

Hideki Sato (佐藤 秀樹)

Fukushima Medical University
School of Medicine, Department of Disaster Psychiatry
1 Hikarigaoka, Fukushima City 960-1295, Japan
Email: hidekis@fmu.ac.jp
ORCID: <https://orcid.org/0000-0001-5057-078X>

EDUCATION

- | | |
|------------|---|
| July 2020 | Doctor of Human Sciences
Graduate School of Human Sciences
Waseda University: Tokyo, Japan
Cognitive Behavioral Therapy and Cognitive and Behavioral Mechanisms of Depression
Dissertation Advisor: Shin-ichi Suzuki |
| March 2015 | Master of Human Sciences
Graduate School of Human Sciences
Waseda University: Tokyo, Japan
Cognitive Behavioral Therapy and Cognitive and Behavioral Mechanisms of Depression |
| March 2013 | Bachelor of Psychology
Department of Psychology
Meiji Gakuin University: Tokyo, Japan
Social Cognition and Self-Referential Processing |

ACADEMIC POSITIONS

- | | |
|-------------------------|--|
| November 2020–Present | Assistant Professor
School of Medicine, Department of Disaster Psychiatry
Radiation Medical Science Center for Fukushima Health Management Survey
Fukushima Medical University: Fukushima, Japan |
| April 2019–October 2020 | Research Assistant
School of Medicine, Department of Disaster Psychiatry
Radiation Medical Science Center for Fukushima Health Management Survey
Fukushima Medical University: Fukushima, Japan |

PUBLICATIONS (in English only)

BOOKS

- Maeda, M., Takebayashi, Y., & **Sato, H.** (2022). Posttraumatic stress responses and related issues: A chronological view. In K, Kamiya., H, Ohto., & M, Maeda. (Eds.), *Health Effects of Fukushima Nuclear Disaster* (pp. 141–161). San Diego, CA: Elsevier.
<https://doi.org/10.1016/B978-0-12-824098-4.00006-4>

PEER-REVIEWED ARTICLES

- Tsuyuki, K., Egawa, M., Ohsuga, T., Ikeda, Y., Takebayashi, Y., **Sato, H.**, & Mandai, M. (2025). Psychometric properties of patient-reported outcome measures to assess premenstrual syndrome/premenstrual dysphoric disorder in Japanese: A systematic review using the COSMIN methodology. *Journal of Patient-Reported Outcomes*, 9, 71.
<https://doi.org/10.1186/s41687-025-00910-4>
- **Sato, H.**, Maeda, M., Takebayashi, Y., Setou, N., Shimada, J., & Kanari, Y. (2023). Impact of unexpected in-house major COVID-19 outbreaks on depressive symptoms among healthcare workers: A retrospective multi-institutional study. *International Journal of Environmental Research and Public Health*, 20(6), 4718. <https://doi.org/10.3390/ijerph20064718>
- Maeda, M., Harigane, M., Horikoshi, N., Takebayashi, Y., **Sato, H.**, Takahashi, A., Momoi, M., Goto, S., Oikawa, Y., Mizuki, R., Miura, I., Itagaki, S., Yabe, H., Ohira, T., Yasumura, S., Ohto, H., & Kamiya, K. (2022). Long-term, community-based approach for affected people having problems with mental health and lifestyle issues after the 2011 Fukushima disaster: The Fukushima Health Management Survey. *Journal of Epidemiology*, 32(Suppl 12), S47–S56.
<https://doi.org/10.2188/jea.JE20210178>
- Kobayashi, T., Maeda, M., Nakayama, C., Takebayashi, Y., **Sato, H.**, Setou, N., Momoi, M., Horikoshi, N., Yasumura, S. & Ohto, H. (2022). Disaster resilience reduces radiation-related anxiety among people affected by the Fukushima Daiichi nuclear power plant accident. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2022.839442>
- Ishii, M., Ito, W., Karube, Y., Ogawa, Y., Tagawa, A., Maeda, S., **Sato, H.**, Takahashi, T., Inomata, N., Narisawa, H., Takaesu, Y., Watanabe, K., & Okajima, I. (2022). Effects of transdiagnostic group treatment for sleep disturbances in adult attention-deficit/hyperactivity disorders and autistic spectrum disorder: A pilot study. *Sleep Biological and Rhythms*, 20, 173–180.
<https://doi.org/10.1007/s41105-021-00351-8>
- Kobayashi, T., Maeda, M., Takebayashi, Y., & **Sato, H.** (2021). Traditional gender differences create gaps in the effect of COVID-19 on psychological distress of Japanese workers. *International Journal of Environmental Research and Public Health*, 18(16), 8656. <https://doi.org/10.3390/ijerph18168656>
- Oe, M., Takebayashi, Y., **Sato, H.** & Maeda, M. (2021). Mental health consequences of the Three Mile Island, Chernobyl, and Fukushima nuclear disasters: A scoping review. *International Journal of Environmental Research and Public Health*, 18(14), 7478. <https://doi.org/10.3390/ijerph18147478>
- Takebayashi, Y., Maeda, M., Orui, M., Nakajima, S., Momoi, M., Ito, A., **Sato, H.**, Yasumura, S., & Ohto, H. (2020). Resilience factors contributing to mental health among people affected by the Fukushima disaster: Development of Fukushima Resilience Scale. *Frontiers in Public Health*, 5, 159.
<https://doi.org/10.3389/fpubh.2020.00159>

PREPRINTS

- **Sato, H.**, Takebayashi, Y., Aoki, S., & Maeda, M. (2023, April 3). Investigating the relationship between COVID-19-related stress, generalized anxiety, and depressive symptoms in Japan: A cross-lagged analysis. OSF. <https://doi.org/10.17605/OSF.IO/CSU3M>

- **Sato, H.**, Maeda, M., Takebayashi, Y., Setou, N., Shimada, J., & Kanari, Y. (2023, February 7). Impact of unexpected in-house major COVID-19 outbreaks on depressive symptoms among healthcare workers: A retrospective multi-institutional study. *PsyArXiv*. <https://psyarxiv.com/sbm76>
- Muta, T., **Sato, H.**, Takashina, H. N., Akiyama, N., Takebayashi, Y., & Yokomitsu, K. (2020, September 3). The Japanese version of the COVID Stress Scale. *PsyArXiv*. <https://doi.org/10.31219/osf.io/6apd8>
- Takebayashi, Y., Kunisato, Y., So, R., Kataoka, Y., Yokomitsu, K., Takashina, Kobayashi, T., Aoki, S., **Sato, H.**, Nakajima, S., Kiuchi, K., & Muranaka, S. (2020, June 19). Effectiveness and characteristics of tele psychological interventions on mental health outcome: A systematic review of systematic reviews. OSF. <https://doi.org/10.17605/OSF.IO/3EZTP>

SELECTED POSTER PRESENTATIONS (in English only)

- Takebayashi, Y., **Sato, H.**, Numata, N., Egawa, M., Ikeda, Y., Tsuyuki, K., Ohsuga, T., & Shimizu, E. (2025). Reliability, longitudinal measurement invariance, and responsiveness of PROMs in a Japanese web-based cognitive behavioral healthcare intervention for premenstrual syndrome: A secondary analysis of a randomized controlled trial. The 32nd Annual Conference of the International Society for Quality of Life Research, October 24, Milwaukee, USA.
- Takebayashi, Y., & **Sato, H.** (2024). A systematic review on the minimally important change for the PHQ-9 depression scale. The 31st Annual Conference of the International Society for Quality of Life Research, October 16, Cologne, Germany.
- **Sato, H.**, Ito, R., Higami, K., Matsumoto, S., Namiki, N., Yajima, R., & Suzuki, S. (2016). The effect of state brooding and emotional stimuli on retrieval-induced forgetting. The 31st International Congress of Psychology, July 26, Yokohama, Japan.
- **Sato, H.**, Ito, R., & Suzuki, S. (2016). The effect of brooding and emotional stimuli on working memory capacity and retrieval-induced forgetting. The 8th World Congress on Behavioural and Cognitive Therapies, June 24, Melbourne, Australia.
- **Sato, H.**, Tanaka, T., & Suzuki, S. (2013). The effect of self-esteem and the direction of self-related information on recall accuracy. The 4th Asian Cognitive Behavioral Therapy Conference, August 23, Tokyo, Japan.

HONORS AND AWARDS

February 2024	Kumashiro Prize, Outstanding Performance Award The 35th Annual Convention of the Fukushima Psychiatric Association
March 2022	Best Research Report Award for Poster Presentation The 47th Annual Conference of the Japanese Association for Behavioral and Cognitive Therapies
October 2020	Best Presentation Award The 84th Annual Convention of the Japanese Psychological Association
February 2020	Kumashiro Prize, Grand Prize The 31st Annual Convention of the Fukushima Psychiatric Association
September 2019	Best Presentation Award The 32nd Annual Meeting of the Japanese Association of Health Psychology

GRANT FUNDING

April 2024–March 2028	JSPS Grant-in-Aid for Scientific Research (B) Title: Development of a reproducible research toolbox and comprehensive and precise data measurement. Grant Number: 24K00499 Total Costs: ¥18,330,000 Role: Co-Investigator
April 2024–March 2028	JSPS Grant-in-Aid for Early-Career Scientists Title: Brief cognitive-behavioral therapy for repetitive negative thoughts to prevent depression and anxiety in young adults. Grant Number: 24K16837 Total Costs: ¥4,680,000 Role: Principal Investigator
August 2022–March 2024	Grant-in-Aid for Mental Health Okamoto Memorial Foundation Title: Bidirectional causal model of COVID-related stress and generalized anxiety: A longitudinal study. Total Costs: ¥300,000 Role: Principal Investigator
April 2022–March 2025	Ministry of the Environment of Japan, Research and Survey Project on Radiation Health Effects Title: Research on a framework for supporting well-being formation for people who migrated and settled in the areas affected by the nuclear power plant accident. Total Costs: ¥3,000,000 Role: Research Collaborator
April 2021–March 2024	JSPS Grant-in-Aid for Early-Career Scientists Title: Examination of cognitive behavioral processes that predict rumination in daily life. Grant Number: JP21K13730 Total Costs: ¥4,680,000 Role: Principal Investigator
April 2020–March 2023	JSPS Grant-in-Aid for Scientific Research (C) Title: The experiences of ambiguous loss and resilience among people who have been supporting the residents in the aftermath of the nuclear accident. Grant Number: JP20K03393 Total Costs: ¥4,160,000 Role: Co-Investigator

August 2019–March 2021	JSPS Grant-in-Aid for Research Activity Start-Up Title: Examination of the process of rumination based on the scope of attention. Grant Number: JP1923385 Total Costs: ¥2,080,000 Role: Principal Investigator
April 2019–March 2022	JSPS Grant-in-Aid for Scientific Research (C) Title: Post-traumatic resilience after compound disaster in Fukushima. Grant Number: JP19K10647 Total Costs: ¥4,030,000 Role: Co-Investigator

LICENSE

February 2019	Certified Public Psychologist Minister of Education, Culture, Sports, Science and Technology, and Minister of Health, Labour and Welfare, Japan Approval Number: 12760
April 2016	Clinical Psychologist Foundation of the Japanese Certification Board for Clinical Psychologists, Japan Approval Number: 32114

CLINICAL EXPERIENCE

April 2023–March 2024	Licensed Clinical Psychologist (part-time) Futaba Medical Center-affiliated Futaba Revitalization Clinic: Fukushima, Japan
April 2019–Present	Licensed Clinical Psychologist (part-time) Fukushima Center for Disaster Mental Health: Fukushima, Japan
April 2015–March 2019	Psychotherapist, Licensed Clinical Psychologist (part-time) Nihon-odori Mitsuoka Clinic: Kanagawa, Japan
August 2013–March 2019	Clinical Internship, Licensed Clinical Psychologist (part-time) National Center of Neurology and Psychiatry: Tokyo, Japan
April 2013–March 2015	Clinical Internship Tokorozawa Board of Education: Saitama, Japan

PROFESSIONAL AFFILIATIONS

- American Psychological Association
- Association for Psychological Science
- International Society for Quality of Life Research

- Japanese Psychological Association
- Japanese Association for Behavioral and Cognitive Therapies
- Japanese Association for Cognitive Therapy