

Correspondence

The HOD Test in Japan

Editor's Note: The Hoffer Osmond Diagnostic Test (HOD) is a very good, simple, clinical diagnostic test for schizophrenia. It has been used in various languages with success. The fact that it works well in other languages indicates that it is truly a cross-cultural test and that this disease is really a universal biochemical disorder."

As we have started the Japanese Organization affiliated with the International Schizophrenia Foundation, formerly called the "Canadian Schizophrenia Foundation, Friendship Association in Japan," we have gathered about 100 families who were looking for better treatment for the disease. Among these families, about 30 are under the clinical supervision of Dr. Abe at Kudan Clinic in Tokyo. Dr. Abe wished to have a tool enabling him to see the pattern and current status of the patients and we immediately sought to try the HOD test. We engaged Professor Kakitani to make the Japanese translation of the HOD test and we encouraged most of families to do the test.

What is interesting is that the patients are keen and willing to do the test because we explain that this test opens a window into the "black box" of the mind. We thought initially that the patients may feel embarrassed to do the test but, to the contrary, they are more open and frank to accept the results. They are interested in understanding their own status and the degree of their problems in the areas of depression, paranoia, perception disorders, etc. They may be more willing to do the test as they have the opportunity to receive orthomolecular treatment from Dr. Abe.

Professor Kakitani's translation of HOD test is quite straight forward, i.e. very much of direct English translation into Japanese. In some places there is an Oriental flavour; for example, instead of asking "Do you see God," it is "do you see God or Buddha."

We have not encountered any problems in using this test as it provides a good understanding of the patients' mental status. Without this evaluation, Dr. Abe would be unable to provide an accurate orthomolecular diagnosis.

While we have only tested with adults, we look forward to check with younger patients as well, as the opportunity arises. We wished to report to you on the tremendous help we are getting from the HOD.

-Tsuyoshi Kitahara
Tokyo ISF Friendship Association Chairman
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Medicine