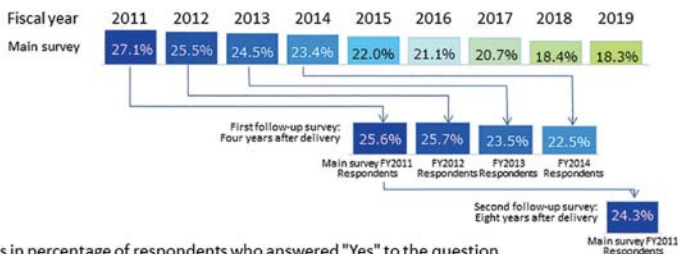


## [Changes in pregnant women's depressive tendencies]

The percentage of respondents who replied that they tend to feel depressed and/or that they are not interested in things

Pregnant women's depressive tendencies have been decreasing gradually, but those who gave birth within one to two years after the earthquake showed higher depressive tendencies even after four years compared with those who gave birth later.



## [Changes in percentage of respondents who answered "Yes" to the question "Are you considering another pregnancy?"]

Nationwide survey		Main survey							
FY2010	FY2015	FY2012	FY2013	FY2014	FY2015	FY2016	FY2017	FY2018	FY2019
51.0%	50.0%	52.9%	52.8%	57.1%	53.3%	54.6%	52.4%	52.2%	51.3%

Nationwide survey 2010: Percentage of respondents who are married for less than 10 years and plan to have a child in the nationwide survey, "Fourteenth Japanese National Fertility Survey in 2010" (when having any children already)

Nationwide survey 2015: Percentage of respondents who are married for less than 10 years and plan to have a child in the nationwide survey, "Fifteenth Japanese National Fertility Survey in 2015" (when having any children already)

\* The 2011 survey did not contain the relevant question.

Prepared based on the material for the 41st Prefectural Oversight Committee Meeting for Fukushima Health Management Survey

For questions concerning pregnant women's depressive tendencies, respondents who replied that they tend to feel depressed and/or that they are not interested in things have been decreasing. However, those who gave birth within one to two years after the earthquake showed higher depressive tendencies even after four years compared with those who gave birth later.

According to the "Healthy Parents and Children 21" (a national campaign to promote improvement of health standards of mothers and children), the percentage of postnatal depression evaluated using the Edinburgh Postnatal Depression Scale was 8.4% in FY2013 and 9.8% in FY2017 nationwide. The percentage estimated from the results of the FY2019 Pregnancy and Birth Survey was 10.1% (reference used for the calculation: Mishina H, et al. *Pediatr Int.* 2009; 51: 48).

The FY2019 Pregnancy and Birth Survey also revealed that respondents considering another pregnancy accounted for 51.3%. Since the FY2012 survey, more than half of the respondents wish to have more children. For reference, respondents who have been married for less than ten years and plan to have a child accounted for 60% (or 51% among those who already have any children) in the Fourteenth Japanese National Fertility Survey in 2010 and 57% (or 50% among those who already have any children) in the Fifteenth Japanese National Fertility Survey in 2015.

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