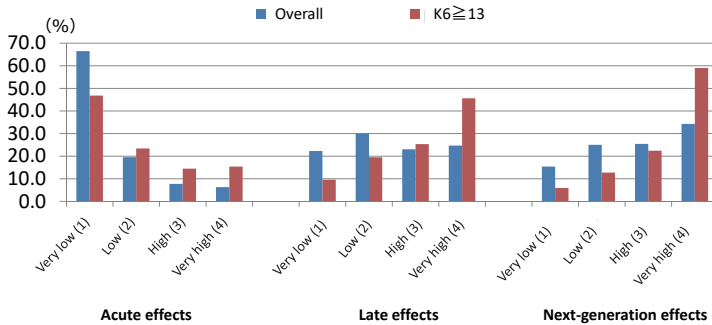


Relationship between Mental Health and Perception of Risks Concerning Health Effects of Radiation

Results of the Mental Health and Lifestyle Survey of the FY2011 Fukushima Health Management Survey



*K6 is a self-recording scale to measure general levels of mental health. Scores exceeding 13 show strong depression and anxiety symptoms.

• **Overall trend**

The majority answered that the possibility of acute effects is very low. Opinions vary with regard to late effects. The largest number of respondents chose the option "very high" for next-generation effects.

• **Among people with mental disorders**

The percentages of respondents who chose the option "very high" were large for all three types of effects.

Prepared based on Suzuki Y, et. al., Bull World Health Organ, 2015 (<http://dx.doi.org/10.2471/BLT.14.146498>)

As part of the Fukushima Health Management Survey, Fukushima Prefecture conducts the Mental Health and Lifestyle Survey targeting disaster victims every year (see p.135 to p.141 of Vol. 2, "10.5 Mental Health and Lifestyle Survey" for details). The 2011 survey asked about the perception of (i) acute effects (hair loss and bleeding), (ii) late effects (thyroid cancer and leukemia), and (ii) any next-generation effects of radiation. As a result, the following were found.

- There are very few disaster victims worrying about acute exposure, but the majority have concerns over late effects and next-generation effects.
- Those worrying about radiation effects as indicated in their responses to all three questions clearly show worse mental health conditions and have depression and anxiety symptoms.

Given these, it can be said that disaster victims who are apt to have negative perception of risks are highly likely to have strong depression and anxiety symptoms as well.

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