

A History of the Occupational Mental Health in Japan (2)

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The third period, which I call the unfolding period, is from the early 1980s to the early 1990s. The Ministry of Labor set out the occupational mental health for two reasons. The first one is some accidents which were caused by worker's mental illness. The second one is political concern with health promotion measure of middle age workers. One accident was a suicide clearly resulting from depression caused by overwork, which came to be called Karou-Jisatsu in the latter 1990s. The plan that was made by the Ministry, however, focused on health promotion by primary self-care.

In this period, the psychiatrists begun to argue about the occupational mental health again. Some major institutions which dealt with it were established in the early 1990s. Their activities were no longer criticized by other psychiatrists just like used to be in the late 1960s. But there were some reflective thinking about their way of involvement in the companies and their targets in their discussion meeting. This self-critical sense was one of features of this third period.