

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

## Treatment Types & Access

(Malitz & Kanzler, 2006)

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

## Stigmata Influencing Mental Health Perception

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

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

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