

CURRICULUM VITAE

Jun Kashihara, Ph.D.

Assistant Professor, Toyo University

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Website: <http://researchmap.jp/junkashihara>
Date of Birth: 11/21/1988 (32 years old)
Nationality: Japanese

Research interests: integration of social and clinical psychology, depression, psychological network approach, process-based therapies, development of educational programs of depression, public stigma, stigma reduction, lay beliefs, prejudice, implicit attitudes, Implicit Association Test, social support, helping behavior, help-seeking, mental health first aid

1. FORMAL EDUCATION

February 2017– March 2020 **Postdoctoral**, Nihon University (with Prof. Shinji Sakamoto)
February 2017 **Ph.D.** (Clinical Psychology) University of Tokyo (advisor Prof. Haruhiko Shimoyama)
March 2013 **M.A.** (Clinical Psychology) University of Tokyo (advisor Prof. Haruhiko Shimoyama)
March 2011 **B.A.** (Social Psychology) University of Tokyo (advisor Prof. Susumu Yamaguchi)

2. PROFESSIONAL POSITIONS AND TEACHING

April 2020–present **Assistant professor**, Department of Social Psychology, Faculty of Sociology, Toyo University.
August 2018– August 2019 **Honorary postdoctoral scholar**, Melbourne School of Population and Global Health, The University of Melbourne.
September 2017–March 2018 **Teaching assistant**, Faculty of Psychology, Nihon University.
April 2017–September 2018 **Part-time instructor**, Faculty of Human Sciences, Kanagawa University.
April 2017–September 2017 **Part-time instructor**, Faculty of Human Sciences, Wako University.
April 2016–March 2020 **Postdoctoral research fellow**, Faculty of Psychology, Nihon University.
April 2016– March 2020 **Japan Society for the Promotion of Science (JSPS) research fellow (PD).**
April 2015–March 2016 **Japan Society for the Promotion of Science (JSPS) research fellow (DC2).**
April 2014–present **Certified clinical psychologist (#27618)**, Japanese Certification Board for

Clinical Psychologist

April 2014–September 2014 **Teaching assistant**, Faculty of Psychology, Meiji Gakuin University.

October 2013–March 2016 **Part-time Instructor**, Department of Education, University of Tokyo.

3. RESEARCH GRANT ACTIVITY

April 2020–March 2023 **JSPS KAKENHI Grant-in-Aid for Young Scientists** (Grant Number: 20K14171; 3,200,000 Japanese yen). Development and evaluation of educational programs that promote social inclusion of people with depression.

April 2020 **JSPS KAKENHI Grant-in-Aid for Publication of Scientific Research Results** (Grant Number: 20HP5174; 1,700,000 Japanese yen). Adventures in the world of social and clinical psychology to reduce the stigma of depression.

April 2017–March 2020 **JSPS KAKENHI Grant-in-Aid for JSPS Research Fellows** (Grant Number: 17J00920; 3,400,000 Japanese yen). Development and evaluation of programs that promote helping behaviors toward people with depression.

April 2015–March 2017 **JSPS KAKENHI Grant-in-Aid for JSPS Research Fellows** (Grant Number: 15J10159; 1,900,000 Japanese yen). Developing educational programs to reduce prejudice toward people with depression.

4. AWARDS AND HONORS

November 2019 **Award for the Good Poster Presentations**, The Japanese Psychological Association.

August 2019 **Excellent Poster Presentation Award**, Japan Society of Personality Psychology.

March 2018 **Excellent Poster Presentation Award**, Japan Society of Personality Psychology.

December 2017 **Award for the Best Poster Presentations**, The Japanese Psychological Association.

5. PROFESSIONAL PUBLICATIONS

Books and Book Chapters in Japanese

3. **Kashihara, J.** (2020). *Adventures in the world of social and clinical psychology to reduce the stigma of depression*. Tokyo: Kongo Shuppan Co., Ltd.

2. **Kashihara, J.** (2017). Help-seeking behavior and stigma. In Mizuno, H., Nagai, S., Honda, M., Iida, T., & Kimura, M. (Eds.), *Psychology of help-seeking behaviors and attitudes: To understand and support people who are in trouble but do not seek help* (pp. 156–157). Tokyo: Kaneko Shobo Co., Ltd.

1. **Kashihara, J.** (2012). A brief introduction to recommended books on CBT. In Shimoyama, H., & Hayashi, J. (Eds.), *A guide to books that will help you learn cognitive behavior therapy (CBT)* (pp.

108–109, 124–125). Tokyo: Iwasaki Academic Publisher Co., Ltd.

Peer-Reviewed Papers in English

7. **Kashihara, J.**, & Sakamoto, S. (in press). Identifying the central components of perceived costs and benefits of helping peers with depression: A psychological network analysis using Japanese undergraduate samples. *Japanese Psychological Research*. doi: 10.1111/jpr.12371
6. **Kashihara, J.**, & Sakamoto, S. (2020). Exploring perceived costs and benefits of first aid for youth with depression: A qualitative study of Japanese undergraduates. *International Journal of Mental Health Systems*, 14, 34. doi: 10.1186/s13033-020-00366-7
5. **Kashihara, J.**, Yamakawa, I., Kameyama, A., Muranaka, M., Taku, K., & Sakamoto, S. (2019). Perceptions of traditional and modern types of depression: A cross-cultural vignette survey comparing Japanese and American undergraduate students. *Psychiatry and Clinical Neurosciences*, 73(8), 441–447. doi: 10.1111/pcn.12838
4. **Kashihara, J.**, & Sakamoto, S. (2018). Development and validation of the Japanese-translated version of the Multiple-Choice Questionnaire of Depression Literacy (MCQ-DL). *Psychology*, 9(11), 2482–2502. doi: 10.4236/psych.2018.911143
3. **Kashihara, J.**, & Sakamoto, S. (2018). Reducing implicit stigmatizing beliefs and attitudes toward depression by promoting counterstereotypic exemplars. *Basic and Applied Social Psychology*, 40(2), 87–103. doi: 10.1080/01973533.2018.1441714
2. **Kashihara, J.** (2016). Development and validation of the Japanese-translated version of the Personal Need for Structure Scale. *Psychology*, 7, 399–409. doi: 10.4236/psych.2016.73042
1. **Kashihara, J.** (2015). Examination of stigmatizing beliefs about depression and stigma-reduction effects of education by using implicit measures. *Psychological Reports*, 116(2), 337–362. doi: 10.2466/15.PR0.116k20w9

Peer-Reviewed Papers in Japanese

10. **Kashihara, J.**, Ito, M. (in press). “Clinical revolution” driven by psychological network approach: A narrative review in the context of cognitive behavioral therapies. *Japanese Journal of Behavioral and Cognitive Therapies*. doi: 10.24468/jjbct.20-015
9. Kameyama, A., **Kashihara, J.**, Yamakawa, I., Muranaka, M., & Sakamoto, S. (2021). Impressions and attitudes toward the employee with “modern-type depression” by supervisors and coworkers: A case vignette survey among Japanese managerial and non-managerial employees. *Japanese Association of Industrial/Organizational Psychology Journal*, 34(2), 165–177.
8. **Kashihara, J.** (2019). Applicability of network perspectives of psychopathology: To promote tailored therapy for depression. *Japanese Psychological Review*, 62(2), 143–165.
7. **Kashihara, J.**, Kameyama, A., Yamakawa, I., Muranaka, M., Matsuura, T., & Sakamoto, S. (2018).

- Exploring perceptions of “modern type depression” among healthcare providers. *The Japanese Journal of Psychology*, 89(5), 520–526. doi: 10.4992/jjpsy.89.17334
6. **Kashihara, J.**, & Sakamoto, S. (2018). Validation of the SD scale of prejudice toward people with depression. *Clinical Psychiatry*, 60(8), 899–908.
 5. **Kashihara, J.**, Muranaka, M., Yamakawa, I., & Sakamoto, S. (2018). Examining the strength and predictors of help-seeking intentions for depression among Japanese office workers. *Bulletin of the Institute of Humanities and Social Sciences, Nihon University*, 95, 95–106.
 4. **Kashihara, J.** (2016). Holding prejudices against people with depression affects intentions of personal rejection and supporting behaviors: A questionnaire-based experiment. *Japanese Journal of Clinical Psychology*, 16(5), 591–599.
 3. **Kashihara, J.** (2016). Prototype analysis on beliefs about people with depression: Examining Japanese university students. *The Japanese Journal of Psychology*, 87(2), 111–121. doi: 10.4992/jjpsy.87.14071
 2. Hazumi, M., Noto, H., Kawasaki, R., **Kashihara, J.**, Takagi, F., & Shimoyama, H. (2016). Clinical psychologists’ understanding of present multidisciplinary collaboration: Focusing on the characteristics of the number of years of post-qualification. *Journal of Japanese clinical psychology*, 33(6), 556–567.
 1. **Kashihara, J.**, Kawai, T., & Umegaki, Y. (2014). A comprehensive review of research on stigmatizing attitudes toward depression: Proposing the use of implicit measures for future investigation. *Japanese Psychological Review*, 57(4), 455–471.

Non Peer-Reviewed Papers in Japanese

13. **Kashihara, J.** (2021). Self-review: Adventures in the world of social and clinical psychology to reduce the stigma of depression. *Psychology World*, 94, 43.
12. **Kashihara, J.** (2021). Brief introduction of the process-based therapy: A novel approach of clinical psychology to go beyond the evidence-based therapy. *Journal of Clinical Psychology*, 21(4), 489–492.
11. **Kashihara, J.**, Sakamoto, S., Masaki, I., & Koyasu, M. (2020). Applicability of educational psychology: Exploring the possibility of collaborations with the basic research of social and clinical psychology. *The Annual Report of Educational Psychology in Japan*, 59, 274–283.
10. **Kashihara, J.**, Ishigaki, T. (2018). Multi-layered stigma (1): Mental illnesses and shame. *Japanese Journal of Clinical Psychology*, 510, 65–70.
9. **Kashihara, J.** (2017). Depression and resilience. *Japanese Journal of Clinical Psychology*, 17(5), 618–621.
8. **Kashihara, J.** (2016). Clinical sessions with a junior high school boy who suffered from comorbidity of autism spectrum disorder and obsessive compulsive disorder: A case report on the effectiveness of cognitive behavior therapy and study support. *Bulletin of the Division of Clinical Psychology, Graduate School of Education, the University of Tokyo*, 39, 1–10.

7. Kitahara, Y., Tateno, H., Shimotsusa, A., **Kashihara, J.**, Noto, H., Ueda, M., Higuchi, S., & Shimoyama, H. (2016). Applicability of neurocognitive psychological approaches to reinforce emotion-regulation skills in adolescents: A review with the aim of promoting multidisciplinary collaborations in schools. *Bulletin of the Division of Clinical Psychology, Graduate School of Education, the University of Tokyo*, 39, 42–49.
6. **Kashihara, J.**, Kawasaki, R., Takagi, F., Hazumi, M., Noto, H., & Shimoyama, H. (2015). Examining issues of clinical psychologists in multidisciplinary medical teams: From a survey on clinical psychologists. *Bulletin of the Graduate School of Education, the University of Tokyo*, 55, 291–301.
5. Yamasaki, H., Takagi, F., Higuchi, S., **Kashihara, J.**, Nakagawa, M., & Shimoyama, H. (2015). How school counselors can contribute to stop bullying among students: A review from the viewpoint of multidisciplinary collaborations. *Bulletin of the Division of Clinical Psychology, Graduate School of Education, the University of Tokyo*, 38, 19–26.
4. Nozu, Y., **Kashihara, J.**, Suganuma, S., Urano, Y., An, T. T., & Shimoyama, H. (2014). Revising the Cognitive Behavior Therapy Program for Adolescents with Depression: With a focus on the features of depression symptoms among adolescents who participated in the program. *Bulletin of the Division of Clinical Psychology, Graduate School of Education, the University of Tokyo*, 37, 17–25.
3. Hazumi, M., Takayanagi, M., Takagi, F., **Kashihara, J.**, Kawasaki, R., & Shimoyama, H. (2013). How clinical psychologists can contribute to multidisciplinary collaborations in hospitals: Exploring how other professionals view clinical psychologists. *Bulletin of the Division of Clinical Psychology, Graduate School of Education, the University of Tokyo*, 36, 59–66.
2. **Kashihara, J.**, Kawai, T., Umegaki, Y., & Shimoyama, H. (2012). The stigma toward adolescents with depression: A review with the aim of solving service gaps. *Bulletin of the Graduate School of Education, the University of Tokyo*, 35, 80–87.
1. Hirano, M., Kawasaki, R., Takayanagi, M., Hazumi, M., **Kashihara, J.**, Nozu, Y., & Shimoyama, H. (2012). Clinical psychology trainees' difficulties and copings about joining a group therapy at a hospital: Findings from a focus group interview. *Bulletin of the Division of Clinical Psychology, Graduate School of Education, the University of Tokyo*, 35, 104–114.

6. PRESENTATIONS

International Symposium Presentations

1. **Kashihara, J.** (2016). *Social backgrounds of “modern type” depression (MTD): The history of psychoeducation and formation of the prototypes of depression*. In S. Sakamoto (Organizer) “Modern type” depression: Searching for social and psychological factors. Symposium held at the 31st International Congress of Psychology, Yokohama, Japan.

Poster Presentations in International Conferences

7. **Kashihara, J.**, Yamakawa, I., Kameyama, A., Muranaka, M., Harrison, L., Dominick, W., Marton, V., Nicholas, A., Taku, K., & Sakamoto, S. (2018). *Cross-cultural differences in perceptions of modern and traditional types depression between Japan and the United States*. Poster presented at the 2018 Australian Psychological Society Congress (Sydney, Australia).
6. **Kashihara, J.**, Kameyama, A., Yamakawa, I., Muranaka, M., & Sakamoto, S. (2017). *The process of stigma toward “modern type depression” in Japan: Findings from mediation analyses*. Poster presented at the 18th International Mental Health Conference, Gold Coast, Australia.
5. **Kashihara, J.**, & Sakamoto, S. (2017). *Reducing the implicit stigma of depression by promoting counterstereotypic exemplars*. Poster presented at the 2nd International Convention of Psychological Science, Vienna, Austria.
4. **Kashihara, J.** (2016). *Can explicit measures of stigma toward depression be improved? Proposing the use of semantic differential (SD) scales*. Poster presented at the 31st International Congress of Psychology, Yokohama, Japan.
3. **Kashihara, J.** (2015). *Impacts of stereotypes on social support and rejection of people with depression*. Poster presented at the inaugural International Convention of Psychological Science, Amsterdam, the Netherlands.
2. **Kashihara, J.** (2014). *Prototype analysis of stigmatizing attitudes toward depression: ‘Gloomy’ and ‘Weak’ as prototypes*. Poster presented at the 26th Annual Convention of Association for Psychological Science, San Francisco, USA.
1. **Kashihara, J.** (2013). *Examination of two implicit stigmatizing attitudes toward depression: Blameworthiness and dangerousness*. Poster presented at the 10th Biennial Conference of Asian Association of Social Psychology, Yogyakarta, Indonesia.

Japanese Symposium and Oral Presentations

8. **Kashihara, J.** (2020). *Reading skills to foster integrative understandings of statistical models: Tips for sustainable learning of statistics*. In J. Kashihara, & R. Ichikawa (Organizers) *Discussing strategies to study psychometrics: How can we become “wiser” users of statistics?* Symposium held at the 84th Annual Convention of the Japanese Psychological Association, Tokyo, Japan.
7. **Kashihara, J.** (2020). *Psychological network approach*. In Y. Takebayashi (Organizer) *Advanced research methods in a new era of cognitive behavioral therapies*. Symposium held at the 46th Annual Convention of the Japanese Association for Behavioral and Cognitive Therapies, Hiroshima, Japan.
6. **Kashihara, J.** (2019). *How to reduce stigma toward depression: Proposing more effective intervention to reduce stigma from perspectives of educational psychology*. In J. Kashihara (Organizer) *Exploring the applicability of educational psychology: To promote collaborations with social and clinical psychology*. Symposium held at the 61st Annual Meeting of the Japanese Association of Educational

Psychology, Tokyo, Japan.

5. **Kashihara, J.** (2019). *Let's report individual differences and distributions of effects in basic research: Suggestions based on my experience with a journal that has banned null-hypothesis statistical testing.* In J. Kashihara, & R. Ichikawa (Organizers) *How to present your statistical results more vividly: Suggestions for authors, reviewers, and editors in the field of psychology.* Symposium held at the 83rd Annual Convention of the Japanese Psychological Association, Ibaraki, Japan.
4. **Kashihara, J.** (2017). *The structure of beliefs toward people with depression and strategies for stigma-reduction: Examination from the standpoint of social and clinical psychology.* Oral presentation held at the 81st Annual Convention of the Japanese Psychological Association, Kurume, Japan.
3. **Kashihara, J.** (2013). *Utilizing the Implicit Association Test (IAT) to activate research on help-seeking behavior: Examination of implicit stigmatizing beliefs about depression.* In S. Nagai, & M. Honda (Organizers) *Current directions in the research of help-seeking behavior: For further contribution to clinical practices.* Symposium held at the 77th Annual Convention of the Japanese Psychological Association, Sapporo, Japan.
2. **Kashihara, J.** (2013). *An introduction to the theoretical framework of stigmatizing beliefs about people with depression: With the aim of promoting help-seeking behavior among university students with depression.* Oral presentation held at the 32nd Annual Convention of the Association of Japanese Clinical Psychology, Yokohama, Japan.
1. Hazumi, M., Takayanagi, M., Kawasaki, R., Noto, H., & **Kashihara, J.** (2013). *How clinical psychologists can contribute to multidisciplinary collaborations in hospitals: Identifying skills and knowledge that clinical psychologists should learn.* Oral presentation held at the 32nd Annual Convention of the Association of Japanese Clinical Psychology, Yokohama, Japan.

Poster Presentations in Japanese Conferences

17. **Kashihara, J.**, Takebayashi, Y., Kunisato, Y., & Ito, M. (2020). *Taxonicity and network structure of depressive and anxiety disorders: A latent network-class analysis with Gaussian graphical mixture model.* Poster presented at the 84th Annual Convention of the Japanese Psychological Association, Tokyo, Japan.
16. **Kashihara, J.**, & Sakamoto, S. (2019). *Prototype analysis of perceived costs and benefits of helping peers with depression.* Poster presented at the 61st Annual Meeting of the Japanese Association of Educational Psychology, Tokyo, Japan.
15. **Kashihara, J.**, & Sakamoto, S. (2019). *Identifying central components of perceived benefits of helping peers with depression: A network analysis.* Poster presented at the 83rd Annual Convention of the Japanese Psychological Association, Ibaraki, Japan.
14. **Kashihara, J.**, & Sakamoto, S. (2019). *Identifying central components of perceived costs of helping*

- peers with depression: A network analysis*. Poster presented at the 28th Annual Meeting of the Japan Society of Personality Psychology, Tokyo, Japan.
13. Yamauchi, N., **Kashihara, J.**, & Sakamoto, S. (2018). *Examining influences of help-seeking styles on selection of help-givers*. Poster presented at the 82nd Annual Convention of the Japanese Psychological Association, Sendai, Japan.
 12. **Kashihara, J.**, Kameyama, A., Yamakawa, I., Muranaka, M., & Sakamoto, S. (2017). *Social cognition of the "modern type depression": Findings from a survey of office workers*. Poster presented at the 81st Annual Convention of the Japanese Psychological Association, Kurume, Japan.
 11. **Kashihara, J.**, Kameyama, A., Yamakawa, I., Muranaka, M., & Sakamoto, S. (2017). *Exploring views of "modern type depression" among Japanese office workers: Based on comparisons with images of traditional type depression*. Poster presented at the 26th Annual Meeting of the Japan Society of Personality Psychology, Yamagata, Japan.
 10. Kameyama, A., **Kashihara, J.**, Yamakawa, I., Muranaka, M., Matsuura, T., & Sakamoto, S. (2017). *Views of office workers with "modern type depression": Findings from a survey using case vignettes*. Poster presented at the 30th Annual Meeting of the Japanese Association of Health Psychology, Tokyo, Japan.
 9. **Kashihara, J.**, Yamakawa, I., Muranaka, M., & Sakamoto, S. (2016). *Examining the strength and predictors of help-seeking intentions for depression among Japanese office workers*. Poster presented at the 58th Annual Meeting of the Japanese Association of Educational Psychology, Takamatsu, Japan.
 8. **Kashihara, J.** (2016). *Holding prejudices against people with depression affects intentions of supporting behaviors: A questionnaire-based experiment*. Poster presented at the 25th Annual Meeting of the Japan Society of Personality Psychology, Osaka, Japan.
 7. **Kashihara, J.** (2015). *Can implicit prejudice against depression be reduced by promoting counterstereotypes? Results from a pilot study*. Poster presented at the 79th Annual Convention of the Japanese Psychological Association, Nagoya, Japan.
 6. **Kashihara, J.** (2015). *Translation and initial validation of the Personal Need for Structure Scale*. Poster presented at the 24th Annual Meeting of the Japan Society of Personality Psychology, Sapporo, Japan.
 5. **Kashihara, J.** (2014). *Exploring the stereotypes about people with depression: Findings from qualitative content analyses*. Poster presented at the 23th Annual Meeting of the Japan Society of Personality Psychology, Kofu, Japan.
 4. **Kashihara, J.** (2014). *Examining relation between knowledge of depression and stigma: Psychosocial knowledge can increase stigma*. Poster presented at the 78th Annual Convention of the Japanese Psychological Association, Kyoto, Japan.
 3. **Kashihara, J.** (2013). *Can education reduce stigma toward depression effectively? An examination of*

implicit stigma by using Brief IAT. Poster presented at the 77th Annual Convention of the Japanese Psychological Association, Sapporo, Japan.

2. Takagi, F., Kawasaki, R., **Kashihara, J.** (2013). *Examinations of difficulties that clinical psychologists face in multidisciplinary collaboration (1): From the analysis of written data*. Poster presented at the 77th Annual Convention of the Japanese Psychological Association, Sapporo, Japan.
1. Kawasaki, R., Hirano, M., **Kashihara, J.**, & Shimoyama, H. (2012). *A study of clinical psychology trainees' difficulties and copings about joining a group therapy at a hospital: How trainees can learn to behave in multidisciplinary fields?* Poster presented at the 76th Annual Convention of the Japanese Psychological Association, Tokyo, Japan.

7. PROFESSIONAL SERVICE

Manuscript Reviewing

Basic and Applied Social Psychology (2018–2020)

BMC Health Services Research (2016)

BMC Psychiatry (2019–2020)

BMC Public Health (2019)

Canadian Journal of Psychiatry (2018–2020)

Japanese Journal of Psychology (2019–2021)

Journal of Cross-Cultural Psychology (2019)

PLOS ONE (2019)

Psychological Reports (2020)

Scientific Reports (2020)

Psychiatry and Clinical Neurosciences (2020)

Professional Membership

Association for Psychological Science

Association of Japanese Clinical Psychology

Japanese Association of Behavioral and Cognitive Therapies

Japanese Association of Educational Psychology: Member of the 61st Annual Meeting Organizing Committee (*September 2018–September 2019*)

Japanese Psychological Association: Member of the 84th Annual Convention Organizing Committee (*April 2020–November 2020*)

Japan Society of Personality Psychology: Member of the Public Relations Committee (*September 2016–August 2019*)