

# **MENTAL HEALTH JAPAN**

**KUNIHICO ASAI**

---

---

**Asai Hospital**



Kunihiko Asai M.D.

## **Preface and Acknowledgements**

This book is published in commemoration of my 60<sup>th</sup> birthday. This volume contains some of my paper concerning mental health in Japan . “Responses of Japanese Families to Mental Disorder” (1983), “Pathways of Help-Seeking of Psychiatric Patients in Japan” (1984), “Schizophrenic Patients and the Families in Japan” (1985) are the series of Patient-Family Study in Japan. Following papers cover the field of mental health, rehabilitation and policy development in Japan.

I have been attending the World Congress of WPA (World Psychiatric Association) and WFMH (World Federation for Mental Health) and presented paper since 1970s.

Some of them were published in special works or Journals.

I have long believed that it is very important to introduce mental health care and psychiatry in Japan properly to other countries. I hope that this book will bring about a better understanding on Japanese psychiatry and mental health. I will be happy if the reader gets an idea of these essence.

I express my gratitude to my senior, colleague and all the staffs of my hospitals.

I am particularly indebted to my wife Tomoko and my four children.

Kunihiko Asai, M.D.

August, 2000

# CONTENTS

<b>PREFACE AND ACKNOWLEDGEMENTS</b> .....	1
<b>LES REACTIONS DES FAMILIES JAPONAISES AUX DESORDRES MENTAUX</b> Psychologie Medicale:15, 14: 2371-2375,1983 S.P.E.I. editeur, Paris.....	5
<b>RESPONSES OF JAPANESE FAMILIES TO MENTAL DISORDER</b> International Journal of Social Psychiatry, Winter, 257-263, 1983.....	10
<b>PATHWAYS OF HELP-SEEKING OF PSYCHIATRIC PATIENTS IN JAPAN: A RESEARCH STUDY IN TOGANE CITY</b> The American Journal of Social Psychiatry IV, 2, Spring, 38-44, 1984 Brunner/Mazel, Inc., New York.....	18
<b>MENTAL HEALTH SCREENING OF CHILDREN IN JAPAN</b> Psychiatry, Vol.5, Edited by P. Pichot, R. Wolfand, K. Thau, 103-108, 1985 Plenum Publishing Corporation.....	25
<b>SCHIZOPHRENIC PATIENTS AND THE FAMILIES IN JAPAN</b> International Journal of Family Psychiatry Vol.8 No.1, 1-7, 1987 International Universities Press, Inc.....	33
<b>MENTAL HEALTH SERVICES IN JAPAN</b> Journal of Sociology & Social Welfare Vol.18 No.2, 141-154, 1991 Western Michigan University Kalamazoo, MI 49008.....	40
<b>ALTERNATIVES OF MENTAL HEALTH SERVICES IN JAPAN</b> 1991 World Congress, Biennial Congress of the World Federation for Mental Health, Vol.1, 159-165, 1991.....	54
<b>EVOLUTION OF COMMUNITY CARE FROM A PRIVATE MENTAL HOSPITAL</b> Mental Hospitals as Base for Community Mental Health in Asian Cultures, 163-174, 1991 Keimeishi Shuppan.....	61

**MENTAL HEALTH IN JAPAN**

Mental Health on the Pacific Rim, 77-84, 1992

World Federation for Mental Health, Psychiatric Rehabilitation Association..... 73

**JAPAN**

International Handbook on Mental Health Policy,

Edited by Donna R. Kemp, Greenwood Press, 159-175, 1993..... 81

**PSYCHIATRIC REHABILITATION IN JAPAN**

Psychiatric Rehabilitation: The Asian Experience, Social Sciences Research Center in association with  
The Department of Social Work and Social Administration, The University of Hong Kong,

Occasional Paper 12, 198-209, 1994..... 98

**PSYCHIATRIC DIAGNOSIS AND MENTAL HEALTH SERVICES IN JAPAN**

Psychiatric Diagnosis, A World Perspective, Springer-Verlag, 228-240, 1995..... 110

**FROM MENTAL HEALTH LAW TO MENTAL HEALTH AND WELFARE LAW**

Psychiatry and Clinical Neurosciences, Published for Folia Publishing Society,

Proceedings of the 7<sup>th</sup> Scientific Meeting of the Pacific Rim College of Psychiatrists, S247-S249, 1998..... 123

**HISTORY AND PRESENT OF PSYCHIATRIC CARE**

Images in Psychiatry: Japan, Yoshibumi Nakane, Mark Radford, Synapse, 13-25, 1999

World Psychiatric Association..... 126

**NEW MENTAL HEALTH AND WELFARE LAW AND RECENT MENTAL HEALTH POLICY**

**IN JAPAN**

WHO / Shanghai Symposium (14-15, Nov.1999) ..... 139

**1993 WORLD CONGRESS / WORLD FEDERATION FOR MENTAL HEALTH**

PROCEEDINGS WFMH'93 JAPAN ..... 165

**CURRICULUM VITAE** ..... 177