

A COMPARISON OF MENTAL HEALTH IN JAPAN AND THE UNITED STATES

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Japan and the United States, while culturally very distinct, share several similarities within the realm of mental health.



Prevalence of Disorders

(Capriotti et al., 2020; Miyamori et al., 2022)

Japan	United States
Major Depressive Disorder – 3 to 7%	Major Depressive Disorder – 10%
Generalized Anxiety Disorder – 3.4%	Generalized Anxiety Disorder – 5.7%
Alcohol/Substance Abuse – 2.5%	Bipolar Disorder – 4.5%

Suicide Rates

Japan (Otaka et al., 2022; Matsubayashi & Ueda, 2022)	United States (McKoy, 2022)
<ul style="list-style-type: none"> Recent steady decline, lower than United States as of 2022 COVID-19 lockdown impact raised suicide rates Possible reporting rates dropping Psychiatric treatment improvements possible cause of reduction 	<ul style="list-style-type: none"> Saw minor decline during COVID-19 lockdowns Statistics focused on white populations, not representative of people of color Suicide rates among underrepresented groups have remained the same or increased

Treatment Types & Access

(Malitz & Kanzler, 2006)

Antidepressants	Psychotherapy
<ul style="list-style-type: none"> Readily available Discreet Not as effective long-term Covered more often than therapy by insurance 	<ul style="list-style-type: none"> Time consuming Less discreet than taking antidepressants Not a “quick fix” Effective long-term Costly, not always covered by health insurance

Stigmata Influencing Mental Health Perception

(Kotera et al., 2019; Miller et al., 2021)

Main Contributing Factors	
<ul style="list-style-type: none"> Shame culture, strongly embedded in Japanese culture Professional and business pressure Lack of support in personal and professional life 	<ul style="list-style-type: none"> Familial pressures The need to be viewed as strong (typically enforced with men)

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