

The implementation status of the Mental Health and Lifestyle Survey

Reported on 25 December 2014

1. FY 2013 Survey response and status of support (as of Oct 31st, 2014)

1.1 Response state

Number of responses and response rate

Category	Number of people	Number of responses	Response rate
Children	26,513	9,495	35.8%
General	185,859	46,386	25.0%
Total	212,372	55,881	26.3%

1.2 Response results (tentative)

Refer to the separate sheet “2013 Mental Health and Lifestyle Survey’ debrief report (tentative).”

1.3 Status of support

1.3-1 Support by phone calls

From the responses, we determine individuals who we assume require support, and clinical professionals such as clinical psychologists, public health nurses, and nurses call them to provide support in order to resolve issues regarding mental health and lifestyle habits.

A) Scale of support

Category	Number of people in need of support ¹	Required support rate	Number of correspondence ²	Correspondence rate	Number of people who received support ³	Support completion rate
Children	449	4.7%	449	100%	398	88.6%
General	3,018	6.5%	3,018	100%	2,652	87.9%
Total	3,467	6.2%	3,467	100%	3,050	88.0%

1) Number of people who require support

Children : Individuals who score 20 points or more on SDQ (regarding children’s emotion and action).

General Public : Individuals who score 13 points or more on K6 (Overall mental status) and score 50 points or more on PCL (Trauma reaction), or those who score 17 points or more on K6 regardless of PCL score.

Number of people who require support: Those who were deemed to require support by Oct 31st.

2) Number of correspondences

Those to whom at least one phone call has been made (including unanswered phone calls) according to response content, and those who have not listed their phone number on the survey.

3) Number of supported people

Those for whom support has been completed. These also include people for whom support has been completed via written document (refer to “B. Written support”).

B) Support by items other than scale

Category	Number of people in need of support ¹	Required support rate	Number of correspondences ²	Correspondence rate	Number of people who received support ³	Support completion rate
Children	39	0.4%	39	100%	37	94.9%
General	820	1.8%	820	100%	722	88.0%
Total	859	1.5%	859	100%	759	88.4%

2) 3) Refer to A) above

4) Number of people who require support

Individuals that were determined to have higher level emergencies among those who require support based on the contents of free response and those shown on the margins of the survey.

Those who have conditions such as high blood pressure and diabetes who are not currently attending a hospital as an outpatient with a BMI level of 27.5 or above and have experienced a 3kg or above body weight increase (“General public”).

Those with conditions such as high blood pressure and diabetes who are currently not attending a hospital as an outpatient, while drinking 3 go (around half a liter) of alcohol daily (“General public”).

Number of people who require support: Those who were determined to require support by Oct 31st.

1.3-2 Written support

As a consultation counter, we have sent a situation confirmation document with a post card enclosed for reply in order to confirm the current health status and the necessity of phone consultation as well as to provide information regarding the mental health and lifestyle habits survey hotline.

A) Support by scale: Support is provided to individuals whose SDQ, K6, and PCL values go above the reference values in previous studies (SDQ: 16, K6:13, PCL: 44) and who do not fall within those intended for phone support.

Category	Number of people who will receive a situation confirmation document	Number of responses	Response rate	Number of people who require phone support ⁵	Phone support	Support completion rate
Children	634	267	42.1%	26	21	80.8%
General	5,113	2,002	39.2%	462	441	95.5%
Total	5,747	2,269	39.5%	488	462	94.7%

5) Number of people who require phone support

Those who request phone consultation and those that were determined to require phone support based on content written in space for correspondence.

B) Support for individuals who apply to the criteria below in terms of items other than the scale and who do not fall under those mentioned above who require support.

Support criteria :

1. Individuals who have not consulted necessary medical institutions.
2. Individuals who are not satisfied with the quality of sleep, are less active and feel depressed during the day and have not received medical consultation.
3. Individuals with lower urgency levels among those who have been determined to require support based on free responses and contents included in the margin of page.

Category	Number of people who will receive a situation confirmation document	Number of responses	Response rate	Number of people who require phone support ⁵	Number of support cases	Support completion rate
Children	108	45	41.7%	9	9	100%
General	2,433	1,024	42.1%	133	121	91.0%
Total	2,541	1,069	42.1%	142	130	91.5%

5) Refer to A) above

1.3-3 Support provided in coordination with municipalities

Situations of individuals who were determined to require continuous support are shared with municipalities. For continuous support, municipalities coordinate with the Fukushima Kokoro no Care Center (Fukushima Mental Health Care Center) as necessary based on the judgment of each municipality.

Number of cases handed over to municipalities: 61

1.3-4 Other support

We also provide consultation to individuals who directly call the mental health and lifestyle habits survey hotline.

Support provided upon request: 25

1.4 Future policies regarding support

Among individuals that are subject to telephone support and written support, those who were not able to receive phone support will instead receive an information pamphlet.

For CAGE (question items regarding alcohol intake), a pamphlet regarding alcohol intake will be sent to individuals who correspond to 2 items or more but do not meet the criteria mentioned above for requiring support.

2. The results of interview survey (general public) FY 2013

In succession of FY 2012, in order to establish a support structure to provide support regarding mental health and lifestyle habits, we have conducted an interview survey among 38 people who have responded to the FY 2012 survey and 13 people who have been examined at psychiatric organizations.

As a result, the validity of PCL points (50 points and above) that are part of the current phone support criteria has been confirmed. In addition, the points that require attention for phone support were clarified based on comprehensive judgment.

3. The implementation plan for the FY 2014 survey

3.1 The approach for the FY 2014 survey

During the three-year period from FY 2011 to FY 2013, we have conducted a detailed factual investigation regarding the mental health and lifestyle habits of residents.

For the FY 2014 survey, we eliminated half of the original question items for the aim of improving the response rate by lightening the burden of respondents, and also in order to narrow down question items to those directly connected to care. Furthermore, in order to reflect the feedbacks from the actual support operations, we have added the most requested question items from 13 municipalities.

3.2 Objective

Based on the survey results from FY 2011 to FY 2013, we shall continue to monitor the transition of mental health and lifestyle habits and provide support.

Furthermore, as mentioned above, we shall provide more effective care to residents by narrowing items down to those directly related to support.

3.3 Questionnaire survey

3.3-1 Group : Residents (around 210 thousand people) of the evacuation area (as of the time of mailing of the FY 2011 questionnaire survey)

3.3-2 Methods : Questionnaire surveys (self-administering or response by guardian) were distributed by postal mail.

3.3-3 Categories

Category	Targets	Response format
General public	Those born before April 1 st 1999	self-administering
Middle school students	Those born between April 2 nd 1999 and April 1 st 2002	Response by guardian (partially self-administering)
Elementary school students	Those born between April 2 nd 2002 and April 1 st 2008	Response by guardian
Ages 4-6	Those born between April 2 nd 2008 and April 1 st 2011	Response by guardian
Ages 0-3	Those born between April 2 nd 2011 and April 1 st 2014	Response by guardian

3.3-4 Main survey items

- The current mental and physical health status
- Lifestyle habits (Diet, sleep, smoking, exercise, etc.)
- Recent behavior
- Current living situation, human relations (“general public”)

3.3-5 Mailing period : To be mailed out sequentially starting from the end of January 2015

3.3-6 Correspondence after the survey

- Doctors from the Medical University will evaluate and analyze the response contents. Those who were deemed to require consultation and support based on their mental health and lifestyle habits will receive phone support by a mental health support team composed of professionals such as clinical psychiatrists, nurses and public health nurses.
- Those determined to require an examination by a doctor based on services such as phone consultation, will be introduced to “Registered doctors (※Refer to the next item “4 Registered doctors”) of a medical institution within the prefecture. Furthermore, if continuous support is required, we shall consider and provide the

required support in coordination with the municipalities in the evacuation areas. In this regard, if the individual is determined to require mental care visits, we shall provide further support in coordination with Fukushima Kokoro no Care Center.

- If an individual is determined to require further mental health care by a specialist based on the judgment of a registered doctor, the Medical University will take action (regular medical practice). Specifically, children will receive support from the Kodomo no Kokoro Shinryo Center (Children’s mental consultation center), while adults will receive support from the psychosomatic department.
- We shall provide support by a radiation health consultation team composed of instructors from the Medical University in cases where the mental health support team receives consultations regarding radiation and it is determined that support from applicable medical specialists are required. Furthermore, among the health consultations caused by the effect of radiation, if direct examination is required, we shall consider providing support by medical specialists.

3.4 Questionnaire survey sheet (draft) (Refer to separate document)

3.5 Schedule

Year/months Implementation items		2014		2015		
		Oct-Dec		Jan	Feb	Mar
Questionnaire survey	Printing and sending out questionnaires			▶		
	Collecting and inputting data of questionnaires				▶	
Consultation/support		▶				

4. Registered doctor

4.1 Definition

A doctor who is assigned in cases where an individual is determined to require examination by medical specialists such as psychiatrists and pediatricians based on results of the survey regarding mental health and lifestyle habits.

4.2 Requirements for registration

Must have followed lecture courses hosted or accredited by the Medical University.

4.3 Number of registered doctors (as of Oct 31st 2014)

143 doctors (from 83 medical institutions)

【Reference documents】 Regarding the distribution of reference points in the FY 2013 survey

Children

Items [Reference points]	Distribution in previous research	Definitive value for the 2011 survey As of Oct 31 st 2012 Number of valid responses (14,209)	Definitive value for the 2012 survey As of Oct 31 st 2013 Number of valid responses (8,988)	Tentative value for the 2013 survey As of Oct 31 st 2014 Number of valid responses ⁴ (7,784)
SDQ (children's emotions and behavior) [16 points or more]	9.5% ¹	21.2%	15.4%	14.2% ⁴

General public

Items [Reference points]	Distribution in previous research	Definitive values for the 2011 survey As of Oct 31 st 2012 Number of valid responses (K6 : 59,807) (PCL : 60,704)	Definitive values for the 2012 survey As of Oct 31 st 2013 Number of valid responses (K6 : 45,229) (PCL : 43,743)	Tentative values for the 2013 survey As of Oct 31 st 2014 Number of valid responses ⁴ (K6 : 38,069) (PCL : 38,161)
K6 (Generic assessment of mental health) [13 points or more]	3.0% ²	14.6%	11.7%	9.7% ⁴
PCL (trauma reactions) [44 points or more]	20.1% ³	21.6%	17.4%	15.9% ⁴

- 1) Children of ages 4-12 in regional communities of Japan
Matsuishi T, et al. (2008) Scale properties of the Japanese version of the Strengths and Difficulties Questionnaire (SDQ): a study of infant and school children in community samples. *Brain & Development*. 30: 410-415.

- 2) Local residents in Japan
Kawakami N, distribution and related factors of mental health conditions based on the nationwide K6 questionnaire survey.
The 2006 Health Labour Sciences Research Grant (Research on Applied Use of Statistics and Information). Research on the consideration of a system that understands and analyzes statistical information regarding the health condition of citizens from a household perspective. Divided research document
- 3) Frequency among rescue, recovery and cleanup workers after the 2001 World Trade Center Terrorist Attack in New York City, the United States.
Stellman JM, et al. (2008) Enduring mental health morbidity and social function impairment in World Trade Center rescue, recovery, and cleanup workers: the psychological dimension of an environmental health disaster. *Environmental Health Perspectives*. 116(9): 1248–1253.
- 4) Since these are tentative values, they may differ from definitive values that will be reported later.