

A photograph of the Waseda University campus in Tokyo, Japan. The image shows a large, multi-story brick building on the left and a prominent clock tower on the right. The foreground is filled with lush greenery and trees with vibrant autumn foliage in shades of red, orange, and yellow. The sky is a clear, bright blue. The text is overlaid on the upper portion of the image.

# Mental Health and Suicide deaths during COVID in Japan

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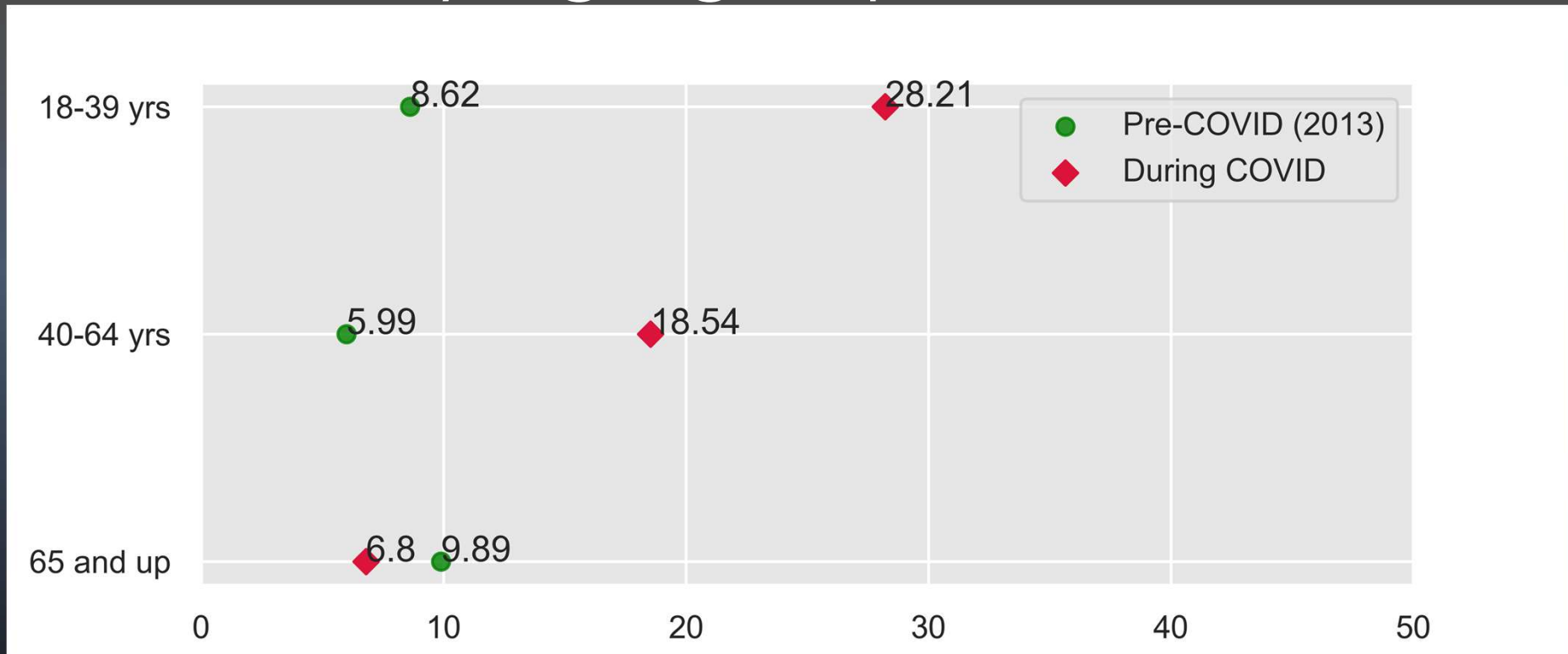
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# Surveys of the general public in Japan

- Monthly online survey (April 2020- Feb. 2021) of the general population in Japan
- N=1,000 each month, N=11,000 total
- Measured mental health conditions, loneliness, changes in employment status, preventive behaviors, etc.
- Mental health conditions:
  - PHQ-9 for depressive symptoms
  - GAD-7 for anxiety disorders

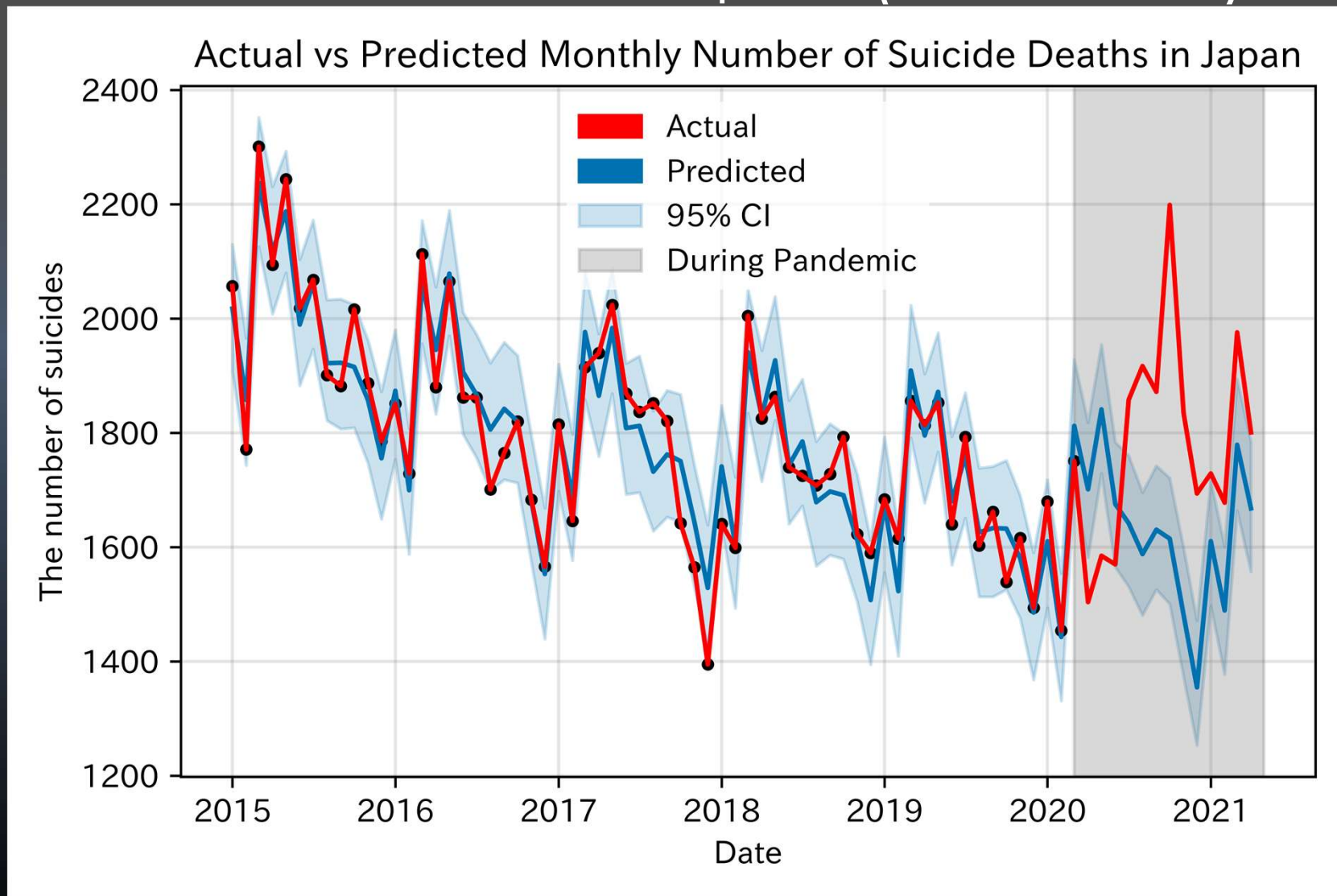
# Prevalence of moderate to severe depression: before and during COVID by age group



Much worse conditions compared to pre-pandemic period, esp. among relatively young

Source: Hoshino et al. (2018) & original surveys by Ueda et al. 3

# Predicted vs. actual monthly number of suicide deaths in Japan (2015-2021)



# Implications and Recommendations

- Suicide may temporarily decrease during the pandemic, but can be followed by an increase
- High risk groups:
  - Relatively young women (and possibly single parents)
  - Economically vulnerable individuals
  - Students
- Assistance needed for those economically affected; students should carefully be monitored