

Dissemination of cognitive behavioral therapy for mood disorder under the national health insurance scheme in Japan: A descriptive study using the National Database of Health Insurance Claims of Japan with special focus on Japan's southwest region

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Abstract

Cognitive therapy/cognitive behavioral therapy (CBT) has consistently been shown to be effective for a range of mental disorders, and was introduced into psychiatric care in Japan in the late 1980s. Since April 2010, the national health insurance scheme in Japan has covered CBT for mood disorders, though its utilization status remains empirically unknown. The current descriptive study aimed to assess the dissemination status of CBT for mood disorders in the first six years (FY2010-2015), using the National Database of Health Insurance Claims of Japan, with special focus on the situation in the Kyushu region, located in the southwest of Japan. Results revealed that the numbers of CBT sessions and patients who received CBT followed different trends between FY2010 and FY2015 in this region compared to overall utilization throughout Japan. The share of CBT sessions and patients in the Kyushu region compared to nationwide utilization showed an increasing trend from FY2010 to FY2012, but thereafter tended to decrease ($p < 0.0001$, respectively). These changes may reflect trends in Kumamoto prefecture, which initially had the far largest number of CBT sessions per registered institution in the region, but then drastically decreased after FY2013. The number of institutions registered to provide CBT per 100,000 population increased only slightly over time throughout the entire Kyushu region, with small prefectural variations. Further detailed analysis may be required to reveal the factors that influence the dissemination process of CBT in Japan overall and in local regions.

[**Key words**] Cognitive behavioral therapy, mood disorder, depressive disorder, national claims database, Kyushu, Japan.

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