



Project Leader **Atsushi Nishida** Mental Health Promotion Project

No health without Mental Health: Mental Health promotion as the first priority in our society

While life in big cities, microcosms of today’s stressful societies, is a full of risk factors for mental health, interpersonal bonds that support individuals are increasingly weakening. Hence, multifaceted research of mental health promotion via clinical medicine and sociomedical methodologies needs to be promoted.

Mental Health Promotion Project engages in promoting mental well-being in big cities through: empirical findings from large-scale birth cohort studies conducted in partnership with municipalities of Tokyo which is experiencing increasingly aging population and low birthrate; and developing programs in collaboration with clinical forefront of care.

“We are trying to elucidate preventive factors to mental health problems and enhancing factors to mental well-being, and to improve care for people living in the community and their families.”

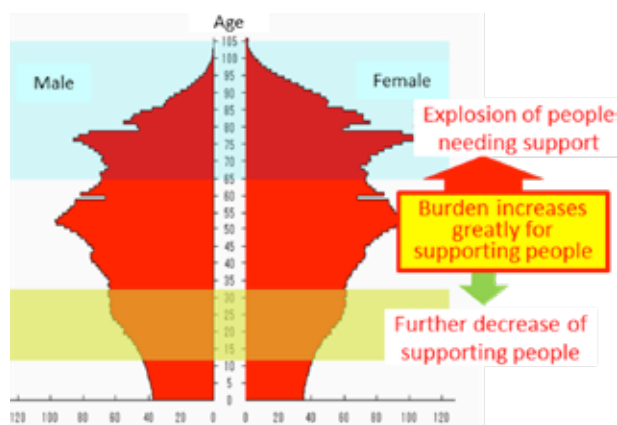
Our goals are as follows: 1) Elucidate preventive factors to mental health problems and enhancing factors to mental well-being in adolescence. 2) Improve care for people with dementia living in the community and their families. 3) Develop transition support program connecting acute-phase hospital treatment and post-discharge outpatient treatment.

Nakanishi M, Niimura J, Yamasaki S, and Nishida A. (2017) “Death of dementia inpatients in Japanese psychiatric hospitals accounts for one-fifth of discharge destination in national data from 1996 to 2014” *J. Alzheimers Dis.* 56, 817-824.

Ando S, Koike S, Shimodera S, Fujito R, Sawada K, Terao T, Furukawa TA, Sasaki T, Inoue S, Asukai N, Okazaki Y, and Nishida A. (2017) “Lithium levels in tap water and the mental health problems of adolescents: an individual level cross-sectional survey.” *J. Clin. Psychiatry.* 78(3):e252-e256.

Nakanishi M, Nakashima T, Shindo Y, Niimura J, and Nishida A. (2016) “Japanese care location and medical procedures for people with dementia in the last month of life.” *J. Alzheimers Dis.* 51, 747-755

Yamasaki S, Ando S, Koike S, Usami S, Endo K, French P, Sasaki T, Furukawa TA, Hasegawa-Hiraiwa M, Kasai K, and Nishida A. (2016) “Dissociation mediates the relationship between peer victimization and hallucinatory experiences among early adolescents.” *Schizophr. Res. Cogn.* 4, 18-23



- **Increase of dementia people:** Est. number in 2025 is 7 million (MHLW, 2014)
- The biggest cause of health damage among **young people** is **mental illnesses and suicide** (Patton, Lancet, 2009)

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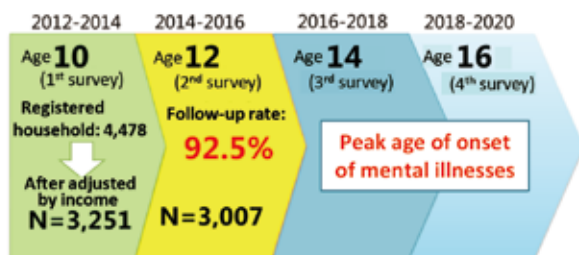
What we do

Elucidating contributing factors to adolescent mental health

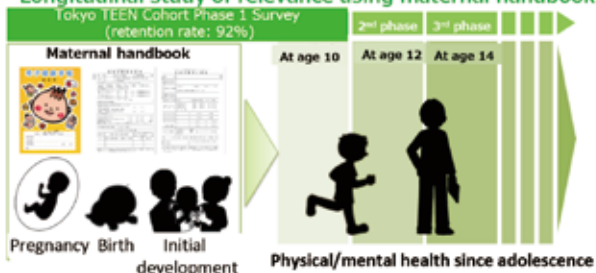
In adolescence, body and mind change significantly. Adolescents, therefore, are vulnerable to mental problems. Adolescent Health/Development Survey is a large-scale longitudinal birth cohort study included 10-year-old children and their carers living in Setagaya-ward, Chofu-city, and Mitaka-city. Currently, the study has completed the follow-up of children at their age 12; the follow-up rate is as high as 92.5%. The longitudinal relevance between the initial development at birth/childhood and the physical/mental health status since adolescence is also being studied based on information collected from maternal handbooks and various other health records.



Progress of Health Development Survey (2017)



Longitudinal study of relevance using maternal handbook



Care model development to support people with dementia at home

To support people with dementia living at home, it is indispensable to care Behavioral and Psychological Symptoms of Dementia (BPSD) as it is experienced by 90% of them. Being commissioned by Tokyo, we are working on to introduce highly-appreciated BPSD Care Program from Sweden. We aim to contribute to the dementia-related policies in Tokyo and improve the quality of dementia care through scientific verification of effectiveness with RCT.



Introduction of Sweden BPSD Care Program



World's first efficacy verification through RCT



Members

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|------------------|--------------|
| Atsushi Nishida | Kaori Endo |
| Syudo Yamasaki | Kayo Hirooka |
| Miharu Nakanishi | Yudai Iijima |
| Junko Niimura | Yu Yamamoto |

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