

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

Time schedule:

9:30-9:40	Opening
9:40-10:30	Keynote Lecture
10:40-11:40	Symposium 1 Cross-country Comparison of Loneliness and Social Isolation at Work
11:40-13:00	Lunch break
13:00-14:00	Symposium 2 Mechanisms and Impact of Loneliness and Social Isolation at Work
14:05-14:55	Symposium 3 Monitoring Loneliness and Social Isolation at Work
15:00-15:45	Coffee break and poster presentation
15:50-16:50	Symposium 4 Interventions to Loneliness and Social Isolation at Work
16:50-17:00	Closing

● 9:30 Opening

● 9:40-10:30 Keynote Lecture

Chair: Norito Kawakami, Department of Digital Mental Health, Graduate School of Medicine, The University of Tokyo, Japan

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**

Chair: TBD

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**

Chair: Miho Takahashi, Department of Clinical Psychology, Graduate School of Education,

The University of Tokyo, Tokyo, Japan

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 Nakamura¹, 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

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

Chair: Akihito Shimazu, Faculty of Policy Management, Keio University, Kanagawa, Japan

3-1 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

¹ Graduate School of Media and Governance, Keio University, Kanagawa, Japan

² Department of Mental Health, Graduate School of Medicine, The University of Tokyo, Tokyo, Japan

³ Faculty of Policy Management, Keio University, Kanagawa, Japan

⁴ Keio Research Institute at SFC, Keio University, Kanagawa, Japan

⁵ Faculty of Health Data Science, Juntendo University, Tokyo, Japan

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

3-2 Development of the Workplace Loneliness Risk Chart

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

¹ Faculty of Policy Management, Keio University, Kanagawa, Japan

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

⁷ The Junpukai Foundation, Okayama, Japan

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

Poster presentations (in an alphabetical order by speaker's surname)

P-1 Internal and External Predictors of Procrastination: The Roles of Psychological Flexibility, Leadership, and Workplace Support among Japanese Workers

Miho Arai ¹, Yuka Kobayashi ²

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

Tokyo, Japan

² Department of Clinical Psychology, Faculty of Social Policy and Administration, Hosei University, Tokyo, Japan

P-2 Association between the Number of Close Family Members and Friends and Loneliness in Japan

Yuki Arakawa ¹, Kosuke Inoue ², Daisuke Nishioka ³, Midori Matsushima ⁴, Takahiro Tabuchi ⁵, Naoki Kondo ³

¹ Department of Public Health, School of Medicine, Yokohama City University, Kanagawa, Japan

² Department of Health Promotion and Human Behavior, School of Public Health, Kyoto University, Kyoto, Japan

³ Department of Social Epidemiology, School of Public Health, Kyoto University, Kyoto, Japan

⁴ Graduate School of Humanities and Social Sciences, University of Tsukuba, Ibaraki, Japan

⁵ Division of Epidemiology, School of Public Health, Tohoku University Graduate School of Medicine, Miyagi, Japan

P-3 The Relationship Between Social Media Communication and Psychological Distress among University Students: The Moderating Effects of Rumination

Emiko Ban ¹, Masahito Tokita ², Akihito Shimazu ³

¹ Graduate School of Media and Governance, Keio University, Kanagawa, Japan

² SFC Research Institute, Keio University, Kanagawa, Japan

³ Faculty of Policy Management, Keio University, Kanagawa, Japan

P-4 How does managerial support affect loneliness at work?: Development of a preliminary agent-based simulation model

Norito Kawakami¹, Yasuhiro Kitakami², Asuka Sakuraya¹

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

² Kozo Keikaku Engineering, Inc., Tokyo, Japan

P-5 The Structure of Social Isolation and Loneliness in the Return-to-Work Process : A Practice Report of Open Dialogue with Participants in a Depression Rework Program

Satoshi Kondo¹

¹ Faculty of Health Sciences, Mejiro University, Tokyo, Japan

P-6 Effects of Proactive Personality and Traditional Organizational Climate on Loneliness

Mika Takada ¹, Kaito Kamachi ¹, Ryoma Kin ¹, Wakana Hijikata ^{1,2}, Miho Takahashi ¹

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

² Shinagawa Ekimae Mental Clinic

P-7 Toward Predicting Personality Traits and Loneliness from Workplace Chat Logs

Ryosuke Takizawa ¹, Arakawa Yutaka ²,

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

² Department of Advanced Information Technology, Faculty of Information Science and Electrical Engineering, Kyushu University

P-8 Loneliness at Work: A Longitudinal Analyses Using Latent Growth Curve and Group-Based Trajectory Modeling

Masahito Tokita¹, Keiko Sakakibara², Fuad Hamsyah³, Michiko Kawada⁴, Daisuke Miyanaka^{5, 6}, Akihito Shimazu⁷

¹ Keio Research Institute at SFC, Fujisawa, Japan

² Faculty of Sociology, Toyo University, Tokyo, Japan

³ Faculty of Psychology, Universitas Gadjah Mada, Yogyakarta, Indonesia

⁴ Faculty of Commerce and Economics, Chiba University of Commerce, Chiba, Japan

⁵ Graduate School of Media and Governance, Keio University, Fujisawa, Japan

⁶ Better Options, Inc., Tokyo, Japan

⁷ Faculty of Policy Management, Keio University, Fujisawa, Japan

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

Chair: Hisashi Eguchi, Department of Mental Health, Institute of Industrial Ecological Sciences, University of Occupational and Environmental Health, Japan

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, Yasuko 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**