

Content Sources

Kato, T. A., Kanba, S., & Teo, A. R. (2019). *Hikikomori: Multidimensional understanding, assessment, and future international perspectives*. *Psychiatry and Clinical Neurosciences*, 73(8), 427–440. <https://doi.org/10.1111/pcn.12895>

- This article was written by professors of neuropsychiatry at both Kyushu University (Kato and Kanba) and Oregon Health & Science University (Teo). The audience most likely includes clinical psychologists and those who have an interest in *hikikomori* therapy. This source provides a broad overview of hikikomori (definitions, relation to psychiatry disorders, therapy approaches) and covers more topics (though briefly) than some of the other sources. I learned that some hikikomori use online games as a way to indirectly communicate with other people, and this was written in the journal entries. I also found the idea of *amae* (overdependence) to be particularly interesting since it allows hikikomori to stay with their parents for long periods of time. I used this idea in my project since the character relies on their mom (mainly for food) for survival.

Kubo, H., Aida, N., & Kato, T. A. (2021). *Psychodynamic group psychotherapy for hikikomori: The case of a socially withdrawn male with schizoaffective disorder*. *Journal of Clinical Psychology*, 77(8), 1851–1864. <https://pubmed.ncbi.nlm.nih.gov/34260741/>

- This article was written by professors of neuropsychiatry at Kyushu University and published in a clinical journal psychology. Like Kato et. al, the audience most likely includes clinical psychologists and those who have an interest in *hikikomori* therapy. This source focuses on a case study of Mr. Ando (not the subject's real name), who went to group therapy after shutting himself inside for several years and was able to interact with other *hikikomori*. I used the information in this source to write about my character's experiences in group therapy, which has been shown to be effective in helping former *hikikomori* reintegrate back into society.

Miyakawa, T., Morita T., & Suzuki, F. (2021). *Dying Out of Sight: Hikikomori in an Aging Japan* [Film]. NHK World-Japan.

- This documentary was produced by NHK World-Japan, which is a broadcasting company in Japan that is aimed at people overseas. The source is reliable since it is able to interview Japanese people when covering national issues. This documentary discusses how *hikikomori* is not only a younger generation phenomena but one that affects the elderly as well. Unlike the other sources, I was able to see the environments that *hikikomori* live in and listen to interviews from people who have interacted with them. I especially took inspiration for my journal entries from a *hikikomori* in the documentary who wrote about his dissatisfaction with working.

Rubinstein, E. (2016). *Emplotting Hikikomori: Japanese Parents' Narratives of Social Withdrawal*. *Culture, Medicine and Psychiatry*, 40(4), 641–663. <https://doi.org/10.1007/s11013-016-9495-6>

- This article was written by Ellen Rubenstein, a cultural and medical anthropologist who has research experience in both the US and Japan. The intended audience includes people who are interested in finding the intersection between culture and psychiatry to address social issues. Compared to Kubo et al., this article includes how parents with hikikomori children feel about the issue. In my project, I expressed the worries of these parents through the character's mom, who constantly wants to help but doesn't want to be too overbearing.

Teo, A. R., & Gaw, A. C. (2010). Hikikomori, A Japanese Culture-Bound Syndrome of Social Withdrawal? A Proposal for DSM-V. *Journal of Nervous and Mental Disease*, 198(6), 444–449.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4912003/>

- This article was written by psychiatry professors at University of California, San Francisco. Given that it was published in a disease journal, its intended audience will include those who are interested in classifying social phenomena into categories of diseases. Unlike the other articles, the authors of this article conducted a literature review to find a more concrete definition of *hikikomori* and whether it could be classified as a disorder. The conclusion was that it is difficult to pinpoint one exact definition of *hikikomori*, which makes it hard to diagnose. I made use of the information in this article by introducing symptoms that are associated with several disorders (depression, anxiety, etc.) in the journal entries but never explicitly mentioning them.

Technical Sources

GCFLearnFree.org. (2019, June 20). *macOS Basics: Getting Started with the Desktop* [Video]. YouTube.
https://youtu.be/_RN89xApebs

- GCFLearnFree.org is a free educational website that promotes computer, reading, and math literacy through its tutorials and classes. Its intended audience is anyone who is looking to improve their skills in one of these areas. The source I am using is different from the other ones in that it is not focused on Processing – it is a video tutorial on how to use the desktop on Mac. I took inspiration from the Mac OS desktop to design a similar interface in my project (rounded window edges, menu bar on the top, etc.). I felt that this would make the experience similar to using someone else's computer.

Processing. *StringList*. (n.d.). <https://processing.org/reference/StringList.html>

- This source comes from the official Processing Reference website, which is intended for users of Processing. Unlike the other sources, this source focuses on a specific data type (StringList) in Processing. Since I use a lot of text for my journal entries (which are separated by dates), I wanted to make it easy to load the text into Processing and display one entry at a time. I was able to accomplish this by writing each journal entry as a .txt file, then using StringLists to hold the dates and text (which are both strings) of all of the entries. In this way, I didn't need to write out the strings in my code.

Reas, C., & Fry, B. (2007). *Processing: A Programming Handbook for Visual Designers and Artists*. MIT Press.

- This book was written by Casey Reas and Ben Fry, the designers of the Processing language. The intended audience for this source is anyone who is curious about the many tools and functions in Processing. This source differs from the other sources since it is more comprehensive and covers more topics (over 700 pages). I mainly used the section "Input 5: Time, Date" (pp. 245-249) to understand how to configure the date and time on the screen. I felt that having these aspects update in real-time would add to the experience of using a computer.