

26th TMIMS International Symposium

# Social Determinants of Mental Health, 2024

**Date**

2024 **3.15** Fri. 10:00▶17:30

**Venue**

Tokyo Metropolitan Institute of  
Medical Science, Auditorium

**Organized by**

**Atsushi Nishida**  
Tokyo Metropolitan Institute of Medical Science

**Kiyoto Kasai**  
University of Tokyo

**Speakers**

**Marcus Richards**  
University College London, UK

**Vikram Patel**  
Harvard Medical School, USA

**Tanya M. Luhrmann**  
Stanford University, USA

**Deidre Anglin**  
The City College of the City University of New York, USA

**Stephani Hatch**  
King's College London, UK

**Atsushi Nishida**  
Tokyo Metropolitan Institute of Medical Science, JAPAN

**TMiMS**  
Tokyo Metropolitan Institute of Medical Science

# Program

<p><b>10:00-10:10</b></p>	<p><b>Welcome &amp; Opening Comments</b></p> <p><b>Atsushi Nishida</b>, Tokyo Metropolitan Institute of Medical Science, Japan  <b>Kiyoto Kasai</b>, The University of Tokyo, Japan</p>
<p><b>10:10-11:05</b>  Presentation  45min  Discussion  10min</p>	<p><b>Social determinants and social consequences of mental health: a life course approach</b></p> <p>Presenter : <b>Marcus Richards</b>, University College London, UK  Chair : <b>Kiyoto Kasai</b>, The University of Tokyo, Japan</p>
<p><b>11:05-11:15</b></p>	<p>Break</p>
<p><b>11:15-12:10</b>  Presentation  45min  Discussion  10min</p>	<p><b>Acting early: the key to promoting mental health across the life course</b></p> <p>Presenter : <b>Vikram Patel</b>, Harvard Medical School, USA  Chair : <b>Toshi A Furukawa</b>, Kyoto University, Japan</p>
<p><b>12:10-13:00</b></p>	<p>Lunch</p>
<p><b>13:00-13:55</b>  Presentation  45min  Discussion  10min</p>	<p><b>How culture shapes voices (On-line Lecture)</b></p> <p>Presenter : <b>Tanya M. Luhrmann</b>, Stanford University, USA  Chair : <b>Junko Kitanaka</b>, Keio University, Tokyo, Japan</p>
<p><b>13:55-14:05</b></p>	<p>Break</p>
<p><b>14:05-15:00</b>  Presentation  45min  Discussion  10min</p>	<p><b>Racism and Social Determinants of Psychosis Risk</b></p> <p>Presenter : <b>Deidre Anglin</b>, The City College of the City University of New York, USA  Chair : <b>Shinichiro Kumagaya</b>, The University of Tokyo, Japan</p>
<p><b>15:00-15:15</b></p>	<p>Coffee Break</p>
<p><b>15:15-16:10</b>  Presentation  45min  Discussion  10min</p>	<p><b>Why utilising anti-racist practice and tackling discrimination are crucial for addressing inequities in mental health and mental health services</b></p> <p>Presenter : <b>Stephani Hatch</b>, King's College London, UK  Chair : <b>Mariko Hiraiwa-Hasegawa</b>, Tokyo Metropolitan Institute of Medical Science, Japan</p>
<p><b>16:10-16:20</b></p>	<p>Break</p>

16:20-17:10

Presentation  
40min  
Discussion  
10min

## Social Determinants of Adolescent Mental Health: Findings from Tokyo Teen Cohort

Presenter : **Atsushi Nishida**, Tokyo Metropolitan Institute of Medical Science, Japan

Chair : **Kanna Sugiura**, Mental Health and Welfare Center, City of Yokohama, Japan

17:10-17:30

## Discussion Session

Chair : **Mitsuhiro Miyashita, & Syudo Yamasaki**, Tokyo Metropolitan Institute of Medical Science, Japan

**Marcus Richards**, University College London, UK

**Vikram Patel**, Harvard Medical School, USA

**Deidre Anglin**, The City College of the City University of New York, USA

**Stephani Hatch**, King's College London, UK

**Kiyoto Kasai**, The University of Tokyo, Japan

**Shinichiro Kumagaya**, The University of Tokyo, Japan

**Toshi A Furukawa**, Kyoto University, Japan

**Mariko Hiraiwa-Hasegawa**, Tokyo Metropolitan Institute of Medical Science, Japan

## Closing remark

**Atsushi Nishida**, Tokyo Metropolitan Institute of Medical Science, Japan

**Mariko Hiraiwa-Hasegawa**, Tokyo Metropolitan Institute of Medical Science, Japan

# Social determinants and social consequences of mental health: a life course approach

Marcus Richards

University College London, UK



## Abstract

Mental ageing encompasses emotional psychiatric and cognitive function. Most relevant measures are continuously distributed in the general population, from emotional and behavioural stability and optimum cognitive function at one extreme, to affective and externalising disorders and dementia at the other extreme. Life course epidemiology, based on birth cohort studies, has consistently shown that these outcomes have strong social determinants. For depression, by far the strongest determinants are stressful life events, even after taking account of adolescent depression. These social factors can also be consequences of mental ill-health. This is striking in the case of adolescent conduct problems, which are associated with low educational and occupational attainment, intimate relationship problems, and trouble with the criminal justice system. Social determinants are also important for cognitive impairment and dementia, above all education, where effects are independent of early cognitive development and sensitive to broader social factors such as school leaving age. Education has been the historical focus for the cognitive reserve model of dementia since it can modify the relationship between pathology and functionality. These factors will be reviewed in detail during this presentation.

## Biography

Marcus Richards is a Programme Leader at the MRC Unit for Lifelong Health and Ageing at UCL, and a Professor of Psychology in Epidemiology at the Faculty of Population Health Sciences, University College London. He read Experimental Psychology at Oxford University, and obtained a PhD at London University in the physiology of human learning. He has held appointments at Columbia University in New York and King's College London Institute of Psychiatry, Psychology and Neuroscience to conduct research into neurodegenerative diseases of ageing, and was one of the first recipients of an Alzheimer's Society Research Fellowship. He joined the MRC National Survey of Health and Development team in 1996.

# Acting early: the key to promoting mental health across the life course



**Vikram Patel**

Harvard Medical School, USA

## **Abstract**

The most consistently demonstrated risk factor for poor mental health across the life course is the experience of adversities, typically related to deprivation and violence, during developmentally sensitive periods of early childhood and adolescence. This lecture will consider how the well-described social determinants of mental health exert some of their effects through these early life developmental pathways. The lecture will then use an ecological model to describe the implications of this science for the promotion of mental health and consider the potential for a range of evidence-based interventions, from income support and social protection to parenting and mental health interventions.

## **Biography**

Vikram Patel is Paul Farmer Professor and Chair of Global Health and Social Medicine in the Blavatnik Institute's Department of Global Health and Social Medicine at Harvard Medical School. He co-leads the Department's Mental Health for All lab and co-leads The GlobalMentalHealth@Harvard initiative. His work has focused on the burden of mental health problems across the life course, their association with social disadvantage, and the use of community resources for their prevention and treatment. He is a co-founder of the Movement for Global Mental Health, the Centre for Global Mental Health (at the London School of Hygiene & Tropical Medicine), the Mental Health Innovations Network, and Sangath, an Indian NGO which won the WHO Public Health Champion of India prize and the MacArthur Foundation's International Prize. He is a Fellow of the UK's Academy of Medical Sciences and member of the US National Academy of Medicine. He served on the Committee which drafted India's first National Mental Health Policy and the WHO High Level Independent Commission for Non-Communicable Diseases. He co-led the Lancet Commission on Global Mental Health & Sustainable Development and the Lancet-World Psychiatric Association Commission on Depression; he serves as co-chair of the Lancet Citizens Commission on Reimagining India's Health System. He was listed in TIME Magazine's 100 most influential persons of the year in 2015.

# How culture shapes voices

**Tanya M. Luhrmann**  
Stanford University, USA



## **Abstract**

They are strange experiences - a voice whispered on the wind, a god who speaks from on high - but far more common than we think. At the beginning of most great religions lies a voice. Who hears such voices? I have spoken to hundreds of people, in many countries, who have heard voices, some only once, some more often. Most of these people are not psychiatrically ill. Some are. In this talk I will discuss what we know about the difference between mad voices and sane voices, and what traits and practices and cultural ideas make sane voices more likely. I will also talk about the evidence that the way we think about voices changes our experience of them - and may soften the impact of psychosis. In the process I will discuss the cultural differences between the voices heard by persons with schizophrenia in the US (San Mateo, San Francisco); India (Chennai); Ghana (Accra, Cape Coast); Russia (Khazan); China (Shanghai); and Thailand (Chiang Mai).

## **Biography**

Tanya Marie Luhrmann is the Albert Ray Lang Professor of Anthropology at Stanford University, with a courtesy appointment in Psychology. Her work focuses on the edge of experience: on voices, visions, the world of the supernatural and the world of psychosis. She has done ethnography on the streets of Chicago with homeless and psychotic women, and worked with people who hear voices in Chennai, Accra and the South Bay. She has also done fieldwork with evangelical Christians who seek to hear God speak back, with Zoroastrians who set out to create a more mystical faith, and with people who practice magic. She uses a combination of ethnographic and experimental methods to understand the phenomenology of unusual sensory experiences, the way they are shaped by ideas about minds and persons, and what we can learn from this social shaping that can help us to help those whose voices are distressing. At the heart of the work is the sense of being called, and its possibilities and burden. She was named to the American Academy of Arts and Sciences in 2003, received a John Guggenheim Fellowship award in 2007 and elected to the American Philosophical Society in 2022. When God Talks Back was named a NYT Notable Book of the Year and a Kirkus Reviews Best Book of the Year.

# Racism and Social Determinants of Psychosis Risk



## Deidre Anglin

The City College of the City University of New York, USA

### Abstract

Social determinants of mental health include the physical and social environmental conditions populations develop within across generations. This talk will provide a critical overview of the role of structural racism in shaping social determinants of psychosis risk and outcomes and ethnoracial disparities in these outcomes. There is increasing evidence that racial discrimination and related social determinants in neighborhoods may increase risk for psychotic experiences in ethnoracial minoritized populations—experiences that may or may not lead to a clinical psychotic disorder, but are a transdiagnostic marker of mental morbidity. Accumulating evidence from non-treatment seeking, nationally representative, clinical high risk, and first episode psychosis studies will be reviewed. Qualitative examples from a Photovoice study with Black young people with first episode psychosis will be used to illustrate how social and cultural isolation in neighborhoods and racial discriminatory experiences can be triggering for vulnerable youth. Community and family supports identified through this study and suggestions for enhancing coordinated specialty care services will also be highlighted.

### Biography

Deidre Anglin, PhD is an Associate Professor of Clinical Psychology in the Department of Psychology and in the Doctoral Clinical Program at The City College of New York (CCNY). She received her postdoctoral research training in psychiatric epidemiology at Columbia University's Mailman School of Public Health. Generally, Dr. Anglin's work has focused on reducing mental health racial disparities and studying the social epidemiology of psychosis. She is the lead investigator of a study funded by Columbia University's Center for Excellence and Cultural Competence, to study social and cultural determinants of psychosis risk. She is also the principal investigator of an NIH-funded study that utilizes experimental methods to study the physiologic effects of racial exclusion among racial minority young adults presenting with attenuated psychotic symptoms. She is one of the First 100 doctoral scholars in the Leadership Alliance and a member of NIH's National Research Mentoring Network (NRMN). Dr. Anglin has several first-author publications in well-recognized journals such as *Schizophrenia Research* and *Psychiatric Services* and has presented her work all over the country.

# Why utilising anti-racist practice and tackling discrimination are crucial for addressing inequities in mental health and mental health services



Stephani Hatch

King's College London, UK

## Abstract

Mental ageing encompasses emotional psychiatric and cognitive function. Most relevant measures are continuously distributed in the general population, from emotional and behavioural stability and optimum cognitive function at one extreme, to affective and externalising disorders and dementia at the other extreme. Life course epidemiology, based on birth cohort studies, has consistently shown that these outcomes have strong social determinants. For depression, by far the strongest determinants are stressful life events, even after taking account of adolescent depression. These social factors can also be consequences of mental ill-health. This is striking in the case of adolescent conduct problems, which are associated with low educational and occupational attainment, intimate relationship problems, and trouble with the criminal justice system. Social determinants are also important for cognitive impairment and dementia, above all education, where effects are independent of early cognitive development and sensitive to broader social factors such as school leaving age. Education has been the historical focus for the cognitive reserve model of dementia since it can modify the relationship between pathology and functionality. These factors will be reviewed in detail during this presentation.

## Biography

Stephani Hatch is Professor of Sociology and Epidemiology at King's College London. She leads the Health Inequalities Research Group, working across sectors, locally and nationally, to deliver interdisciplinary research on inequalities in mental health in marginalised communities and across health services with an emphasis on race at the intersection of other social identities. She has expertise in sociology and psychiatric epidemiology, using mixed quantitative and qualitative methods to study the impact of discrimination, social adversity, social determinants over the life course on mental health and multimorbidity. She has also been co-leading initiatives promoting and changing policies to insure the embeddedness of inclusive research culture, equality, diversity and inclusion at KCL since 2014. Stephani co-leads the Marginalised Communities and Mental Health programme within the ESRC Centre for Society and Mental Health, focused on working in close partnership with communities that have often been ignored, to examine and disrupt structures maintaining social inequities in mental health.

# Social Determinants of Adolescent Mental Health: Findings from Tokyo Teen Cohort

## Atsushi Nishida

Tokyo Metropolitan Institute of Medical Science, JAPAN



### Abstract

Adolescence is a pivotal phase for the cultivation of social and emotional well-being, integral to mental health. Recent years have witnessed a notable increase in depression, psychological distress, anxiety, and suicidal behaviors among adolescents. Addressing this concern necessitates an exploration of causative factors and an understanding of social determinants influencing adolescent mental health to formulate effective preventive measures.

Our ongoing Tokyo-based birth cohort study, tracking approximately 3,000 adolescents now aged 20, has yielded valuable insights. Notably, the study has unveiled environmental factors crucial to fostering adolescent mental health. Significantly, our findings emphasize the pivotal role of the school environment in alleviating stress and mitigating the impact of adverse childhood experiences on both physical and mental health during adolescence.

This presentation aims to share the results from the Tokyo Teen Cohort (TTC) study, highlighting the affirmative influence of school climate on the health and developmental trajectory of adolescents. Our research underscores the importance of schools as a proactive and protective force in shaping the well-being of the younger generation.

### Biography

Atsushi Nishida, PhD is a chair of the Research Center for Social Science and Medicine at the Tokyo Metropolitan Institute of Medical Science (TMiMS). He has expertise in psychiatric epidemiology and mental health policy, and he has also been a co-lead of the Tokyo Teen Cohort (TTC) which is following up with approximately 3,000 adolescents. He also leads the Unit for Mental Health Promotion in TMiMS, working across sectors, locally and nationally to deliver evidenced-based mental health services in the community. He has been committed to policy making as a member of various expert panels for the Tokyo Metropolitan Government and the Japanese National Government. In recognition of his contributions to social policy, he received the 2012 Symbol of Tomorrow Award, which honours young professionals in the medical and health fields in Japan.

## Biography of the chair for each session

### **Kiyoto Kasai**

Prof Kasai gained experience at the University of Tokyo Hospital and National Center of Neurology and Psychiatry, before an appointment as visiting instructor at Harvard Medical School, USA, from 2000 to 2002. He was appointed Professor and Chair of the Department of Neuropsychiatry at the University of Tokyo in 2008. His research focuses on the biological mechanisms underlying psychosis onset and the development of effective early intervention strategies. His group's expertise includes a wide range of neuroimaging techniques, and extended his studies to adolescent brain neuroscience via the launch of the Tokyo TEEN Cohort in 2012. He is also organizing an all-Japan multi-site MRI research framework in psychiatric disorders.

### **Toshi A Furukawa**

Prof. Toshi A. Furukawa is currently Professor and Chair of the Department of Health Promotion and Human Behavior, Kyoto University Graduate School of Medicine / School of Public Health, since 2010. Prof Furukawa's major areas of interest and expertise include clinical psycho-pharmacology and cognitive-behavior therapy of mood and anxiety disorders, evidence-based psychiatry, psychometrics and systematic reviews. He is also a Diplomat of the Academy of Cognitive Therapy and Editor of the Cochrane Collaboration Common Mental Disorders Group.

### **Junko Kitanaka**

Junko Kitanaka is a medical anthropologist and professor in the Department of Human Sciences, Keio University, Tokyo. For her McGill University doctoral dissertation on depression, she received a number of awards including the 2007 Dissertation Award from the American Anthropological Association's Society for Medical Anthropology. This has since been published by Princeton University Press as a book titled *Depression in Japan: Psychiatric Cures for a Society in Distress*, which won the American Anthropological Association's Francis Hsu Prize for Best Book in East Asian Anthropology in 2013. The book has been translated by Dr. Pierre-Henri Castel at the University of Paris-Descartes and published by D'Ithaque as *De la mort volontaire au suicide au travail: Histoire et anthropologie de la depression au Japon* (2014). She is currently working on a new project on health screening, old age, and the psychiatrization of the life cycle.

### **Shinichiro Kumagaya**

Dr. Shinichiro Kumagaya, a medical doctor and associate professor at the University of Tokyo's Research Center for Advanced Science and Technology since 2015, brings a unique perspective to his research. Dr. Kumagaya, who has cerebral palsy and has used a wheelchair since childhood, specializes in paediatrics and employs the innovative *tojisha-kenkyu* research method. Dr. Kumagaya's *tojisha-kenkyu*, often described as "research that interested people do on themselves," offers a unique and insightful approach. His research focus revolves around understanding the mechanisms that facilitate individuals with diseases or disabilities to interact and cooperate effectively with their surroundings.

### **Mariko Hiraiwa-Hasegawa**

Prof Hasegawa, an anthropologist with expertise in natural anthropology and behavioral ecology, served as a visiting associate professor at Yale University and later as a professor at Waseda University. Notably, she held the position of president at the Graduate University for Advanced Studies from 2006 to 2023.

Her diverse research portfolio includes investigations into the behavior of wild chimpanzees, damselfish in the United Kingdom, as well as wild sheep and peacocks in Sri Lanka. More recently, Professor Hasegawa has delved into the intricate realms of human evolution and adaptation. She has been involved in launching the Tokyo TEEN Cohort study

### **Kanna Sugiura**

Dr. Sugiura is a psychiatrist and has been working at the Mental Health and Welfare Center, City of Yokohama since 2016. She has been interested in mental health services in Japan and developing countries, and has worked as an expert officer in the Mental Health and Substance Abuse Division of WHO and as a foreign affairs officer in the International Health Policy Office of the Ministry of Foreign Affairs. She currently works in an outpatient psychiatric practice and continues to conduct research on the experience of involuntary hospitalization.

### **Syudo Yamasaki**

Dr Syudo Yamasaki is a member of the Tokyo TEEN Cohort research team. His back ground is in clinical psychology and social work in community psychiatry. He started his career providing psychosocial support for young people with severe mental illness based at The University of Tokyo Hospital. Since 2012, He has been at Tokyo Metropolitan Institute of medical Science and has been involved in launching and maintaining the Tokyo TEEN Cohort study.

### **Mitsuhiro Miyashita**

Dr. Miyashita is a psychiatrist and senior investigator at the Tokyo metropolitan Institute of Medical Science, Research Center for Social Science & Medicine, Unit for Mental Health Promotion. His research in focused on the influence of biological factors enhanced by social stress on the development of psychosis. His research interests also include individual-centered care and support for patients with mental disorders.



公益財団法人  
**TMiMS** 東京都医学総合研究所  
Tokyo Metropolitan Institute of Medical Science

第26回都医学研国際シンポジウム事務局  
〒156-8506 東京都世田谷区上北沢 2-1-6  
[E-mail] [symp@igakuken.or.jp](mailto:symp@igakuken.or.jp)



**Contact:** 公益財団法人 東京都医学総合研究所 社会健康医学研究センター 心の健康ユニット

**Co-Sponsored by:** 文部科学省科学研究費補助金・学術変革領域研究:「当事者化」人間行動科学  
Human behavioral science for subjectification(“tojisha-ka”) by interaction-based &  
rule-/story-based understanding of the brain & the world