

An annotated list with documentaries and films with hikikomori as either the subject or as a central character, or other related resources (e.g., the videos where you practice looking into a person's eyes, or information about conditions usually associated with hikikomori). I'll try to keep this list updated as people add responses with new items and reviews.

Edit: Newest additions are in [blue](#).

ANIMATION

- [Hikikomori](#). A hand-drawn animation from Thailand, hypnotic and moving. (*MV*)
- [Hikikomori](#). An animation from Jonathon Harris, terrific visual style. (*Music, SFX*)
- [Hikikomori](#). A rough for a student animation (UK). (*No sound*)
- [\[url=/anime-manga-f8/welcome-to-n-h-k-t61.html\]](#)Welcome to the NHK[\[/url\]](#). Links to thread. (*Japanese, subs and dubs in various languages*)
- [Chäos;HEAd](#). Main character is reclusive, paranoid. Suggested by BHSAK. (*Japanese, English sub*)

DOCUMENTARY

- [Hikikomori - Think Again Awards 2008](#). A short student film discussing student and teacher views of hikikomori in a Hong Kong school (*English*)
- [Shut In: Japan Below the Surface](#). A documentary on the hikikomori condition. (*English*)
- [A Day in the Life of a Hikikomori \(Short Version\)](#). A day in the life of an extreme hikikomori. (*Music, SFX*)
- [Hikikomori](#). A documentary from Francesco Jodice and Kal Karman. The filmmakers seem to have some confusion with otaku, freeters, NEETs, and homeless. (*Japanese, English subtitles*) | [Part II](#) | [Part III](#)
- [Segment on Hikikomori and New Start](#). Bridget Maasland segment on the New Start program working to reintegrate hiki into society. Originally subbed by Anon on /hikki/. (*Dutch, Japanese, English, English Subtitles*) | [Part II](#)
- [Hikikomori - Recluso social](#). Another documentary on hiki. (*Spanish*) | [Part II](#) | [Part III](#) | [Part IV](#) | [Part V](#)
- [The Missing Million](#). A BBC production from 2002 on hikikomori. Media in sidebar. (*English*)
- [Hikikomori](#). Biography and profile of a hiki in his late 30's. (*Japanese, no subs*) | [Part II](#) | [Part III](#) | [Part IV](#)
- [川西淳・主演ドキュメンタリー映画「ひきこもり青年」](#) Portrait, brief interview with hiki (*Japanese*)
- [Avoidant Personality Disorder](#). Woman explains how APD has affected her life. (*English*)
- [Some of the Stages of Social Anxiety](#). A young woman explains stages she has identified in her anxiety reactions and how she copes. (*English*)
- [Avoidant Personality Disorder](#). A series of videos from UCSI about APD variants. (*Malaysian, English subtitles*) | [Part B](#) | [Part C](#)
- [Avoidant.](#). A brief portrait of the effects of APD (*English*)
- [BBC Cram School Hikikomori.](#). From a BBC report, video downloads. (*English*) | [Part II](#)

DRAMA

- [The Generation of Hikikomori](#). From "Teenage Love Graffiti". A Filipino docudrama about a high school girl who has withdrawn from family and friends. (*Tagalog, English Subs*) | [Part II](#)

- [Cat Street](#). Fictional account of a young woman gradually leaving her hikikomori behaviours behind. By the author of *Boys Over Flowers*. Solid production, but too short at 6 eps. (*Japanese, English subs*)

FILM

- [Loner](#). Aka *Hikikomori* or *Orphaned*. 2008 Korean horror film dealing with girl who withdraws after her friend's suicide (anyone watched this yet?). (*Korean, English Subs available*)
- [Boku Ima wa](#). Aka *Now I...* Shot in documentary fashion, follows life of a fictional 20-year old NEET with hikikomori tendencies Read [url=general-discussion-f7/nw-i-ima-boku-wa-p-hikikomori-neet-movie-review-t222.html?hilit=ima%20wa%20boku]Foolness' quick review[/url]. Thanks to boxcuttergrrl on AnonIB. (*Japanese, English subs*)
- [Tamago](#). Aka *The Quiet One*. Short film (30 min) from 2004, considered an effective portrayal of a hiki; cannot locate, link to imdb. (*Japanese, English subs*)[/color]
- [Hikikomori: Tokyo Plastic](#). A young female hacker is targeted by a notorious psychopathic hikikomori. Hoo-boy. 2004. (*Japanese, English Subs*)[/color]
- [Left Handed](#). Portrait of a hikikomori.
- [Shaking Tokyo](#) AKA *Tokyo!*. Three vignettes about Tokyo life, one of which concerns a hiki.
- [NEW Tobira no Muko](#) AKA *Left Handed*. 2009. Hiroshi, a disaffected teenage boy, is struggling at school and one day shuts himself away in his bedroom. For the next two years he refuses to come out or let anyone else in. Hiroshi's parents are so ashamed by what has happened that they attempt to conceal his condition from friends and family. Inevitably, the household disintegrates. (*Japanese, English Subs*)

THEATRE

- [The Attic.](#) A play by Yoji Sakate exploring the condition, staged in 2007. Link to *Village Voice* article. (*English*)

SELF-HELP

- [Improving Eye Contact Video](#). This is a low-res example of a series (still effective!). [The company's website](#) (thanks to [Link](#) and AnonIB member boxcuttergrrl for posting about these)
- [Social Anxiety Disorder](#). A slideshow made by someone with SAD explaining their feelings (*Music*)
- [Hypnotherapy Recordings](#). A series of recordings purporting to use hypnotherapy to treat hikikomori / social anxiety disorder (*English*). Caveat emptor.