

## [Eligible persons]

- Residents who were registered at any of the covered areas from March 11, 2011, to April 1, 2012 (also after moving out of the covered areas)
- Residents registered at covered areas as of April 1 of the fiscal year during which the survey is conducted
- Others, as warranted, based on Basic Survey results, even if the above conditions are not met

## [Covered areas]

Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village, Iitate Village, Minamisoma City, Tamura City, Kawamata Town, and parts of Date City (areas containing Specific Spots Recommended for Evacuation)

## [Method]

Inquiry sheets: Self-reporting responses or responses from guardians submitted by post or online

## [Major survey items]

- Present physical and mental status
- Lifestyle (sleep, smoking, and exercise habits)
- Present living conditions (adults)

## [Measures for support]

Collected responses are evaluated and analyzed by the staff which include physicians of Fukushima Medical University. If respondents are considered to require counseling and support regarding their mental health and lifestyle, support by phone is provided by the "Mental and Physical Health Support Team," which consists of staff including certified public psychologists, public health nurses, and clinical nurses.

When professional medical care is considered to be required through the support by phone, registered physicians of medical institutions in Fukushima Prefecture (\*see p.159 of Vol. 2, "Mental Health and Lifestyle Survey: Outline (2/2)") are introduced.

When continued support is necessary, required support will be discussed and offered in collaboration with the municipality where the person had originally resided before evacuation.

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As in the case of the Comprehensive Health Checkup, the Mental Health and Lifestyle Survey also covers residents who were registered from March 11, 2011, to April 1, 2012, and as of April 1 of the relevant survey year, at any of the municipalities that were designated as Restricted Areas, Deliberate Evacuation Areas or Evacuation-Prepared Areas in Case of Emergency or at any of the areas containing Specific Spots Recommended for Evacuation at the time of the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS. Others, as warranted, based on Basic Survey results are also covered, even if the above conditions are not met. Different inquiry sheets are used depending on the age groups, with the aim of taking required measures more appropriately. Children are divided into four age groups: those aged zero to 3; those aged 4 to 6; elementary school students; and junior high school students. People aged 16 or older are categorized as adults.

In addition to questions concerning mental problems, such as depression and anxiety disorder, the survey items include questions about changes in lifestyles, such as diet, sleep, drinking, smoking, and exercise habits.

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