

Progress Report of Mental Health and Lifestyle Survey

Reported on 18 May 2015

Report of the FY 2014 Survey as of 31 March 2015

1. Responses

Number of responses and response rate

	Number of Participants	Responses	Response rate
Children	25,872	6,072	23.5%
Adults	186,875	40,574	21.7%
Total	212,747	46,646	21.9%

2. Support

2.1 Telephone counseling sessions

Clinical psychiatrists, public health nurses and other professionals provide phone counseling sessions to respondents who were assessed to require support for mental health or lifestyle problems.

(A) Support based on scale scores

	Participants requiring support ¹	Proportion ²	Contact attempts to date ³	Proportion	Counseling sessions completed	Proportion
Children	241	4.5%	164	68.0%	111	46.1%
Adults	963	3.2%	569	59.1%	364	37.8%
Total	1,204	3.4%	733	60.9%	475	39.5%

1) Number of participants who were assessed to require support as of 31 March

- Children with SDQ (Strength and Difficulties Questionnaire) score ≥ 20
- Adults with K6 (general mental health conditions) score ≥ 17

2) Number of respondents, who were assessed by 31 March to require support, as a percentage of a total of 35,103 entered responses (5,300 children and 29,803 adults)

3) Including respondents who could not be reached for telephone support due to absence, or who did not provide their phone numbers

(B) Support based on items other than scales

	Participants requiring support ⁴	Contact attempts to date ³	Proportion	Counseling sessions completed	Proportion
Children	7	6	85.7%	6	85.7%
Adults	50	37	74.0%	32	64.0%
Total	57	43	75.4%	38	66.7%

4) Number of participants who were assessed to require support as of 31 March

- Adults with a previous history of hypertension or diabetes who have not received treatment with a BMI ≥ 27.5 or who consume, on average, ≥ 540 ml alcoholic drinks per day
- Children and adults who were identified based on the content of free-answer questions and in urgent need of support