
ABSTRACT

A literature-based perspective on the psychological impacts and grief work after the death of celebrities

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Celebrity deaths have a psychological impact on many people. Assessing the psychological impacts of news reports about a celebrity death is important as they can lead to increased suicides. We conducted a literature review on the impacts of celebrity deaths to obtain clinical implications for grief work and suicide prevention. The results showed that the death of a celebrity caused people to grieve as much as for the loss of someone close to them. Additionally, the need for appropriate grief work was suggested to alleviate the psychological distress of persons with strong psychological ties to dead celebrities, and those who tended to have some identification with them. Specific suggestions included encouraging the use of suitable social media for such persons, and sharing emotions about the celebrity with others. Clinical psychologists should regularly broach the topic of which celebrities their clients like in order to share their emotions and assess suicide risk when the celebrity dies. It is urgent to develop such interventions and put them into practice in Japanese grief work and clinical support.

Key Words: celebrity death, grief, grief work, parasocial relationship, suicide prevention
