

Stepped care for appearance matters as an alternative intervention

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People with appearance matters (problems) tend to have poor self-esteem and are thus prone to adaptation disorders. Appearance Matters Interventions consist of tools and skills that prevent and treat the adaptation disorders caused by appearance matters. General adaptation disorder research has established that coping skill training (CST) and cognitive behavioral therapy (CBT) are effective measures for depression and anxiety disorder.

Appearance matters associate with disfigurement due to scarring and diseases, mental diseases caused by cognitive distortion, and obsession with aesthetics by the general public. It is important to evaluate appearance matters. Levels 1–2 are early interventions that consist of permissive counselling and provision of appropriate information materials. Levels 3–4 are CST and CBT that are provided by medical staff liaised with psychiatry or psychology, including psychological intervention therapy. Stepped care (comprehensive care) is now becoming widespread in the European Union and is also gradually being adopted in Japan. The Japanese Psychological Association is going to provide adequate training courses on stepped care for appearance matters for not only psychologists but also for medical staff in various fields of medicine.