

Symposium

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 4 (Large Hall B)

[Symposium 39] Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

Moderator: Muhammad Hanif Abd Latif (Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia), Ryo Mizui (Miyagawa Medical Juvenile Training School)

[SY-39]

Beyond Barriers: The Current State and Future Challenges of Mental Health Stigma Across Countries

Tsuyoshi Ono^{7,2}, Junko Kitaoka^{1,2}, Marie Kitano³, Nur Iwana Abdul Taib⁵, Muhammad Hanif Abd Latif⁴, Ryo Mizui^{6,2} (1.Tarumi Hospital(Japan), 2.Japan Young Psychiatrists Organization(Japan), 3.Department of Psychiatry, Monash Health(Australia), 4.Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia(Malaysia), 5.Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak(Malaysia), 6.Miyagawa Medical Juvenile Training School(Japan), 7.Medical Juveniles Correction and Education Center in East Japan(Japan))

[SY-39-01]

Supporting the Reintegration of Juvenile Offenders with Psychiatric Disorders: Overcoming Double Stigma and Systemic Barriers

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[SY-39-02]

Stigma in Mental Health Care in Japan

*Junko Kitaoka^{1,8}, Marie Kitano^{2,3}, Muhammad Hanif Abd Latif⁴, Nur Iwana Abdul Taib⁵, Ryo Mizui^{6,8}, Tsuyoshi Ono^{7,8} (1.Tarumi Hospital(Japan), 2.Department of Psychiatry, Monash Health(Australia), 3.The University of Melbourne(Australia), 4.Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia (Malaysia), 5.Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak(Malaysia), 6.Miyagawa Medical Juvenile Training School(Japan), 7.Medical Juveniles Correction and Education Center in East Japan(Japan), 8.Japan Young Psychiatrists Organization(Japan))

[SY-39-03]

Mental Health Stigma in Australia: Clinical and Cultural Reflections

*Marie Kitano^{1,2}, Muhammad Hanif Abd Latif³, Nur Iwana Abdul Taib⁴, Junko Kitaoka^{5,8}, Ryo Mizui^{6,8}, Tsuyoshi Ono^{7,8} (1.Monash Health(Australia), 2.The University of Melbourne(Australia), 3.Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia(Malaysia), 4.Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (Malaysia), 5.Tarumi Hospital(Japan), 6.Miyagawa Medical Juvenile Training School(Japan), 7.Medical Juveniles Correction and Education Center in East Japan (Japan), 8.Japan Young Psychiatrists Organization(Japan))

[SY-39-04]

Behind the White Coat: A Cross-Sectional Study on Mental Health Stigma Among Doctors in Malaysia

*NUR IWANA ABDUL TAIB (NIAT Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (UNIMAS)(Malaysia))

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キーワード : Stigma、Mental Health、Culture、Young Doctors

Stigma surrounding mental health care remains a significant and persistent issue worldwide, having a profound impact on patients' mental health and social lives. Prejudices and misconceptions about individuals with mental health issues not only discourage patients from seeking the necessary treatment but also undermine the effectiveness of the treatment itself, increase feelings of social isolation, and severely diminish the quality of life for those affected. Furthermore, the existence of stigma can sometimes render mental health a taboo subject, which, in turn, may hinder the development and implementation of essential support systems and infrastructures designed to address mental health needs. This symposium will provide an in-depth exploration of the current state of stigma in mental health care, through the perspectives of young doctors in psychiatry from three distinct countries—Australia, Malaysia, and Japan—each with its own unique cultural background. We will examine the differences in the recognition and understanding of stigma in these countries, how stigma manifests and its far-reaching effects, as well as the specific policies and initiatives each nation has introduced to reduce stigma, with a particular focus on cultural nuances. By participating in this symposium, attendees will gain valuable insights into the current landscape of mental health stigma in each country. Through the sharing of experiences and research findings from these diverse nations, the symposium aims to identify actionable strategies and approaches that can be applied globally to improve mental health care, reduce stigma, and foster a more supportive and inclusive environment for those affected by mental health challenges.

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[SY-39-01] Supporting the Reintegration of Juvenile Offenders with Psychiatric Disorders: Overcoming Double Stigma and Systemic Barriers

*Tsuyoshi Ono^{1,8}, Nur Abdul Taib Iwana², Marie Kitano^{3,4}, Junko Kitaoka^{5,8}, Ryo Mizui⁶, Hanif Latif⁷ (1.Medical Juveniles Correction and Education Center in East Japan(Japan), 2.Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak, Malaysia(Malaysia), 3.Department of Psychiatry, Monash Health(Australia), 4.The University of Melbourne, Australia(Australia), 5.Tarumi Hospital(Japan), 6.Miyagawa Medical Juvenile Training School(Japan), 7.Department of Psychiatry, Faculty of Medicine, Universiti Kebangsaan Malaysia(Malaysia), 8.Japan Young Psychiatrists Association(Japan))

キーワード : juvenile offenders、mental illness、stigma

Many youths hospitalized at our juvenile medical center face significant challenges in finding a place to return upon discharge. Families often refuse to accept them back, and local hospitals or care facilities are reluctant to take them in. As a result, it is not uncommon for youths to be discharged to institutions far from their hometowns. This difficulty stems from their dual status as both juvenile offenders and individuals with psychiatric disorders, making their care complex and stigmatized. These youths are subjected to a “double stigma”—as delinquents and as people with mental illness—which contributes to systemic avoidance of responsibility among support institutions. While concerns about risk and instability may be justified in some cases, excessive overestimation of danger often leads to rejection of necessary medical or welfare support. This perpetuates a cycle where the lack of appropriate support increases the likelihood of recidivism or behavioral problems. Despite efforts to reduce stigma—such as pre-discharge case conferences and information-sharing—our institution faces limitations in follow-up and outreach post-discharge. Consequently, local providers may perceive that the burden has been unfairly shifted to them, reinforcing mistrust and stigma toward youth from correctional settings. This study examined the post-discharge placements of hospitalized juveniles and analyzed the characteristics and psychosocial factors of those who faced particular difficulty in finding placements. We also reviewed current practices in discharge planning and support, and discussed future directions for improving community collaboration. We emphasize the importance of juvenile facility staff engaging more actively with community providers through outreach and ongoing communication, to bridge institutional gaps and reduce stigma toward these vulnerable youths.

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[SY-39-02] Stigma in Mental Health Care in Japan

*Junko Kitaoka^{1,8}, Marie Kitano^{2,3}, Muhammad Hanif Abd Latif⁴, Nur Iwana Abdul Taib⁵, Ryo Mizui^{6,8}, Tsuyoshi Ono^{7,8} (1.Tarumi Hospital(Japan), 2.Department of Psychiatry, Monash Health(Australia), 3.The University of Melbourne(Australia), 4.Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia (Malaysia), 5.Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak(Malaysia), 6.Miyagawa Medical Juvenile Training School(Japan), 7.Medical Juveniles Correction and Education Center in East Japan(Japan), 8.Japan Young Psychiatrists Organization(Japan))
 キーワード : Stigma、Mental Health、Culture

Stigma toward mental illness remains a major issue in Japan. Japanese cultural values such as perseverance, social harmony, and the importance of saving face may discourage individuals with mental health challenges from seeking professional help, potentially leading to internalized stigma.

In this presentation, we report findings from a preliminary survey titled “Research on How Cultural Aspects Influence Psychiatrists’ Stigma Toward Mental Illness.”

We focus on responses from Japanese psychiatrists and examine the current state of stigma in mental health care, the influence of cultural and familial values on help-seeking behavior, and how stigma among healthcare professionals may affect the quality of care and clinical outcomes.

We also explore what Japanese psychiatrists consider to be effective stigma-reduction strategies and review existing initiatives. In addition, we identify cultural and institutional barriers that may hinder the implementation or success of these efforts.

Based on these findings, we discuss the importance of developing culturally grounded and sustainable approaches to stigma reduction in the Japanese context.

Finally, we place Japan’s challenges within a broader international framework, aiming to highlight shared global issues and promote cross-cultural collaboration and mutual learning to improve mental health care and reduce stigma worldwide.

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[SY-39-03] Mental Health Stigma in Australia: Clinical and Cultural Reflections

*Marie Kitano^{1,2}, Muhammad Hanif Abd Latif³, Nur Iwana Abdul Taib⁴, Junko Kitaoka^{5,8}, Ryo Mizui^{6,8}, Tsuyoshi Ono^{7,8} (1.Monash Health(Australia), 2.The University of Melbourne(Australia), 3.Psychiatry Department, Faculty of Medicine, Universiti Kebangsaan Malaysia(Malaysia), 4.Department of Psychological Medicine, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak (Malaysia), 5.Tarumi Hospital(Japan), 6.Miyagawa Medical Juvenile Training School(Japan), 7.Medical Juveniles Correction and Education Center in East Japan (Japan), 8.Japan Young Psychiatrists Organization(Japan))

キーワード : Mental Health Stigma、 Cultural Psychiatry、 Early-Career Psychiatrists

Stigma surrounding mental illness remains a significant barrier to the delivery of quality care, not only within the general public but also among healthcare professionals. This presentation is part of a cross-national study conducted in collaboration with researchers from Japan, Malaysia, and Australia, examining attitudes toward mental health stigma among psychiatry trainees and psychiatrists. Focusing on the Australian context, this presentation will explore how clinicians' views may shape clinical decision-making, communication, and therapeutic engagement.

Australia is often considered to have relatively low levels of public stigma compared to many other countries. This is frequently attributed to widespread mental health education, access to public resources, and comparatively high mental health literacy. However, growing awareness has introduced new and more nuanced challenges. While overt stigma may be less common, more subtle forms of misunderstanding and bias continue to influence both clinical environments and broader societal attitudes. Additionally, there are unique challenges associated with anti-stigma efforts themselves. These issues highlight the need to reflect on how stigma operates in everyday practice and within the professional culture of psychiatry.

This presentation draws on survey findings and clinical experience to examine how societal perceptions, professional identity, and daily clinical practice are interconnected in the Australian context. By considering these insights alongside cultural and systemic factors, the presentation aims to contribute to a deeper understanding of how stigma functions within mental health care.

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キーワード : stigma、mental health、malaysia

Stigma against mental illness remains a formidable barrier to mental healthcare across the globe, influencing not only help-seeking behavior and treatment adherence but also social acceptance and recovery outcomes. In Malaysia, mental health stigma is uniquely shaped by a confluence of cultural norms, religious beliefs, and systemic healthcare dynamics. Stigma remains pervasive even among mental health professionals despite public awareness has increased in recent years. This study aims to explore how cultural and religious factors influence psychiatrists' attitudes toward mental illness, and to identify the underlying mechanisms that reinforce or reduce stigma within clinical settings. The research adopts a cross-sectional design and is currently in progress. Data are being collected anonymously through an online questionnaire distributed to physicians with at least one year of clinical experience in psychiatry. The instrument captures various dimensions of stigma, including stereotypes, prejudice, and discriminatory attitudes, as well as perceptions of societal and institutional stigma. Additional variables explore beliefs about the impact of mental illness on family reputation, treatment avoidance, and stigma within the medical profession. Particular attention is given to the association of cultural and religious beliefs in these views. Although findings are not yet available, the study's conceptual framework and methodological approach offer valuable insights into how stigma manifests in professional mental health practice in Malaysia. The presentation will also explore anticipated challenges in reducing stigma, such as limitations in training, policy gaps, and culturally ingrained misconceptions. By contextualizing stigma within Malaysia's sociocultural landscape, this research contributes to the broader global effort to develop effective, culturally responsive stigma-reduction strategies in psychiatry and mental healthcare.