

# Annual Report - Japan

Yasuo Shimizu

International Christian  
University

## 1. Association

Japanese Health  
Psychology Society is  
one of the biggest

associations of psychologists in Japan with 2,170 members, and has just welcomed a new chairman Koji Takenaka in June 2015. JHPS organizes annual conferences and quarterly workshops and the JHPS journal is published three times (two regular issues and one special issue on a specific topic) per year which since 2015 have been available only via an online subscription.

## 2. Conferences

The 28th JHPS annual conference will be held at J. F. Oberlin University, Tokyo on 5-6 September, 2015. The theme of the conference is "Empowerment by Health Psychology."

The board of JHPS is now preparing for two big projects in 2016: 6th Asian Congress of Health Psychology in Yokohama on 23-24 July and 31st International Congress of Psychology in Yokohama on 24-29 July 2016, on both of which EHPS kindly let us set up an information booth at EHPS 2014 conference in Innsbruck. These occasions will provide the opportunity for participants to present one's work, to communicate with international colleagues, and, for international participants, to gain first-hand knowledge of the health norms and life-styles unique to the local culture.

The rise of lifestyle-related diseases such as Type 2 diabetes is one of the most urgent health issues in Japan since its public medical expenses have been expanding rapidly. As a vital means of promoting healthy eating and regular exercise, the introduction of behavior modification techniques has come to be recognized.

Another important issue concerning health psychology is stress management in the workplace, especially preventing stress-triggered depression, long-term sick leaves and suicide. In tackling work-related mental issues, more preventive measures such as health promotion programs targeting everyone in a workplace have come to be undertaken along with a traditional approach of treatment after symptom onset.



Yasuo Shimizu

International Christian University,  
Tokyo

syasuo@icu.ac.jp

## 3. Academic Research