

## Symposium

📅 2025年9月28日(日) 16:30 ~ 18:00 🏢 Session Room 3 (Large Hall A)

**[Symposium 110] Workplace Mental Health: significance and progress**

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

[SY-110]

Workplace Mental Health: significance and progress

Dae Jong Oh<sup>1</sup>, Hisashi Eguchi<sup>2</sup>, Edgardo Tolentino<sup>3</sup>, Tsuyoshi Akiyama<sup>4</sup> (1.Kangbuk Samsung Hospital(Korea), 2.University of Occupational and Environmental Health(Japan), 3.Makati Medical Center(Philippines), 4.Rokubancho Mental Clinic(Japan))

---

[SY-110-01]

Workplace interventions to promote sleep health of employees

\*Dae Jong Oh<sup>1</sup>, Songyi Lee<sup>1,2</sup>, Sang Won Jeon<sup>1,3</sup> (1.Workplace Mental Health Institute, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine(Korea), 2.Department of Psychology, Ajou University(Korea), 3.Department of Psychiatry, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine(Korea))

---

## Symposium

📅 2025年9月28日(日) 16:30 ~ 18:00 🏢 Session Room 3 (Large Hall A)

## [Symposium 110] Workplace Mental Health: significance and progress

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

### [SY-110] Workplace Mental Health: significance and progress

Dae Jong Oh<sup>1</sup>, Hisashi Eguchi<sup>2</sup>, Edgardo Tolentino<sup>3</sup>, Tsuyoshi Akiyama<sup>4</sup> (1.Kangbuk Samsung Hospital(Korea), 2.University of Occupational and Environmental Health(Japan), 3.Makati Medical Center(Philippines), 4.Rokubancho Mental Clinic(Japan))

In 2022, the World Health Organization (WHO) published “Guidelines on mental health at work.” In 2024, workplace mental health was chosen as the theme of World Mental Health Day (WMHD) by the World Federation for Mental Health (WFMH). Thus, the importance of workplace mental health has been recognized globally. In this symposium, Dae Jong Oh reports on workers’ sleep-related problems, such as short sleep duration, poor sleep quality, and excessive daytime sleepiness. It is crucial to actively modify poor sleep health in the workplace as it is linked to various adverse outcomes, including mental and physical health problems, reduced work performance, and a lower quality of life. He will review epidemiological data on sleep health and workplace interventions to improve employees’ sleep health. Hisashi Eguchi presents programs to prevent isolation and loneliness in the workplace. Concerns over workplace loneliness and isolation are increasing, particularly in developed countries, making this topic highly relevant. The programs are designed at three levels: organizational, supervisory, and individual. In this presentation, each program, along with preliminary results, will be introduced. Edgardo Tolentino explores how the Philippine Mental Health Act has driven changes in workplace practices, promoting mental wellness initiatives and supporting employees with mental health conditions, thereby building a culture of inclusion and resilience. The law has been pivotal in transforming public attitudes toward mental health by fostering greater awareness, reducing stigma, and ensuring access to services. Tsuyoshi Akiyama discusses the significance of workplace mental health from a recovery perspective. Appropriate support will establish people with mental issues as good workforce assets for society. This can be a win-win-win-win-win situation among persons, families, corporations, governments, and anti-stigma movements. He also reports on the WFMH activities along with the WMHD theme in collaboration with the WHO.

## Symposium

📅 2025年9月28日(日) 16:30 ~ 18:00 🏢 Session Room 3 (Large Hall A)

## [Symposium 110] Workplace Mental Health: significance and progress

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

### [SY-110-01] Workplace interventions to promote sleep health of employees

\*Dae Jong Oh<sup>1</sup>, Songyi Lee<sup>1,2</sup>, Sang Won Jeon<sup>1,3</sup> (1.Workplace Mental Health Institute, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine(Korea), 2.Department of Psychology, Ajou University(Korea), 3.Department of Psychiatry, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine(Korea))

キーワード：sleep health、workplace mental health、occupational health services

Sleep health is a critical yet often overlooked component of employee well-being and organizational productivity. A substantial proportion of workers experience sleep-related problems, including insufficient sleep duration, poor sleep quality, and excessive daytime sleepiness. These issues are associated with a broad spectrum of adverse outcomes, such as increased risk of physical and mental health conditions, decreased work efficiency, higher absenteeism, and impaired quality of life. Despite the growing recognition of sleep as a key determinant of health, workplace-level strategies to promote healthy sleep remain limited in practice and scope.

This presentation proposes a model for integrating sleep health services within occupational settings by introducing a Workplace Sleep Health Clinic. The clinic provides on-site screening, diagnosis and treatment of sleep disorders, alongside employee education, consultation, and ongoing research on sleep health in working populations. It provides care to a diverse employee population, including those with chronic insomnia, obstructive sleep apnea, and shift work disorder. The presentation will describe the clinical characteristics of individuals utilizing the clinic, as well as the structure and delivery of key interventions. These include modified cognitive behavioral therapy for insomnia adapted for the workplace and stress reduction strategies incorporating relaxation techniques by psychiatrists and clinical psychologists. The clinic model suggests the potential feasibility and clinical relevance of embedding specialized sleep care within the workplace, offering a comprehensive approach to promoting sleep health and occupational functioning.