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## ABSTRACT

A practical research study of group social skills training for “*hikikomori* (social withdrawals)”

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The present study evaluated a group social skills training (SST) for *hikikomori* (social withdrawals). We conducted SST programs which consisted of eight sessions, a total of five courses for fifteen participants (mean age was  $24.67 \pm 3.52$  years) who had been withdrawals at Regional Support Centers for *hikikomori*. We assessed the impact of SST on social skills and social anxiety. Social skills were measured by the Social Skills Self-Rating Scale for Adults and social anxiety was measured by the Social Phobia Scale and Social Interaction Anxiety Scale. The small proportion of dropout rate and attendance rate showed this SST program was easy to participate in even for *hikikomori* with high levels of anxiety. Paired *t*-test using data of ten participants who completed the measures revealed a significant effect on promoting some social skills and decreasing social anxiety. This study indicates this SST programs is an effective intervention for *hikikomori*.

**Key Words:** *hikikomori*, social skills training, social anxiety

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