

Curriculum Vitae

Toshitaka (Toshi) Hamamura

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1 Contact Information

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2 Professional Position

- 2019-present: Associate Researcher, KDDI Research, Inc.
- 2017-2019: Research Fellow (DC2), Japan Society for the Promotion of Science

3 Education

- 2006-2010: **Bachelor of Art in Psychology**, Trinity Western University, Langley, BC, Canada. Minor in Business Administration
- 2012-2015: **Master of Science in Clinical Psychology**, California State University, Fullerton, CA, USA,
- 2016-2019: **Doctor of Philosophy in Education (Clinical Psychology)**, University of Tokyo, Bunkyo, Tokyo, Japan. Minor in Social ICT Graduate Program

4 Licenses

- 2019-present: **Clinical Psychologist**, Foundation of the Japanese Certification Board for Clinical Psychologists. (Japan)
- 2019-present: **Certified Public Psychologist**, Ministry of Health, Labour, and Welfare / Ministry of Education, Culture, Sports, Science and Technology. (Japan)

5 Teaching Experience

- 2013-2015: **Graduate assistant**, California State University, Fullerton, Fullerton, USA (Research methods; Learning and memory; Cognitive psychology; Comparative animal behavior)
- 2017-2019: **Teaching assistant**, University of Tokyo, Tokyo, Japan (Intelligence Test)
- 2019-present: **Part-time lecturer**, Seikei University, Tokyo, Japan (Introduction to Psychology)

6 Clinical Experience

- 2010-2012: **Residential Care Worker**, Developmental Disabilities Association, Richmond, BC, Canada
- 2011-2012: **Mental Health Worker**, Coast Mental Health, Vancouver, BC, Canada
- 2016-2017: **Mental Health Worker**, Taito City Health Center, Tokyo, Japan
- 2017-2018: **Staff Counselor**, Student Support Office, Graduate School of Science, University of Tokyo, Japan
- 2018-2019: **Staff Counselor**, Support Room, Graduate School of Economics, University of Tokyo, Japan

7 Publication

7.1 Peer-Reviewed Articles

1. Hamamura, T., & Laird, P.G. (2014) The effect of perfectionism and acculturative stress on levels of depression experienced by East Asian international students. *Journal of Multicultural Counseling Development*, 42, 205-217. doi: 10.1002/j.2161-1912.2014.00055.x
2. Hamamura, T., Suganuma, S., Ueda, M., Shimoyama, H., & Mearns, J. (2018). Standalone effects of a cognitive behavioral intervention using a smartphone application on psychological distress and alcohol consumption among Japanese workers: A non-randomized controlled trial. *JMIR Mental Health* (forthcoming). doi:10.2196/mental.8984 <http://dx.doi.org/10.2196/mental.8984>
3. Hamamura, T., Suganuma, S., Takano, A., Matsumoto, T., & Shimoyama, H. (2018). The efficacy of a web-based screening and brief intervention for reducing alcohol consumption among Japanese problem drinkers: Protocol of a single-blind randomized controlled trial. *JMIR Research Protocol*, 7(5):e10650. doi:10.2196/10650
4. Hamamura, T., & Mearns, J. (2019). Depression and somatic symptoms in Japanese and American college students: Negative mood regulation expectancies as a personality correlate. *International Journal of Psychology*, 54, 351-359. doi:10.1002/ijop.12467
5. Hamamura, T., & Mearns, J. (in press). Mood induction changes negative alcohol expectancies among Japanese adults with problematic drinking: Negative mood regulation expectancies moderate the effect. *International Journal of Mental Health and Addiction*, 1-12. doi:10.1007/s11469-018-9991-8

7.2 Non-Peer-Reviewed Articles

1. Ueda, M., Hamamura, T., Nakamura, A., & Shimoyama, H. (2017). The application of animal research on the gene-environment interaction: A review. *Bulletin of the Division of Clinical Psychology*, University of Tokyo, 40, 22-29.
2. Uchimura, Y., Hamamura, T., Kitahara, Y., Oka, M., Suzuki, T., Kobayashi, N., & Shimoyama, H., (2018). A Review on the population approach using Acceptance and commitment therapy: Increase of well-being and prevention effects. *Bulletin of the Division of Clinical Psychology*, University of Tokyo, 41, 34-41.
3. Takaseki, H., Hamamura, T., Lee, J., & Shimoyama, H. (2019). Current support system and challenges on isolated mothers with risk of abuse. *Bulletin of the Division of Clinical Psychology*, University of Tokyo, 42.
4. Hamamura, T. (2019). Is smartphone addiction really an addiction?. *Seishin ryou hou [Psychotherapy]*, 602-603.

8 Academic Presentation

8.1 International Conference

1. Hamamura, T. (2010). The Role of Perfectionism, GPA Satisfaction, and Acculturation on Depression among International and Domestic Students. Poster presented at Connecting Mind, an undergraduate research conference in psychology. Richmond, BC, Canada.

2. Hamamura, T. & Laird, P.G., (2013) Impact of Perfectionism and Acculturation on Levels of Depression Experienced by International Students. Poster presented at International Association for Cross-Cultural Psychology, Los Angeles. (Poster)
3. Hamamura, T., & Mearns, J. (2016). Depression and somatic symptoms in Japanese and American college students: negative mood regulation expectancies as a personality predictor. The 31st International Congress of Psychology, Yokohama. (Poster)
4. Hamamura, T., Suganuma, S., Takano, A., Matsumoto, T., & Shimoyama, H. (2018, September). How effective is a brief website intervention with personalized normative feedback among Japanese adults with risky drinking? Findings from a pilot RCT. In A. Takano & T. Baba (Chair), Possibilities and challenges using e-health and m-health for addiction treatment. Symposium conducted at the meeting of at the 19th Congress of International Society for Biomedical Research on Alcoholism, Kyoto, Japan.
5. Hamamura, T., Mearns, J. (2018, June). Music mood induction alters negative alcohol expectancies among Japanese adults with problematic drinking: findings from an Internet Experiment. The 41st Annual RSA Scientific Meeting, San Diego, USA.
6. Hamamura, T. (2018, September). Relationships among expectancies, drinking motivation and problem drinking among Japanese adults: The role of expectancies for negative mood regulation. Poster presented at the 19th Congress of International Society for Biomedical Research on Alcoholism, Kyoto, Japan.
7. Hamamura, T., Kawai, K., Uchimura, Y., Suganuma, S., Sato, K., & Shimoyama, H. (2019, March). Does a self-monitoring mobile app help reduction of problem drinking?: A pilot randomized controlled trial among Japanese problem drinkers. Poster presented at International Congress of Psychological Science, Paris, France.

8.2 Domestic Conference

1. Hamamura, T., Suganuma, S., Ueda, M., & Shimoyama, H. (2017, September). The effect of self-monitoring application on drinking and psychological distress. Poster presented at the 39th Annual Convention of the Japanese Society of Alcohol-Related Problems, Yokohama, Japan.
2. Hamamura, T., Nakamura, A., Yoshida, S., Mearns, J., & Shimoyama, H. (2017, September). The Effect of virtual reality facial feedback on affect and autobiographical recall: A role of negative mood regulation expectancies. Poster presented at the 81st Annual Convention of the Japanese Psychological Association, Kurume, Japan.
3. Hamamura, T. (2018, September). The role of drinking quantity and alcohol expectancies as predictors of alcoholism tendency. Poster presented at the 82nd Annual Convention of the Japanese Psychological Association, Sendai, Japan.
4. Hamamura, T., Honjo, M., Kurokawa, M., Mishima, K., Konishi, T., Nagata, M., & Yoneyama, A. (2019, September) . Do Internet addiction types predict smartphone use among adolescents?. Poster presented at the 83rd Annual Convention of the Japanese Psychological Association, Osaka, Japan.
5. Tinting, A., Hamamura, T., Kishimoto, T., & Mearns, J. (2019, September) . The Effects of School and Acculturative Stress on Depression and Anxiety Experienced by Chinese International Students in Japan: How Do Negative Mood Regulation Expectancies Moderate these Effects?. Poster presented at the 83rd Annual Convention of the Japanese Psychological Association, Osaka, Japan.
6. Hamamura, T., Honjo, M., Kurokawa, M., Mishima, K., Konishi, T., Nagata, M., & Yoneyama, A. (2019, October). The effects of the smartphone-based intervention on smartphone addiction among secondary school students: a randomized controlled trial using app-recorded measures. Oral presentation at the Japanese Alcohol, Nicotine, & Drug Addiction Conference 2019, Hokkaido, Japan.

9 Funded Research and Grants

- 2016-2017: The University of Tokyo, Graduate Program for Social ICT Global Creative Leaders. Effects on Virtual Reality Facial Feedback on Affect and Autobiographical Memory. (Group Project; Principal Investigator). Grant amount: ¥1,500,000
- 2016-2017: The University of Tokyo, Graduate Program for Social ICT Global Creative Leaders. Effects of Self-Record Smartphone Application on Psychological Symptoms and Drinking Consumption. (Individual Project; Principal Investigator). Grant amount: ¥300,000

- 2017-2019: Grant-in-Aid for JSPS Fellows (DC2), Japan Society for the Promotion of Science. The Cultural and Developmental Role of Negative Mood Regulation Expectancies. (Individual Project; Principal Investigator). Grant amount: ¥2,100,000
- 2017-2018: The University of Tokyo, Graduate Program for Social ICT Global Creative Leaders. Understanding Mechanisms and Functionality of Self-Monitoring App and its Application in Clinical Settings. (Individual Project; Principal Investigator). Grant amount: ¥300,000
- 2017-2018: The University of Tokyo, Graduate Program for Social ICT Global Creative Leaders. Examining Effects of ICT-based Educational Program Using Feedback with Mobile Devices for Reducing Heavy Drinking. (Individual Project; Principal Investigator). Grant amount: ¥300,000
- 2018-2019: The University of Tokyo, Graduate Program for Social ICT Global Creative Leaders. Multi-method approaches for reducing problem drinking: Focusing on application of psychological theories. (Individual Project; Principal Investigator). Grant amount: ¥300,000
- 2018-2019: The University of Tokyo, Graduate Program for Social ICT Global Creative Leaders. Development of a monitoring system using physiological measures for prevention of psychiatric disorders. (Group Project; Principal Investigator). Grant amount: ¥650,000

10 Society Affiliation

- Association of Japanese Clinical Psychology
- Association for Psychological Science
- Japanese Medical Society of Alcohol and Addiction Studies
- Japanese Psychological Association
- Japanese Society of Alcohol-Related Problems
- Research Society on Alcoholism

11 Editorial Review

- International Journal of Mental Health and Addiction

12 Awards

- 2010: Graduating with Distinction, Trinity Western University
- 2017: The 6th Kosugi Memorial Award (Distinguished Presentation Award; Japanese Society of Alcohol-related Problems)