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Trends in the prevalence of psychological distress and the use of mental health services from 2007 to 2016 in Japan

Daisuke Nishi , Ryoko Susukida , Kentaro Usuda ,
Ramin Mojtabai , Yoshio Yamanouchi

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Highlights

- The prevalence of severe distress in Japan slightly increased in this decade.
- The prevalence of moderate distress in Japan remained mostly unchanged.
- The use of mental health services in Japan steadily increased in this decade.
- The prevalence of severe distress was highest among women aged 25-29 years old.

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