

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

Due to harsh experiences of the Great East Japan Earthquake and the accident at TEPCO's Fukushima Daiichi NPS and subsequent life as evacuees, many people are experiencing anxiety and stress. Accordingly, Fukushima Prefecture commenced the Mental Health and Lifestyle Survey with the aim of accurately understanding the mental and physical problems of residents and meticulously providing each of them with proper health, medical and welfare services.

## [Eligible persons]

- Residents who were registered at any of the covered areas from March 11, 2011, to April 1, 2012 (also after moving out of the covered areas)
- Residents registered at covered areas as of April 1 of the fiscal year during which the survey is conducted
- Others, as warranted, based on Basic Survey results, even if the above conditions are not met

## [Covered areas]

Hirono Town, Naraha Town, Tomioka Town, Kawauchi Village, Okuma Town, Futaba Town, Namie Town, Katsurao Village, Iitate Village, Minamisoma City, Tamura City, Kawamata Town, and parts of Date City (areas containing Specific Spots Recommended for Evacuation)

## [Method]

Inquiry sheets: Self-reporting responses or responses from guardians submitted by post or online

## [Major survey items]

- Present physical and mental status
- Lifestyle (sleep, smoking, and exercise habits)
- Present living conditions (adults)

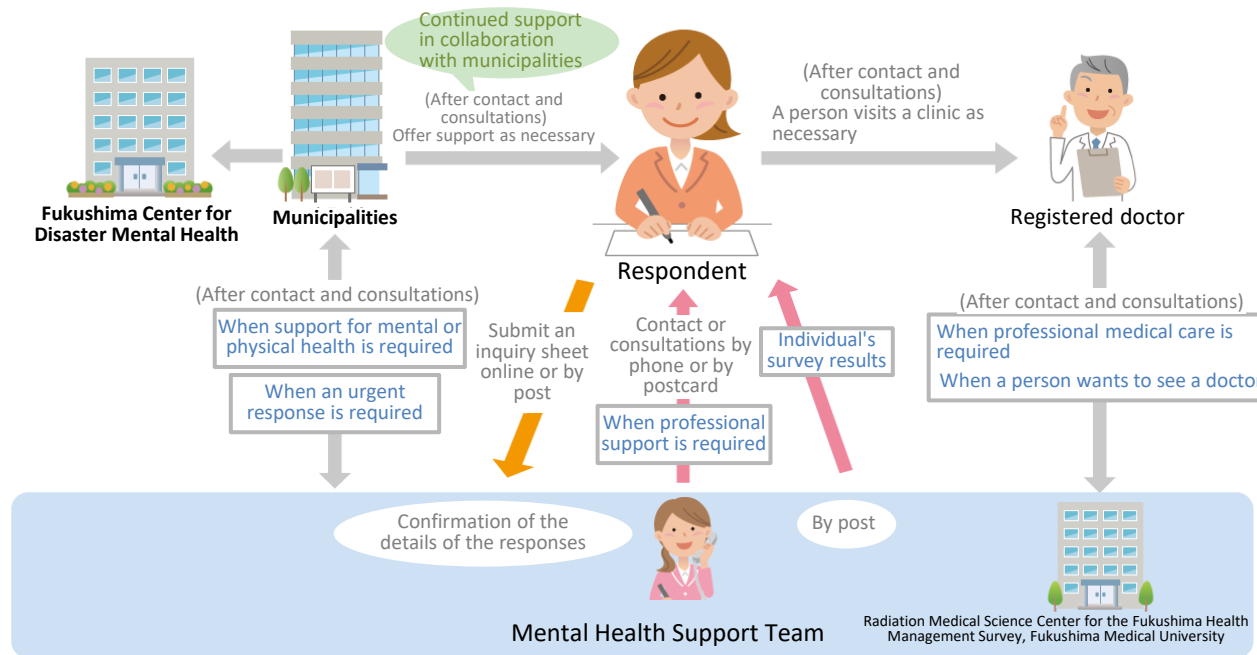
## [Measures for support]

Collected responses are evaluated and analyzed by the staff which include physicians of Fukushima Medical University. If respondents are considered to require counseling and support regarding their mental health and lifestyle, support by phone is provided by the "Mental and Physical Health Support Team," which consists of staff including certified public psychologists, public health nurses, and clinical nurses.

When professional medical care is considered to be required through the support by phone, registered physicians of medical institutions in Fukushima Prefecture (\*see p.159 of Vol. 2, "Mental Health and Lifestyle Survey: Outline (2/2)") are introduced.

When continued support is necessary, required support will be discussed and offered in collaboration with the municipality where the person had originally resided before evacuation.

- Procedures from submission of an inquiry sheet to receipt of support - Relevant organizations and doctors are collaboratively offering care.



- \* For people who are considered to require continued support, care is provided in collaboration with regional registered doctors and municipalities, etc.
- \* 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 July 1, 2023, there are 117 registered doctors in 78 medical institutions.

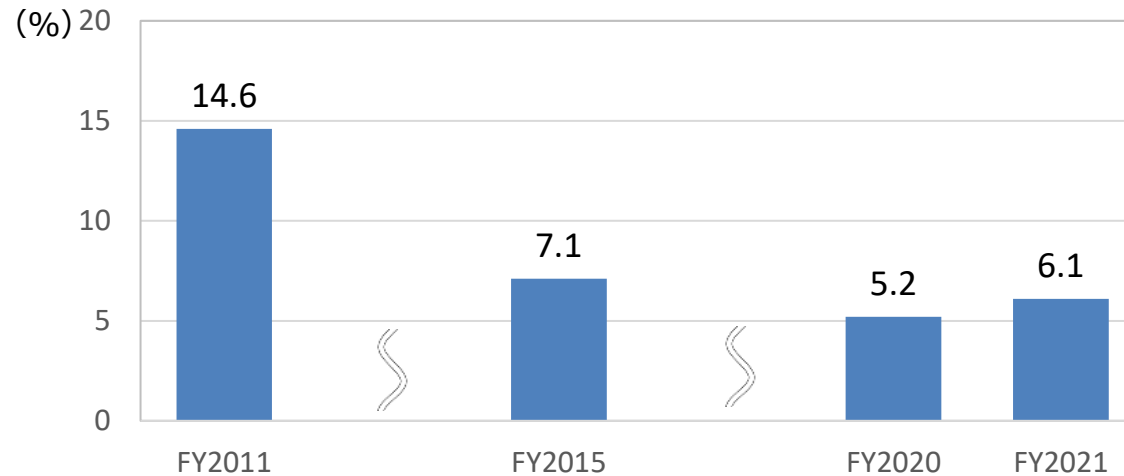
- \* Based on the results of the questionnaire survey, support by phone has been provided to about 100 children and 2,000 adults in recent years. The support by phone adopts an outreach system under which support providers make phone calls to support recipients.
- \* Additionally, for some people who are not eligible for support by phone, support in writing is offered.

# Mental Health and Lifestyle Survey: What Has Become Clear (1/5)

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

[Mental health of adults (aged 16 or older)]

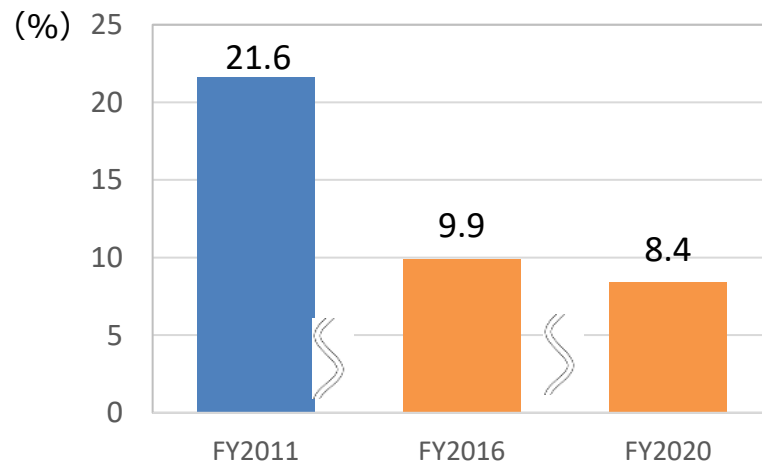
- Percentage of people who are considered to require support for their depressions and anxieties



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\*** (FY2011 to FY2013)

**PCL-4\*\*** (FY2016 to FY2020)

\* 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 one to five. When the total is 44 points or over, PTSD is suspected.

\*\* Respondents reply to each question of a 4-item questionnaire with a score from one to five points. When the total is 12 points or over, PTSD is suspected.

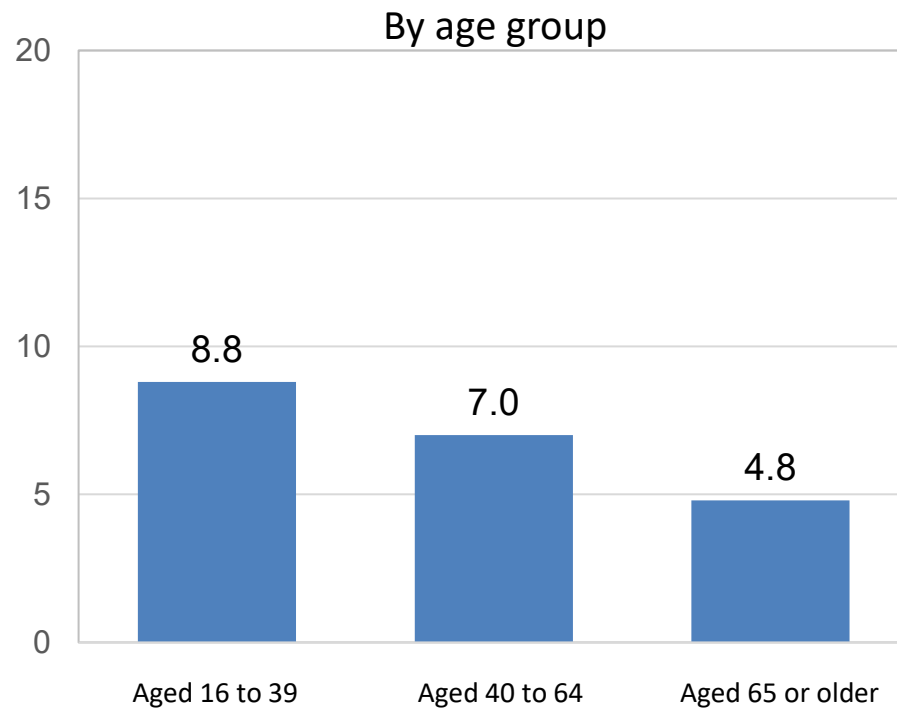
In order to ease psychological burdens associated with replying to the questionnaire, the FY2014, FY2015 and FY2021 surveys did not include PCL-related questions.

[Mental health of adults (aged 16 or older)]

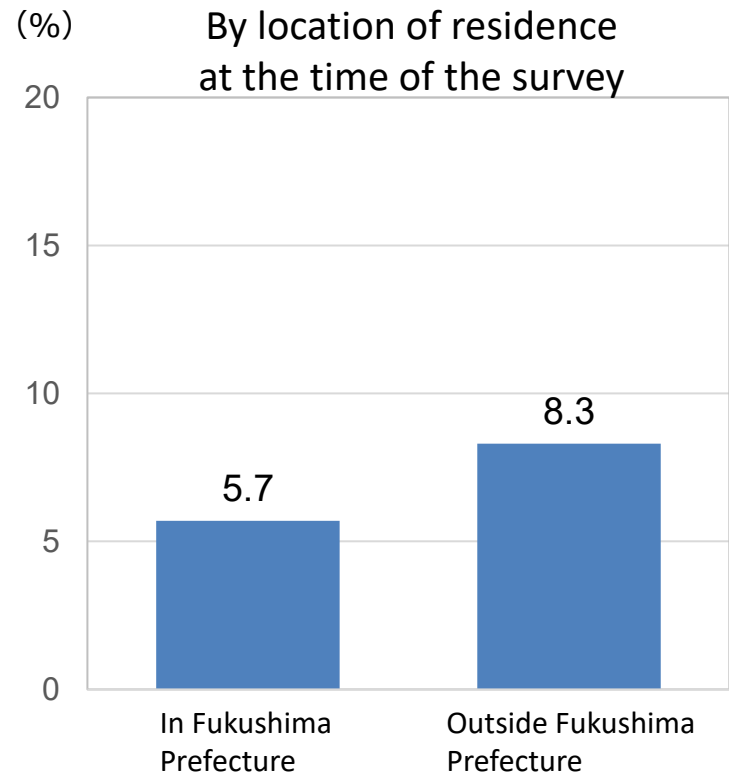
- By age group and by location of residence at the time of the survey (in and outside Fukushima Prefecture)

Mental health: Percentages of people considered to require support

(%)



(%)



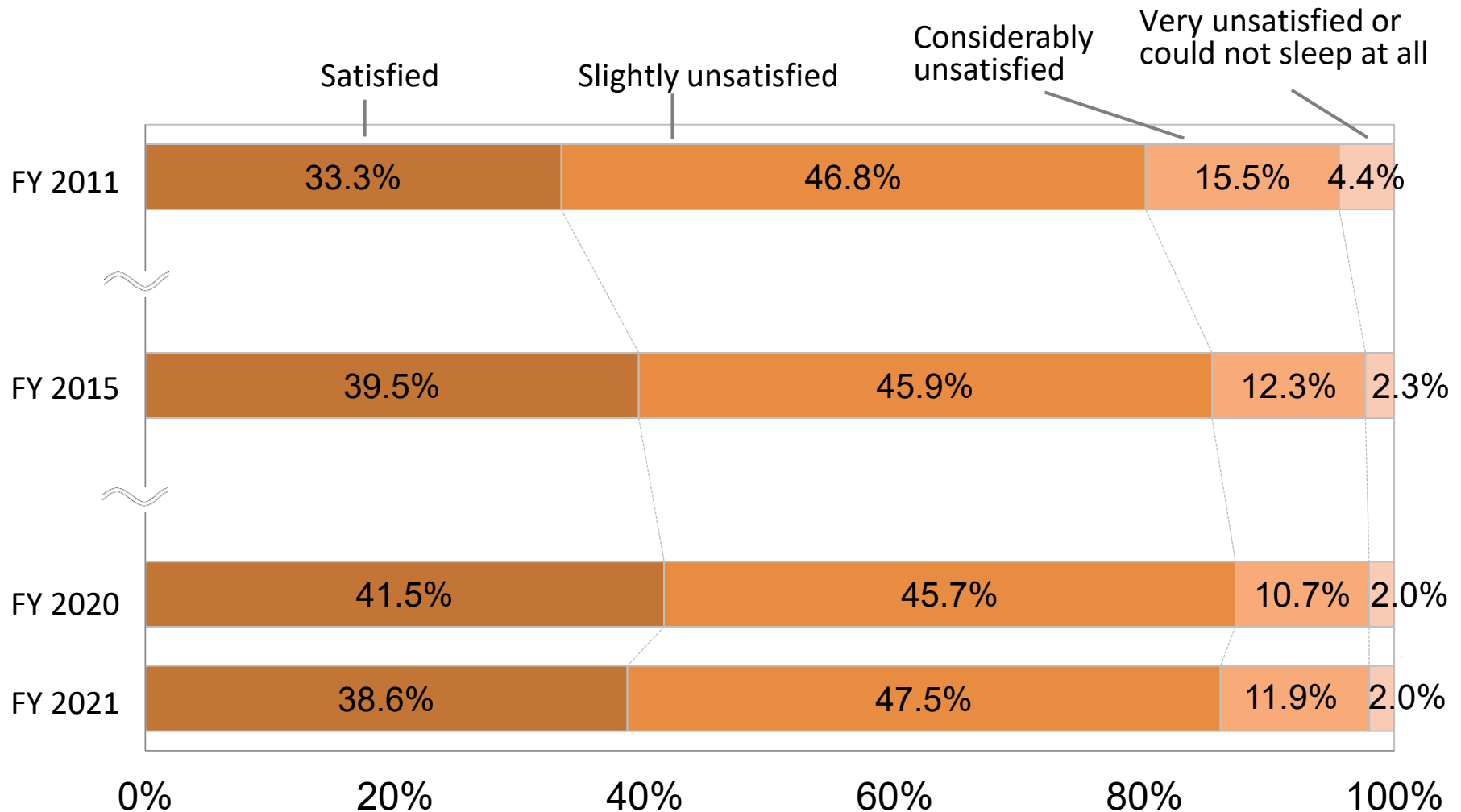
Measurement scale : **K6\***

\* Respondents reply to each question of a 6-item questionnaire concerning their depression and anxieties with a score from zero to four. When the total is 13 points or over, a mood disorder or anxiety disorder is suspected.

# Mental Health and Lifestyle Survey: What Has Become Clear (3/5)

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

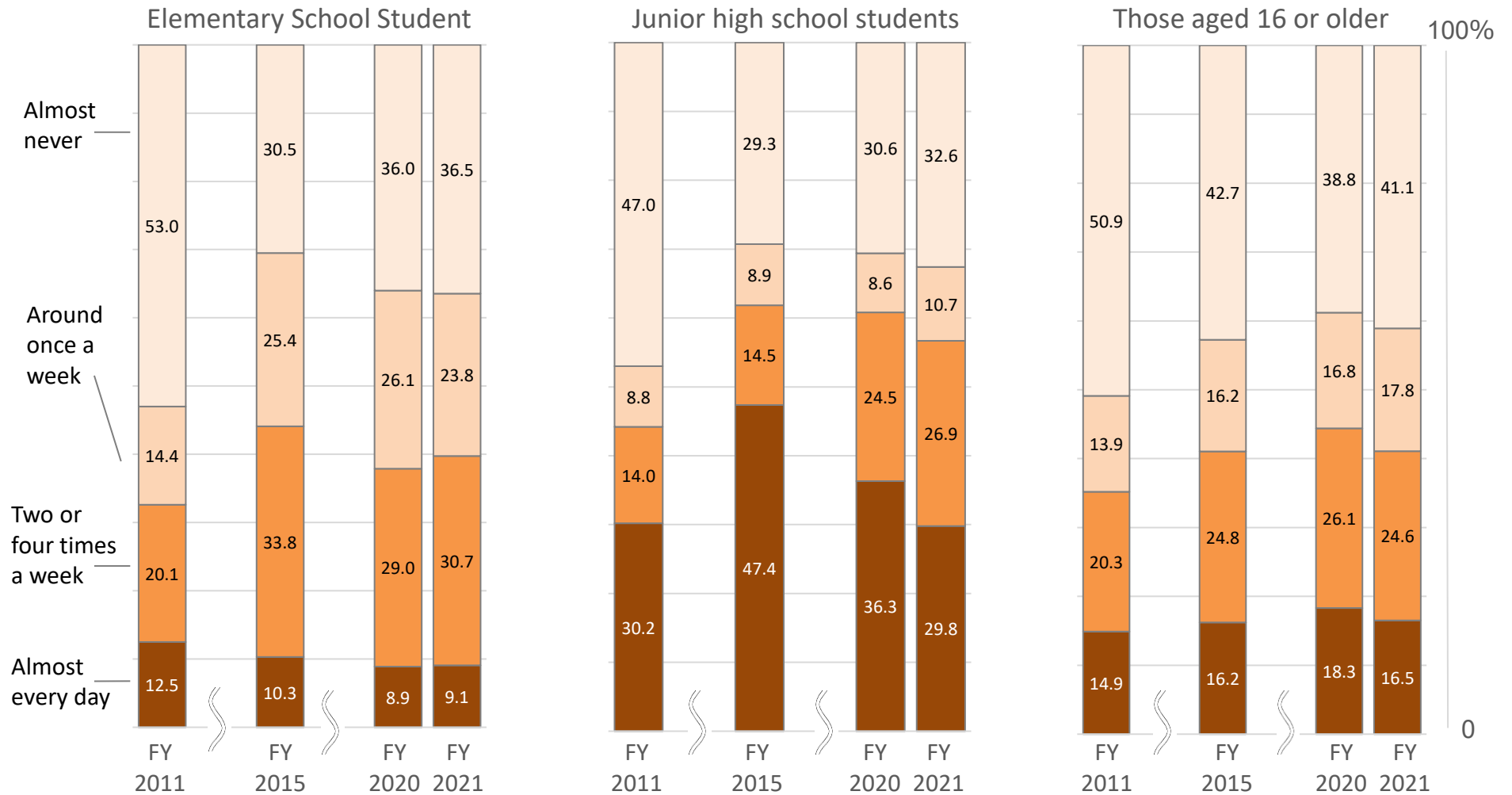
[Levels of satisfaction on sleep during the latest one-month period] Those aged 16 or older



# Mental Health and Lifestyle Survey: What Has Become Clear (4/5)

Latest Survey Results: <https://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 (5/5)

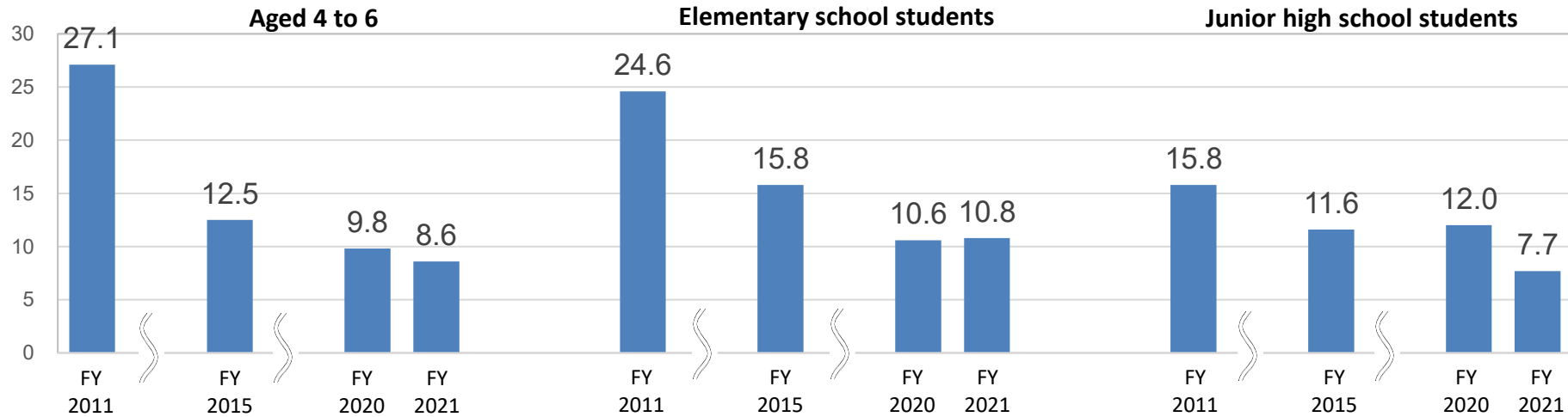
Latest Survey Results: <https://www.pref.fukushima.lg.jp/site/portal/kenkocyoosa-kentoiinkai.html> (in Japanese)

[Children's mental health conditions]

Percentages of children considered to require support (by sex)

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

(%) **Boys**



(%) **Girls**

