support seems to markedly improve motivation and behavioral modification. Future research involving larger numbers of participants is necessary to evaluate long-term effects; however, this method demonstrates promise for scalable smoking prevention initiatives across varied cultural contexts. prevent

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[O-17-03] The spiritual domain on transcultural mental care: the role of faith, hope and charity through a case study of a Latin American woman in Japan.

\*Marisa Tsuchida<sup>1,2</sup> (1.Yotsuya Yu Clinic(Japan), 2.Keio University Neuropsychiatry Department(Japan))

キーワード：Psychiatry and spirituality、Faith、Hope

According to the Christian beliefs the core of the human person is neither set in the body nor in the mind, but in the spirit. The three theological virtues: faith, hope and charity enact as traits of the spirit, decoding into the structures of the mind and body. For Fernando Rielo, intuition, fruition and freedom are the main reflection of this core, respectively into the knowledge, the will and the unitive act of performing what is in the thought and the will. Then, culturally and mainly on psychological domains, assessing faith, hope and charity is a task to achieve through the analysis of the expression of the above mentioned processes of intuition, fruition and freedom. How to integrate its evaluation into the psychiatric interview and treatment with the purpose of a sensitive transcultural mental health care? Moreover, could those traits be used as therapeutics tools or indicators of recovery and wellbeing? The following is a case study of a Latin American woman in Japan, with severe claustrophobia and depression, that were conditions aggravated by the Coronavirus pandemic. The patient received besides the pharmacological treatment; sensitive cultural care provided in her mother language. Throughout this case follow-up, the processes of intuition, fruition and freedom were analyzed in the context of Catholic faith. Finally, the patient succeeded to overcome both depression and claustrophobia.

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## Oral 17

### [O-17-04] Literature Review on Mental Health Support for International Students in Higher Education - How we promote Equity and Diversity

\*Maya Yanase (International Student Counseling Office, Student Support Center, Kyoto University(Japan))

キーワード：International Students、University、Language Barriers、Mental Health Support

Background: The global mobility of students has grown significantly over the past two decades, with international students now comprising a substantial portion of university populations worldwide. International students often face elevated risks of psychological distress due to academic pressure, cultural adjustment, and isolation. Despite this, international students underutilize mental health services compared to their domestic peers due to stigma, cultural misperceptions or language barriers. University mental health services are a primary support channel but may not always be equipped with culturally or linguistically sensitive infrastructure. As a result, international students may feel unwelcome or misunderstood in these settings. Students may struggle to articulate emotional needs, leading to misdiagnosis or ineffective treatment and weaken the therapeutic alliance.

Aims: Brief literature review that synthesizes key findings from recent research on the mental health support landscape for international students in higher education.

Methods: Selective literature review and theoretical synthesis. Results: Despite growing interest, research lacks depth in several areas: few longitudinal studies assess the long-term impact of interventions, students from non-Western countries are underrepresented, and limited research addresses the integration of university services and external care (Kim & Murakami, 2023).

Discussion: Improving mental health support for international students requires a shift from domestic services to culturally responsive systems. Language barriers can hinder both the recognition of mental health needs and the ability to seek appropriate care. Some institutions have begun implementing inclusive mental health models, incorporating multicultural training, peer-led programs, and digital platforms tailored to international students. Multicultural self-awareness among professionals, culturally diverse therapeutic approaches, faculty involvement, and physical spaces that ensure confidentiality are identified to be key components. Lack of culturally competent care may lead the marginalization and burnout of current international student support staff. Recruiting diverse mental health professionals, allocating sustainable funding for international student support services are at least required.

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**Oral 17****[O-17-05] The Japanese Society of Psychiatry and Neurology Fellowship Award Past and Future**

\*Toshitaka Ii<sup>1</sup>, Ai Aoki<sup>2</sup>, Tsuyoshi Akiyama<sup>3</sup> (1.Aichi Medical University(Japan), 2.Nagoya University, Graduate School of Medicine(Japan), 3.NTT Medical Center Tokyo(Japan))

キーワード : the Japanese Society of Psychiatry and Neurology、Fellowship Award、International collaboration

Each year, the Japanese Society of Psychiatry and Neurology (JSPN) invites twelve early-career psychiatrists from abroad to take part in its Fellowship Award Symposium. The symposium is followed by an international joint meeting at which awardees and Japanese psychiatrists initiate collaborative research projects. To date, these collaborations have produced publications on a wide range of topics, including hikikomori (prolonged social withdrawal), social anxiety disorder, child-psychiatry training, psychotherapy education, and suicide.

In recent years, JSPN has also begun recruiting international members, thereby fostering a continuous network that extends beyond the annual meeting and promotes sustained collaboration between Japan and the global psychiatric community.

This presentation reviews the evolution of the Fellowship Award programme, summarises the themes of past symposia, and showcases the resulting international research projects. It also outlines plans for the coming year's Fellowship Award, with the goal of encouraging even greater participation by psychiatrists worldwide.