

International Symposium "Loneliness and Social Isolation at Work: A Scientific Approach to Solutions"

Date & time: 24 November 2025 (Monday) 9:30-17:00

Venue: The Tetsumon Memorial Hall, Graduate School of Medicine, The University of Tokyo, Japan

Tentative Program

- **9:30 Opening**

- **9:40–10:30 Keynote Lecture:**

Understanding Work Loneliness: Reflections from 20 Years of Research

Sarah Wright¹

¹ Department of Management, Marketing & Tourism, UC Business School, University of Canterbury, Christchurch, New Zealand

- **10:40–11:40 Symposium 1 Cross-country Comparison of Loneliness and Social Isolation at Work**

1-1 A Cross-Country Comparison of Loneliness at Work in Japan, South Korea, and Taiwan

Norito Kawakami¹, Chunhui Suh², Chen-Cheng Yang³

¹ Department of Digital Mental Health, Graduate School of Medicine, The University of Tokyo, Japan

² Inje University Busan Paik Hospital, Republic of Korea

³ Department of Occupational Medicine, Kaohsiung Municipal Siaogang Hospital, Kaohsiung Medical University, Taiwan

1-2 Workplace Loneliness in Korea: Prevalence and Psychological Outcomes

Chunhui Suh¹, Jung Wook Kim¹, Gang Uk Lee¹

¹ Department of Occupational and Environmental Medicine, Institute of Environmental and Occupational Medicine, Inje University Pusan Paik Hospital, Busan, Korea

1-3 Workplace Loneliness and Job Strain: A Taiwan Report Based on the LAWS 16-Item Scale

and the New BJSQ

Chen-Cheng Yang^{1,2}, Norito Kawakami³, Chia-Pin Lin¹, Guan-Cheng Lin¹

¹ Department of Occupational Medicine, Kaohsiung Municipal Siaogang Hospital, Kaohsiung Medical University, Kaohsiung, Taiwan

² Department of Public Health and Environmental Medicine, Kaohsiung Medical University, Kaohsiung, Taiwan

³ Department of Digital Mental Health, Graduate School of Medicine, The University of Tokyo, Japan

● 11:40-13:00 Lunch break

● **13:00–14:00 Symposium 2 Mechanisms and Impact of Loneliness and Social Isolation at Work**

2-1 Workplace Loneliness and Its Impact on Mental Health, Job Performance, and Job Turnover

Natsu Sasaki¹

¹ Department of Mental Health, Graduate School of Medicine, The University of Tokyo, Japan

2-2 A Qualitative Study on the Process of Experiencing Isolation and Loneliness in the Workplace Among Those Who Have Left Their Jobs

Miho Takahashi¹, Yuko Sen¹, Yukari Mukasa¹, Wakana Hijikata^{1,2}, Junsuke Yamada¹

¹ Department of Clinical Psychology, Graduate School of Education, The University of Tokyo, Tokyo, Japan

² Shinagawa Ekimae Mental Clinic

2-3 Workplace Loneliness in Japan: Scale Development and Longitudinal Links with Turnover Intention

Junko Nakamura^{1*}, Ai Matsuo², Hiromi Ono³, Hiroko Momotani¹, Daiki Sekiya⁴, Yutaka Matsui¹

¹ R&D Center for Working Persons' Psychological Support, University of Tsukuba, Japan

² Faculty of Social Sciences, Hokuriku Gakuin University, Japan

³ Faculty of Human Sciences, University of Tsukuba, Japan

⁴ Faculty of Applied Psychology, Tokyo Seitoku University, Japan

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2-4 Neural and Physiological Mechanisms Underlying Workplace Loneliness: Experimental Findings from Social Neuroscience

Hideki Ohira¹

¹ Graduate School of Informatics, Nagoya University, Aichi, Japan

- **14:05–14:55 Symposium 3 Monitoring Loneliness and Social Isolation at Work**

3-1 Development of the Workplace Loneliness Risk Chart

Akihito Shimazu¹, Izumi Ayase^{2,3}, Kentaro Sakamaki⁴, Masahito Tokita⁵, Norito Kawakami^{6,7}

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⁴ Graduate School of Health Data Science, Juntendo University, Tokyo, Japan

⁵ Keio Research Institute at SFC, Keio University, Kanagawa, Japan

⁶ Department of Digital Mental Health, Graduate School of Medicine, The University of Tokyo, Tokyo, Japan

⁷ The Junpukai Foundation, Okayama, Japan

3-2 Development and Validation of the SLAW-3 and SLAW-1: Short Psychometric Scales for Measuring Workplace Loneliness

Izumi Ayase^{1,2}, Akihito Shimazu³, Masahito Tokita⁴, Kentaro Sakamaki⁵, Norito Kawakami⁶

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3-3 Early Detection of Isolation and Loneliness from Digital Footprints in the Era of Diverse Work Styles

Yutaka Arakawa¹

¹ Department of Information Science and Technology, Graduate School of Information Science and Electrical Engineering, Kyushu University, Fukuoka, Japan

- **15:00-15:45 Coffee break and poster presentation**

- **15:50–16:50 Symposium 4 Interventions to Loneliness and Social Isolation at Work**

4-1 Exploring the Potential of Organizational Interventions for Loneliness Prevention

Hisashi Eguchi ¹, Akira Kitai ²

¹ Department of Mental Health, Institute of Industrial Ecological Sciences, University of Occupational and Environmental Health, Japan

² Konan University School of Management

4-2 Manager-Focused Approaches to Reducing Loneliness in the Workplace

Tomoya Mukai¹, Yoko Okada²

¹ Department of Psychology, Faculty of Human Culture and Sciences, Fukuyama University, Hiroshima, Japan

² Cuore C³ Co., Ltd., Tokyo, Japan

4-3 Development and Pre-Post Comparative Trial of a Cognitive Behavioral Therapy-Based Intervention Program for Loneliness and Isolation of Workers

Yuki Sekiya¹, Hideki Ohira²

¹ Department of Digital Mental Health, Graduate School of Medicine, The University of Tokyo, Tokyo, Japan

² Graduate School of Informatics, Nagoya University, Aichi, Japan

4-4 Prevention of Loneliness through Physical Activity Intervention and Evaluation of Its Effectiveness Among Teleworkers

Asuka Sakuraya¹

¹ Department of Digital Mental Health, Graduate School of Medicine, The University of Tokyo, Japan

- **16:50-17:00 Closing**