

**CENTRE FOR MENTAL HEALTH**

## **Seminar Series**

The University of Melbourne



MELBOURNE SCHOOL OF  
**POPULATION  
& GLOBAL  
HEALTH**

### **Investigating Stigma of Depression from the Perspective of Social and Clinical Psychology**

**Presenter: Dr Jun Kashihara**

**Thursday 20 September 2018, 12-1pm,  
Room 410, Level 4, 207 Bouverie Street, Carlton**



Stigma prevents people with depression from seeking professional help and can decrease the public's willingness to provide mental health first aid. Although plenty of stigma-reduction programs have been conducted so far, there remains room to amplify the effectiveness of these programs. To provide new insights into the research on stigma of depression, this presentation introduces the findings from two studies which utilised an integrative approach of social and clinical psychology.

The first study focuses on the implicit stigma, or automatic biases in information processing, and shows that the implicit stigma of depression can be effectively reduced by promoting counter-stereotypic exemplars.

The second study focuses on stigma of so-called "modern type depression" in Japan. This study highlights that a certain subtype of depression can be stigmatised severely in the context of collectivistic cultures, based on data from cross-cultural surveys in Japan and the U.S.

Dr Jun Kashihara is a postdoctoral research fellow of the College of Humanities and Sciences, Nihon University and the Japan Society for the Promotion of Science, as well as an honorary postdoctoral scholar at the Melbourne School of Population and Global Health, The University of Melbourne.

His research focuses on stigma of depression and its reduction, as well as promotion of mental health first aid. To provide new insights into these research topics, he utilises an integrative approach of social and clinical psychology, which is based on a variety of methodologies including the Implicit Association Test and cross-cultural surveys.