

## Midterm Report

### Research on mental health measures for teleworking

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#### ① Background and Purpose of Research

Japan's declining total population and the problem of concentration in Tokyo are becoming increasingly serious. With the onset of the COVID-19 pandemic, approximately 40-50% of companies in Tokyo introduced teleworking, which led to a dispersion of the population. However, teleworking has made it difficult to communicate information and has led to a decline in communication, making mental health management difficult. This study aims to identify mental health strategies that enable workers to sustainably engage in telework by focusing on individual differences in the mental characteristics of teleworkers.

#### ② Research progress

##### (1) Application for and approval of ethical review

An application was submitted to the Ethics Review Committee of the Graduate School of Information Science and Technology, University of Tokyo, regarding the interview and questionnaire survey plan, and ethical review approval was obtained. Regarding procedures for personal information protection and informed consent, etc., the recruitment of subjects and obtaining of consent through Macromill, Inc. was clearly stated, and approval was obtained.

##### (2) Preparation for interview survey

We planned an interview survey targeting 20 teleworkers in Tokyo and the surrounding three prefectures (Saitama, Kanagawa, and Chiba) and finalized the interview questions. The main questions will focus on “stress factors during telework,” “countermeasures implemented by companies and individuals,” and “the most effective countermeasures,” with the aim of collecting qualitative data to support hypothesis formation. We have coordinated with Macromill, Inc. and finalized the practical procedures for recruiting participants and paying compensation, and are currently in the preparatory stage prior to conducting the interviews.

### ③ Future plans

July to September 2025: Conduct an interview survey (20 respondents planned: to be conducted in July and August) and a questionnaire survey (1,200 respondents planned: to be conducted in September) based on the results of the interview survey.

October 2025: Plan to present at an academic conference (already accepted).

November–December 2025: We will write and submit an academic paper to widely share the insights gained.

### ④ Achievements to date and future prospects

Through a review of existing research, we have demonstrated the significance of this study. With the approval of the ethics review and the finalization of the survey design, we are now ready to conduct empirical research that integrates qualitative and quantitative surveys. The results of this study will not only contribute to mental health management in companies, but also to the correction of Tokyo's concentration of population and the revitalization of rural areas.