

## *Curriculum Vitae*

28 May 2020

### PERSONAL DATA

Name: Akihito SHIMAZU

Institute: Faculty of Policy Management, Keio University  
5322 Endo, Fujisawa, Kanagawa 252-0882 Japan

### EDUCATION

Institute: Department of Psychology, Faculty of Literature, Waseda University.

Degree: B.A.

Year Conferred: 1993

Institute: Department of Psychology, Graduate school of Literature, Waseda University.

Degree: M.A.

Year Conferred: 1996

Institute: Department of Psychology, Graduate school of Literature, Waseda University.

Degree: Ph.D.

Title: Psychological stress and maladjustment in the workplace

Year Conferred: 2000

Supervisor: Professor Shoutarou Kosugi, Ph.D.

### LICENCE

Clinical Psychologist:

Year Licensed: 1999 (ID: 7376)

Licensed psychologist:

Year Licensed: 2019 (ID: 3497)

### PROFESSIONAL EXPERIENCE

1994 (April) – 1999 (March)

Teaching Assistant, Department of Psychology, Faculty of Literature, Waseda University, Japan.

1999 (April) – 2001 (March)

- Assistant Professor, Department of Psychology, Faculty of Literature, Waseda University, Japan.
- 2001 (April) – 2003 (March)  
Lecturer, Department of Psychology, Graduate School of Education, Hiroshima University, Japan.
- 2003 (April) – 2007 (March)  
Associate Professor, Department of Psychology, Graduate School of Education, Hiroshima University, Japan.
- 2005 (March) – 2006 (March)  
Guest Researcher, Department of Social and Organizational Psychology, Faculty of Social Science, Utrecht University, The Netherlands.  
Supported by Japanese Ministry of Education, Culture, Sports, Science, and Technology, “Overseas Advanced Educational Research Practice Support Program”.
- 2006 (October) – 2017 (March)  
Associate Professor, Department of Mental Health, Graduate School of Medicine, The University of Tokyo, Japan.
- 2014 (April) – 2017 (March)  
Adjunct Associate Professor, The University of South Australia, Australia.
- 2017 (April) – 2019 (March)  
Professor, Center for Human and Social Sciences, College of Liberal Arts and Sciences, Kitasato University
- 2019 (April) –  
Professor, Faculty of Policy Management, Keio University

### SPECIALIZATION

Occupational health psychology; Clinical psychology; Health psychology.

### RESEARCH TOPICS

- Work attitude (i.e., Work engagement, Workaholism) and well-being
- Development and evaluation of stress management program in the workplace
- Work-family balance and well-being
- Recovery and well-being
- Job crafting and well-being
- Stress coping and well-being

## ASSOCIATIONS

(International)

- International Commission on Occupational Health: The Scientific Committee on Work Organisation and Psychosocial Factors (WOPS) (Chair)
- International Society of Behavioral Medicine (Japanese Representative)
- International Commission on Occupational Health (Member)
- Academy for Asia Pacific Academy for Psychosocial Factors at Work (Member)

(Japanese)

- Japanese Society of Behavioral Medicine (President)
- Japan Association of Job Stress Research (Executive Director, Editor)
- Japan Society for Occupational Health (Councilor, Editor)
- Japanese Association of Mental Health (Councilor)
- Japanese Society for Occupational Mental Health (Councilor, Editor)
- Japanese Association of Stress Science (Director)
- Japanese Association of Behavioral Science (Member)
- Japanese Psychological Association (Member)

## JOURNAL EDITORIAL BOARDS

(International)

- BioScience Trends (Editor: 2007-present)
- International Journal of Behavioral Medicine (Board Editor: 2012-2016; Guest editor of special issue on Asia Pacific:2014-2016)
- Journal of Occupational and Organization Psychology (Consultant Editor: 2004-present)
- Medical Science Monitor (International Reviewers Panel: 2005-present)
- Journal of Occupational Health (Field editor of Mental health and Psychosocial factors at work:2014-Present)
- International Journal of Environmental Research and Public Health (Editor for section 'Occupational safety and health: 25 February 2020-present)

(Japanese)

- Japanese Journal of Behavioral Medicine (Editor in Chief: 2012-2016)
- Job Stress Research (Board Editor: 2000-present)
- Occupational Mental Health (Editor: 2008-present)

### AWARD

- 2007 (March) The 8<sup>th</sup> Araki Prize (Japanese Society of Behavioral Medicine) for the article:  
Shimazu, A., Shimazu, M., & Odahara, T. (2005). Divergent effects of active coping on  
psychological distress in the context of the job demands-control-support model: the  
roles of job control and social support. *International Journal of Behavioral Medicine*,  
12, 192-198.
- 2011 (May) International incentive Award (Japanese Psychological Association)
- 2011 (May) Excellent Presentation Award at the 84th annual conference of Japan Society for  
Occupational Health (Japan Society for Occupational Health)
- 2012 (July) Shima Satoru Award (Japanese Society for Occupational Mental Health)
- 2014 (December) Incentive Award (Japanese Society for Occupational Health)
- 2015 (December) Incentive award (The Japanese Association of Job Stress Research)

### RESEARCH GRANT (Principal Investigator)

- 2001 (April) – 2002 (March)  
Grant-in-aid scientific research, Grant-in-Aid for Young Scientists (B), "Integration of  
job stress model and psychological stress model" (Research ID: 13770203), Japan  
Society for the Promotion of Science.
- 2004 (April) – 2005 (March)  
Grant-in-aid scientific research, Grant-in-Aid for Young Scientists (B), " Individual  
differences in job stress and intervention" (Research ID: 16790321), Japan Society for  
the Promotion of Science.
- 2005 (March) – 2006 (March)  
Grant-in-aid for Overseas Advanced Educational Research Practice Support Program,  
"Theoretical, practical and cross-cultural study on job stress", Japanese Ministry of  
Education, Culture, Sports, Science, and Technology.
- 2006 (July)  
Travel grant for attending international conference: The 26th International Congress of  
Applied Psychology. Athens, Greece, (Research ID: 181054), Japan Society for the  
Promotion of Science.
- 2007 (April) – 2010 (March)  
Grant-in-aid scientific research, Grant-in-Aid for Young Scientists (B), "Work-life  
balance and well-being" (Research ID: 19700536), Japan Society for the Promotion of  
Science.
- 2009 (June) – 2009 (July)

Invitation fellowship programs for research in Japan, “Effects of job stress on employee health and their evaluation system”, Host researcher (Fellow: Prof. De Jonge, J.), (Research ID: S09118), Japan Society for the Promotion of Science.

2010 (April) – 2015 (March)

Grant-in-aid scientific research, Grant-in-Aid for Scientific Research (B), “Work-life balance and health among dual-earner couples and their children: A large community-based cohort study” (Research ID: 22300228), Japan Society for the Promotion of Science.

2010 (June)

Travel grant for attending international conference: ICOH-WOPS conference, Amsterdam 2010. Amsterdam, The Netherlands, (Research ID: 221056), Japan Society for the Promotion of Science.

2013 (April) – 2015 (March)

Grant-in-aid scientific research, Scientific Research on Innovative Areas, “Development of Japanese version of CREW program and examination of its application in workplace” (Research ID: 25560349), Japan Society for the Promotion of Science.

2015 (April) – 2020 (March)

Grant-in-aid scientific research, Grant-in-Aid for Scientific Research (A), “Work-life balance and health among dual-earner couples with children: Program development and evaluation” (Research ID: 15H01832), Japan Society for the Promotion of Science.

2016 (April) – 2019 (March)

Grand-in-aid scientific research on Health, Labour and Welfare, “Development of strategies to improve health and job performance” (Research ID: H28-Roudou-Ippan-004), Japan Ministry of Health, Labour and Welfare.

#### INTERNATIONAL COLLABORATION

Collaboration with international researchers on the following joint projects:

- Cross-cultural study on work engagement: Prof. Schaufeli, W. B. (Utrecht University, The Netherlands), Prof. Salanova, M. (Jaume I University), Prof. Jari Hakkanen (Finnish Institute of Occupational Health, Finland), Prof. Manuel Pando Moreno (Universidad de Guadalajara, Mexico).
- Workaholism and health effects: Prof. Schaufeli, W. B. (Utrecht University, The Netherlands), Prof. Taris, T. W. (Utrecht University, The Netherlands).
- Work-life balance and well-being: Prof. Bakker, A. B. (Erasmus University Rotterdam, The Netherlands).

Netherlands), Prof. Demerouti, E. (Eindhoven University of Technology, The Netherlands), Dr. Peeters, M. C. W. (Utrecht University, The Netherlands).

- Job stress models: Prof. De Jonge, J. (Eindhoven University of Technology, The Netherlands).
- Recovery and well-being: Prof. Sonnentag, S. (University of Mannheim, Germany), Dr. de Bloom, J. (University of Tampere, University of Groningen)
- Civility, Respect & Engagement at Work (CREW): Prof. Michael Leiter (Deakin University, Australia)
- Psychosocial Factors at Work and well-being: Prof. Maureen Dollard (University of South Australia)