

HiDE-S

These questions ask about your lifestyle. Please select the appropriate answer for each question below.

1. During the past one month, about how many days a week did you go out briefly, such as to take out the trash or visit a convenience store?
<input type="checkbox"/> ₀ Four or more days/week <input type="checkbox"/> ₁ Two or three days/week <input type="checkbox"/> ₂ One day or less/week <input type="checkbox"/> ₃ None
2. Setting aside times when you went out briefly as in #1 above, during the past one month, about how many days a week did you go out for an hour or more, including going out for work, school, shopping, and so on?
<input type="checkbox"/> ₀ Four or more days/week <input type="checkbox"/> ₁ Two or three days/week <input type="checkbox"/> ₂ One day or less/week <input type="checkbox"/> ₃ None
3. If you answered “four or more days/week” for #2, please select “None” here. If you answered anything else, about how long has it been that you have been going out at that frequency?
<input type="checkbox"/> ₀ None <input type="checkbox"/> ₁ Less than three months <input type="checkbox"/> ₂ Between at least 3 months and less than 6 months <input type="checkbox"/> ₃ 6 months or more (Specify: _____)
4. During the past one month, how often do you feel you have gone out?
<input type="checkbox"/> ₀ Very often <input type="checkbox"/> ₁ Often <input type="checkbox"/> ₂ Somewhat often <input type="checkbox"/> ₃ Not often <input type="checkbox"/> ₄ Very seldom
5. Does the frequency of how often you have gone out in the past one month bother you?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
6. Does the frequency of how often you have gone out in the past one month make you feel isolated or lonely?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
7. Has your family or people around you sought seemed to worry about the frequency of how often you have gone out in the past one month?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
8. Has your family or people around you sought help because of the frequency of how often you have gone out in the past one month?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
9. Has the frequency of how often you have gone out in the past one month disrupted your work or job search?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
10. Has the frequency of how often you have gone out in the past one month disrupted your relationships with family members?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
11. Has the frequency of how often you have gone out in the past one month disrupted your relationships with friends?
<input type="checkbox"/> ₀ No <input type="checkbox"/> ₁ Yes
12. Please select the choice that best fits your current situation. Multiple answers are allowed. If none apply, select “None.”
<input type="checkbox"/> ₁ I’m a student. <input type="checkbox"/> ₂ I work. <input type="checkbox"/> ₃ I’m on a long vacation. <input type="checkbox"/> ₄ I’m taking a leave of absence from school or work. <input type="checkbox"/> ₅ I’m preparing for college or employment. <input type="checkbox"/> ₆ I’m a homemaker. <input type="checkbox"/> ₇ I’m a domestic helper. <input type="checkbox"/> ₈ I’m unemployed. <input type="checkbox"/> ₉ I’m retired (after age limit). <input type="checkbox"/> ₀ None

Hikikomori Diagnostic Evaluation

Screening Form (HiDE-S)

HiDE (including HiDE-I and HiDE-S) was originally produced by Takahiro A. Kato and his lab members in the Hikikomori-Research Lab at Kyushu University.

World Psychiatry's Introduction letter of HiDE was first written by Takahiro A. Kato and considerably re-written by Alan R. Teo

Teo, Horie, Kurahara, Kato*: The Hikikomori Diagnostic Evaluation (HiDE): a proposal for a structured assessment of pathological social withdrawal.

World Psychiatry 2023 Oct;22(3):478-479.

([doi: 10.1002/wps.21123](https://doi.org/10.1002/wps.21123): Corresponding author-Takahiro A. Kato)

HiDE is copyrighted by Takahiro A. Kato, the principal developer. Unauthorized commercial use, modifications or translation of HiDE is prohibited. If you wish to use HiDE for commercial purposes or to have HiDE translated, you must contact the principal developer: Takahiro A. Kato (kato.takahiro.015@m.kyushu-u.ac.jp/kato.takahiro.a@gmail.com). Officially translated versions of HiDE will be presented at the website of the Hikikomori-Research Lab (<https://www.hikikomori-lab.com/en/>).

How to use HiDE-S

HiDE-S is a self-rated scale which contains 12 questions. Q1, Q2, and Q3 assess the degree of outings as "physical hikikomori" and its duration. First, Q1 asks about the frequency of outings for short periods of time. Q2 asks about the frequency of outings other than those in Q1. Even if a person goes out for short periods of time four or more days a week in Q1, if he/she goes out less than three days a week in Q2, he/she is evaluated as a "physical hikikomori." Depending on the frequency of outings in Q2, the respondent will be rated as "non hikikomori condition" if he/she goes out more than 4 days a week, as "mild" if he/she goes out 2-3 days a week, and as "moderate or more" if he/she goes out once a week or less. Q3 evaluates the duration of hikikomori: "pre-hikikomori" for 3 months to less than 6 months, and "hikikomori" for more than 6 months.

Q4 asks about subjective feelings about outings. This is an important item for providing supports and interventions, but it is not directly related to the diagnosis.

Seven questions from Q5 to Q11 assess "presence of distress and/or impairment." If any of the answers are "yes," the person is considered to have "pathological hikikomori." If the answer to any of the questions is "No," the person is considered to have "non-pathological hikikomori." In other words, even if a person meets the criteria for "physical hikikomori" in Q2, if he/she answers "No" to all of Q5 through Q11, he/she is evaluated as possibly having "non-pathological hikikomori."

Q12 assesses current social status. It is not uncommon for homeworkers and retirees to fall into the category of "physical hikikomori," but most of them are assumed to be "non-pathological hikikomori." In the unlikely event that a person falls into the category of "pathological hikikomori," some forms of supports and interventions are needed.

For a more rigorous assessment and diagnosis, a structured interview (HiDE-I) should be conducted.