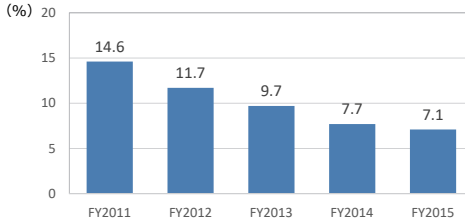


Mental Health and Lifestyle Survey: What Has Become Clear (1/4)

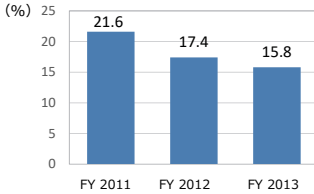
Latest Survey Results: <http://www.pref.fukushima.lg.jp/site/portal/kenkocycosa-kentoinkai.html> (in Japanese)

- Percentage of people who are considered to require support for their depressions and anxieties

Measurement scale: **K6***

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

- Percentage of people who are considered to require support for their traumatic stresses due to the disaster

Measurement scale: **PCL***

* Respondents reply to each question of a 17-item questionnaire concerning their frequently arising problems and need arising from their disaster experience (traumatic stress) with a score from zero to five. When the total is 44 points or over, PTSD is suspected.

* In order to ease psychological burdens associated with replying to the questionnaire, the FY2014 and FY2015 surveys did not include PCL-related questions.

Prepared based on the materials for the 11th, 15th, 19th and 23rd and 27th Prefectural Oversight Committee Meetings for Fukushima Health Management Survey

- K6*1 remains at a high level, although the values have been declining compared with the FY2011 survey and the FY2012 survey.
- Females show higher values than males. The gap by age bracket was the smallest in FY2015 compared with the results of the past surveys.
- PCL*2 remains at a high level, although the values have been declining compared with the FY2011 survey and the FY2012 survey.

*1: K6 = Scale to measure the levels of depression and anxieties

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 ascertain whether any mood or anxiety disorder poses a problem in their daily lives, based on their responses.

*2: PCL (Post-Traumatic Stress Disorder Checklist) = Scale to measure traumatic stresses

Respondents reply to each question of a 17-item questionnaire concerning how often they had problems and needs arising from their disaster experience (traumatic stress) during the past 30 days (such as "Repeatedly remembered disturbing memories, ideas, images (scenes) of the relevant stress experience" or "Repeatedly had disturbing dreams of the relevant stress experience"). Through this survey, individuals' levels of traumatic stress are ascertained.

Included in this reference material on March 31, 2015

Updated on December 1, 2017