**National Survey Project to Measure the Effects of an “ONSEN Stay”**

We are currently surveying visitors **who have taken a hot spring bath** in this onsen (hot spring) area as part of a project to assess the effect of Shin-toji (a new-type of hot-spring cure). The Shin-toji project has been launched by the Ministry of the Environment to encourage people to visit onsen (hot spring) areas not only to enjoy the baths themselves but also to take part in programs that make the most of their surrounding natural environment, offering an experience more in tune with contemporary lifestyles.

Your comments will be valuable in helping us to understand the wellness-promoting effects of onsen areas throughout Japan, and will be used to help revitalize these regions in future. We would be extremely grateful if you could help contribute to this project by answering this short questionnaire.

More information (in Japanese) is available on the website of the Shin-toji “ONSEN Stay” project of the Ministry of the Environment to revitalize onsen (hot spring) areas by making use of the natural environment and other local resources:

http://www.env.go.jp/nature/onsen/spa/index.html

**1. Please fill in today's date and the length of your visit to this onsen area (please circle only one length of visit that applies)**

|  |  |  |
| --- | --- | --- |
|  　 (day)/　　　 (month) 　　(year) |  | 1. Day trip 2. One-night stay 3. Two-night stay 4. Three or more night stay |

**2. Please tell us about your current state of health. Please circle only the one response that best applies to you.**

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| --- |
| 1. Good 2. Fairly good 3. Average 4. Quite poor 5. Poor |

**3. What was the main purpose of your visit today? (Please circle only one purpose that best applies to you.)**

|  |
| --- |
| 1. Onsen (Hot spring)2. Accommodation3. Tourism (e.g. visiting a famous ruin, natural beauty spot, cultural institution, etc.)4. Sports (e.g. golf, skiing, etc.)5. Shopping |

**4. Why did you decide to use this particular onsen? (Please circle as many reasons as apply)**

5. Stress relief (refreshment)

6. Beauty or anti-aging

7. I just like onsen bathing

8. No particular reason

9. Other ( ）

1. To recuperate from physical disease

2. To improve autonomic nerve instability or

stress-related symptoms

 (e.g. insomnia, depression, etc.)

3. To shorten postoperative recovery

4. To relieve tiredness and improve health (e.g. improve lifestyle-related disease)

**5. What impressions has this onsen (hot spring) area made on you? (Please circle only one number for each item)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly agree** | **Agree** | **Somewhat agree** | **Somewhat disagree** | **Disagree** | **Strongly disagree** |
| (1) It was healing | 6 | 5 | 4 | 3 | 2 | 1 |
| (2) It was exciting and enjoyable | 6 | 5 | 4 | 3 | 2 | 1 |
| (3) It was refreshing | 6 | 5 | 4 | 3 | 2 | 1 |
| (4) It will be a good memory | 6 | 5 | 4 | 3 | 2 | 1 |

**6. How would you rate your state of health now, compared with your regular state of health before coming to this onsen (hot spring) area? (Please circle only one number for each item)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly agree** | **Agree** | **Somewhat agree** | **No change** | **Somewhat disagree** | **Disagree** | **Strongly disagree** |
| (1) I feel healthier | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (2) I feel happier | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (3) I sleep more soundly (or expect to) | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (4) My skin feels better | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (5) My appetite has increased  | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (6) I feel less stressed | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (7) I feel less tired | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (8) I feel fewer chills | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (9) My shoulders, back, knees, and other joints are less stiff or painful | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (10) I feel less depressed | 3 | 2 | 1 | 0 | -1 | -2 | -3 |
| (11) I feel less puffy and swollen | 3 | 2 | 1 | 0 | -1 | -2 | -3 |

**7. What have you done during your visit to this onsen (hot spring) area? (Please circle as many activities as apply). Please also indicate how many times or about how long you spent doing each activity.**

|  |
| --- |
| 1. Hot spring bath ( times)2. Activity involving sufficient exertion to cause rapid breathing or sweating (e.g. golf, skiing, mountain-climbing, etc.) ( minutes)3. Going for walks, visiting cafés, shopping, or other activity involving walking or an equivalent level of　exertion　　　　　　　　　　　　　　　　　　　　　　　　　　　　　　 ( minutes)4. Massage, beauty treatment, or other form of recreation/recuperation at rest ( minutes)5. Enkai (banquet, party, reception)6. Other activities (please specify: minutes)7. Nothing at all |

**8. Please tell us about your impressions of this onsen (hot spring) area.**

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|  |

**9. How many times a year do you visit an onsen area? (Please circle only one response)**

|  |
| --- |
| 1. Once a year 2. Two or three times a year 3. Four or five times a year 4. Six or more times a year |

**10. Please tell us what you think about this survey.**

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|  |

**11. Please tell us where you live, your sex and age, and any health problems for which you are currently undergoing treatment.**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Prefecture |  |  | Country (if outside Japan) |  | 1. Male2. Female |  | Age (years) |  | Current health problems:No / Yes(please specify: 　 ) |

Thank you very much for your cooperation



Nationwide Survey: Ministry of the Environment

Trustee of the Survey: Japan Health & Research Institute

Survey at the onsen area: ○○○Tourist Association

Contact: ○○-○○○○-○○○○