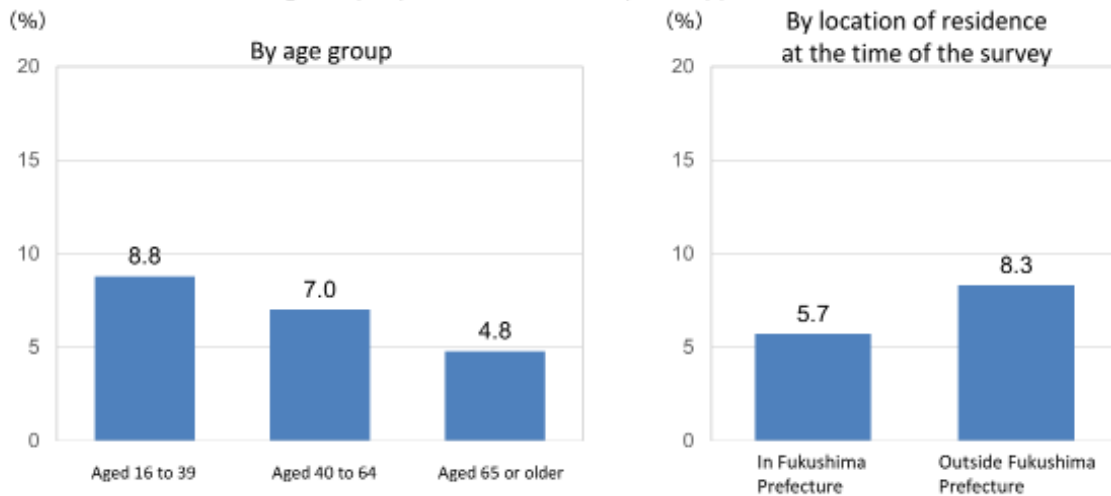


[Mental health of adults (aged 16 or older)]

● By age group and by location of residence at the time of the survey (in and outside Fukushima Prefecture)

Mental health: Percentages of people considered to require support



Measurement scale : K6* * Respondents reply to each question of a 6-item questionnaire concerning their depression and anxieties with a score from zero to four. When the total is 13 points or over, a mood disorder or anxiety disorder is suspected.

Prepared based on materials for the 48th Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

Respondents to the FY2021 survey were classified into three groups by their age (16 to 39, 40 to 64, and 65 or older), and a comparison was made concerning their mental health conditions using a measurement scale, K6¹. As a result, it was found that the percentage of people considered to require support based on the K6 scale tends to be higher among younger people.

As a result of classifying those respondents by location of residence at the time of the FY2021 survey and comparing those who resided in Fukushima Prefecture and those who resided outside Fukushima Prefecture, the percentage of adults (aged 16 or older) considered to require support based on the K6 scale tends to be higher among those who resided outside Fukushima Prefecture. Compared with the relevant percentage (3.0%) in a prior study in Japan (Kawakami, 2007), the percentage for those in Fukushima Prefecture was approximately 1.9 times and that for those outside Fukushima Prefecture was approximately 2.8 times higher.

1. K6: Respondents reply to each question of a six-item questionnaire concerning the frequencies with which they felt depressed or anxious during the past 30 days (such as “Have you felt extremely nervous?” or “Have you felt desperate and helpless?”). This survey targets people aged 16 or older to evaluate risks of any mood or anxiety disorder.

Included in this reference material on March 31, 2019

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