

Mental Health and Lifestyle Survey: Purpose

"We will promote the mental and physical health of residents of the Evacuation Areas, etc."

Fukushima Prefecture has been conducting the Mental Health and Lifestyle Survey with the aim of accurately ascertaining the mental and physical problems of residents who have been facing difficulties due to the Great East Japan Earthquake and the accident at Tokyo Electric Power Company (TEPCO)'s Fukushima Daiichi NPS in order to provide them with proper health, medical and welfare services, and also handing down to future generations accumulated knowledge on better mental care in an emergency or in the event of a natural disaster.

Mental Health and Lifestyle Survey: Outline (1/2)

[Coverage]

Residents who were registered at any of the municipalities designated as Restricted Areas, Deliberate Evacuation Areas or Evacuation-Prepared Areas in Case of Emergency or at any of the areas containing Specific Spots Recommended for Evacuation as of 2011 (approx. 210,000 people) and residents who were found to require the Comprehensive Health Checkup as a result of the Basic Survey

(= The entire areas of Tamura City, Minamisoma City, Kawamata Town, Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village and Iitate Village, and parts of Date City)

[Method]

Prepare inquiry sheets by age bracket (self-reporting questionnaires or those to be filled in by guardians) and send them to the survey targets (responses are received by post or online)

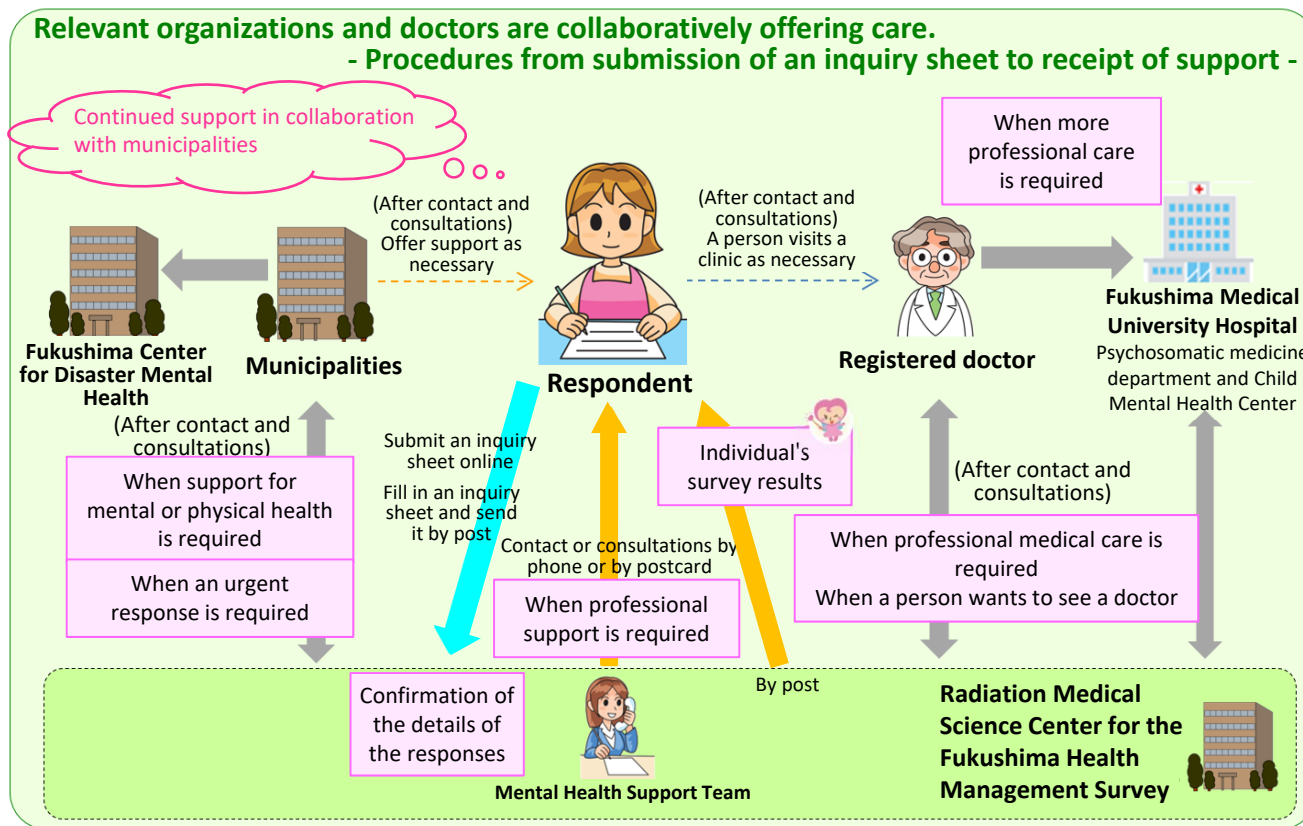
[Major survey items]

- Present physical and mental status
- Lifestyle (diet, sleep, and smoking, drinking and exercise habits)
- Present living conditions (the public)

[Measures after receiving responses]

For respondents who are deemed to require support based on their responses, clinical psychotherapists, public health nurses, or clinical nurses, etc. of the Mental Health Support Team make a phone call to give advice and support concerning problems with their mental health and lifestyles.

Mental Health and Lifestyle Survey: Outline (2/2)



* For people who are deemed to require continued support, care is provided on an ongoing basis through collaboration among regional registered doctors, municipalities and the Fukushima Center for Disaster Mental Health.

* Survey results are sent individually from FY2014.

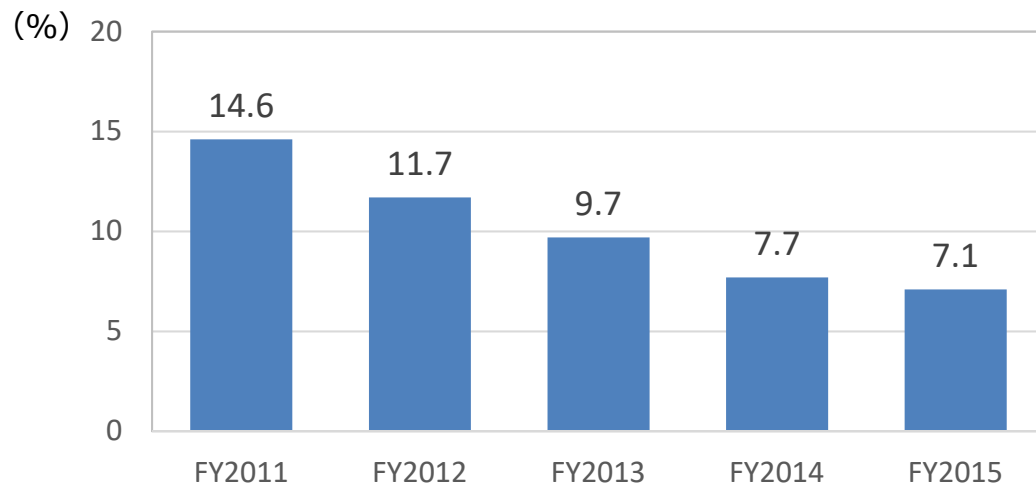
[Registered doctors] Psychiatrists and pediatricians, etc., who have received lectures concerning disaster mental health and radiation medical science: As of the end of December 2017, there are 130 registered doctors in 81 medical institutions.

	Number of people who received support by phone		Number of people who received support in writing	
	Children	People aged 16 or older	Children	People aged 16 or older
FY2011	1,180	6,310	1,066	10,898
FY2012	623	5,991	800	10,168
FY2013	473	3,913	752	7,664
FY2014	327	3,053	517	6,244
FY2015	250	2,567	435	6,075

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

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

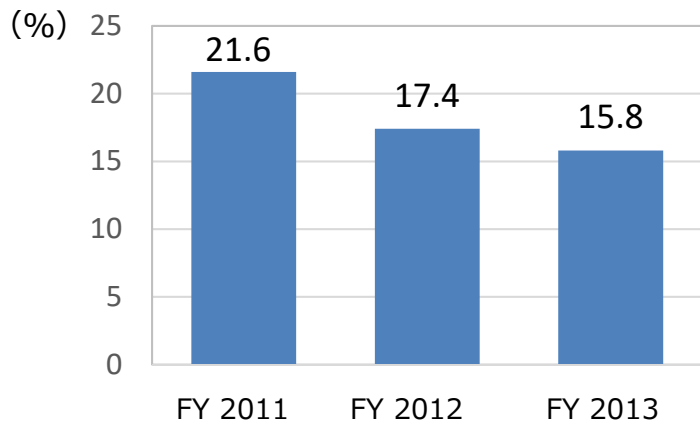
● Percentage of people who are considered to require support for their depressions and anxieties



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***

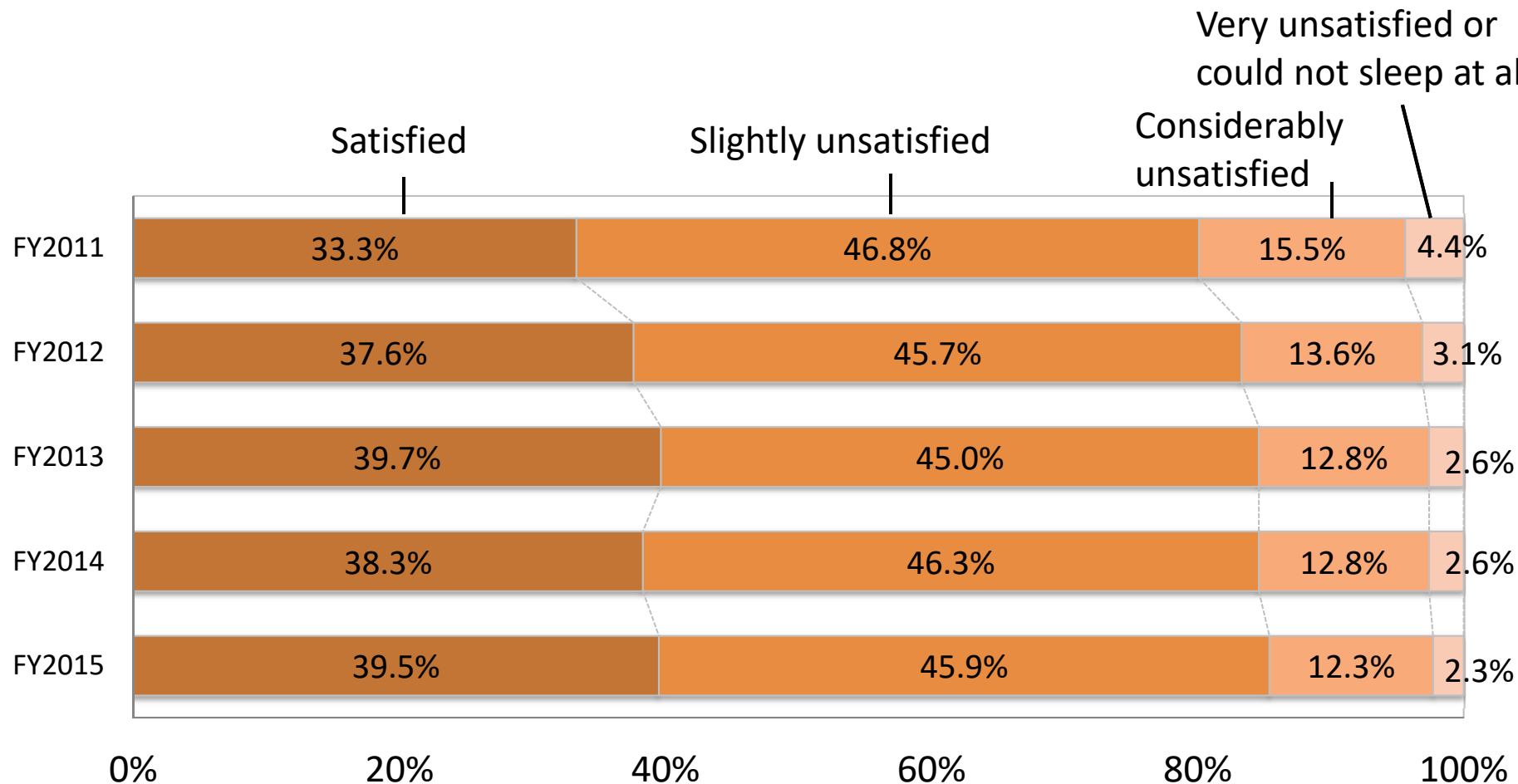
* Respondents reply to each question of a 17-item questionnaire concerning their frequently arising problems and need arising from their disaster experience (traumatic stress) with a score from zero to five. When the total is 44 points or over, PTSD is suspected.

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

Mental Health and Lifestyle Survey: What Has Become Clear (2/4)

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

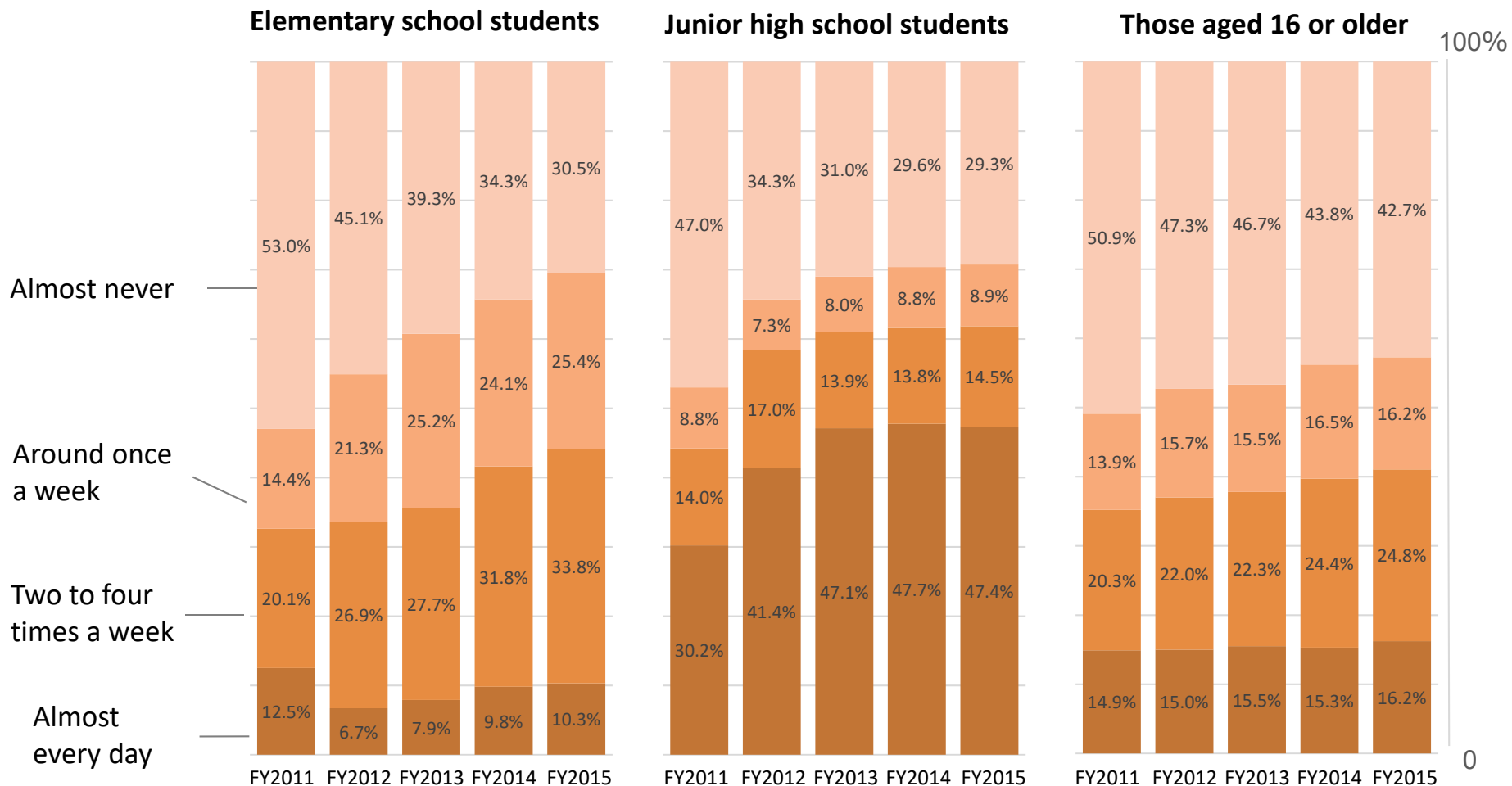
[Levels of satisfaction regarding sleep during the latest one month period] Those aged 16 or older



Mental Health and Lifestyle Survey: What Has Become Clear (3/4)

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

[Percentages concerning daily exercises]



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

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

[Children's mental health conditions]

Measurement scale: SDQ*
When the total is 16 points or over, support is considered to be necessary.

Percentages of children considered to require support (by gender)

