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## PLENARY ABSTRACT

MICHAEL HO

### **Clinical Implications of the East-West Cultural Differences in Asian countries; Does it really matter?**

Most Asian countries have gone through "westernization" and modernization during the last century and are now undergoing extensive globalization. These historical developments brought about huge sociocultural changes with both positive and negative consequences, and confusions, conflicts and awkward co-existence of vastly different two cultures, the East and the West, have been associated with increased risks of mental health problems

Major differences between Confucian collectivistic East Asian and liberal individualistic Western are reviewed in terms of background of the origin, the process of development, the distinct characteristics, the roles in shaping goals of human life and value orientation and peoples' behavior, thinking and emotion.

Clinical implications of these cultural differences are discussed in relation to concepts of psychopathology, diagnostic formulation, therapeutic goals and intervention methods, psychotherapy process, child rearing and mental health prevention.

Most psychiatry training in Asian countries are predominantly western in orientation. We need to reevaluate the appropriateness and consider restoration of 'Asian value' in mental health field. Mandatory inclusion of traditional culture and value orientation, such as Confucianism, Buddhism and Taoism, in the training curriculum, and concerted efforts to teach an integrated-balanced Eastern and Western psychology are strongly recommended, and scientific studies to develop culture-relevant and culture-syntonic clinical practices are strongly advocated.