

The Process of Temporary Leave and Reinstatement
due to Mental Health Problems
: Focusing on workers' narratives

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Abstract

The two purposes of this study are to describe the process of temporary leave and reinstatement due to mental health problems, and to explore its meaning for workers through interviews. Interviews were conducted with two workers who experienced temporary leave and reinstatement. Transcripts are analyzed from perspective of narrative. The results show 1) details before leave are most important for workers, 2) bad physical conditions are told not as symptoms but as a trigger for visiting hospital, 3) the progress after reinstatement would depend on workers' sense of fulfillment during leave, and 4) caring for oneself appeared after leave. This study suggests that it is necessary to identify the difficulty of a worker had felt before leave, to supervise workers' health conditions, and to arrange a system which workers can take leave without worry. In the context of treatment and support, workers are regarded as a patient or a person who needs care, however, it is important to focus on workers' subjectivity—especially caring for oneself—for mental health problems, and support for temporary leave and reinstatement.