

**Anxiety caused by radiation accidents**

- Anxiety over health effects of radiation
- Anxiety over health effects on children now and in the future

**Psychological effects from protracted anxiety**

- Possibility that mental health may deteriorate
- Possibility that mothers' anxiety may affect the mental state and growth of children

**Factors that increase anxiety**

- Unable to acquire reliable information
- Confusion caused by scientifically inaccurate information
- Stigmas and stereotypes

In the event of a radiation accident, people would be worried about the possibility of their exposure to radiation and about the extent of exposure and possible health effects if exposure occurred. Parents in particular would be concerned about the immediate and long-term health effects on their children.

People's mental health would deteriorate as a result of protracted anxiety over possible future health effects. It has also been pointed out that the anxiety of mothers might affect the mental state and growth of their children.

The anxiety could be heightened by being unable to acquire reliable and accurate information about radiation. It has also been reported that unreasonable public stigmas and discriminations (stereotypes) about people affected by contamination or exposure could exacerbate their mental health problems.\*1\*2

Source:

1: "Fukushima Psychological Care Manual," Fukushima Mental Health and Welfare Centre  
2: Werner Burkart (Vienna) "Message to our friends affected by the nuclear component of the earthquake/tsunami event of March 2011 (August 26, 2013)"  
(Werner Burkart: Professor for Radiation Biology at the Faculty of Medicine of the Ludwig Maximilians University in Munich, Former Deputy Director General of the International Atomic Energy Agency (IAEA)) ([http://japan.kantei.go.jp/incident/health\\_and\\_safety/burkart.html](http://japan.kantei.go.jp/incident/health_and_safety/burkart.html))

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