

Prevalence of Depression among Public Officers Working in Disaster Area

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Difficulties of public officers working in Fukushima

- ▶ Continuous overwork
- ▶ Delayed rehabilitation process
- ▶ Exposure to residents' anger or complaints
- ▶ Unclear future prospect
- ▶ Separation or evacuation of their own families

Purpose

- ▶ To identify prevalence rates of psychiatric disorders among public officers working in the disaster area in Fukushima
- ▶ To identify the factors effecting their mental health conditions
- ▶ To consider effective care network or system for them

Participants and procedure

- ▶ Participants: All the staff working for a public office in a town located in the costal area 30 km far from the Fukushima Daiichi Nuclear Power Plant (n =92)
- ▶ Investigation period: 20th -24th January, 2014
- ▶ Assessment tools
 - ▶ Self-rating scales: K6, IESR
 - ▶ Structured Interview: MINI interview
 - ▶ All interviews were performed by psychiatrists trained enough

K6: Kessler 6 items questionnaire (screening for depression)

IESR: Impact of Event Scales revised version (screening for PTSD)

MINI: Mini-International Neuropsychiatric Interview to diagnose psychiatric disorders

We obtained informed consents from all the participants

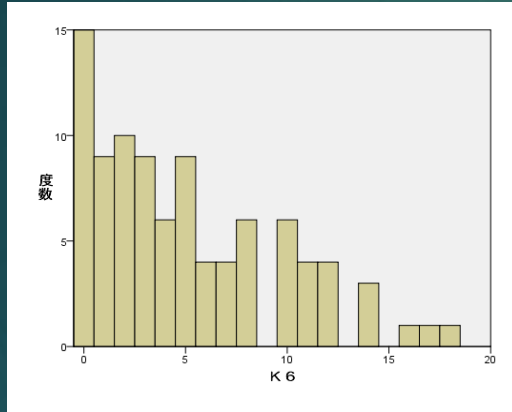
Results of characteristics

All participants N=92

Number of males	69
Number of females	23
Mean age (SD)	41.4(12.6)
Mean service years (SD)	14.6 (12.4)

Results of the self-rating scales(n=92)

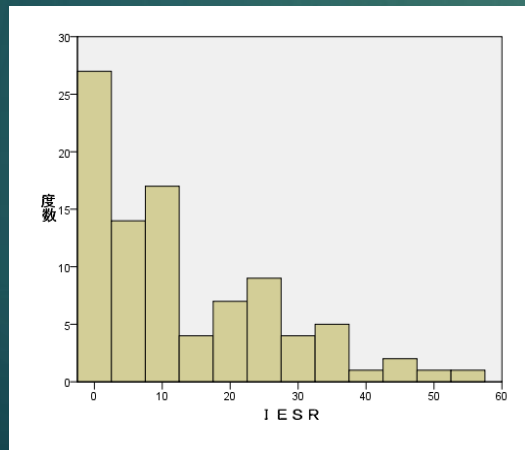
▶ K6



Mean score (SD) 5.1 (4.6)

Participants above cut-off point: 6 (6.5%)

▶ IESR



Mean score (SD) 13.0 (13.5)

Participants above cut-off point: 28 (30.4%)

Results of MINI interviews

▶ Current Prevalence rate (n=92)

diagnosis	N (%)
Major depressive episode	14 (15.2)
Panic disorder	2 (2.2)
PTSD	0 (0)
At risk of suicide	8 (8.7)

* We provided brief psychoeducation for participants at risk of depression or suicide, and recommended them to receive psychiatric treatment. As a result, 14 participants were recommended and 6 visited psychiatric clinics soon after the examination.

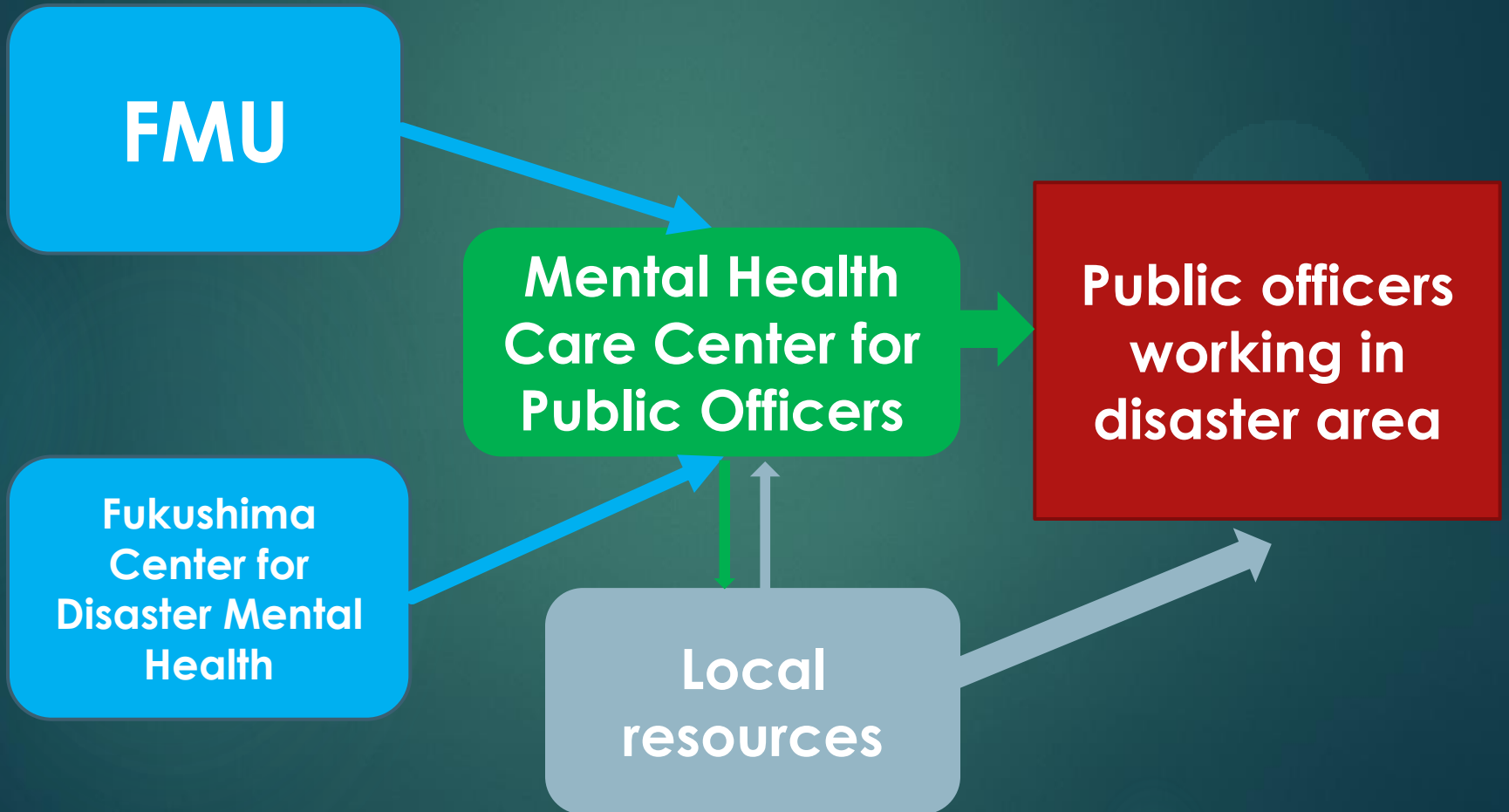
Discussion

- ▶ The current prevalence rates of depression is extremely high as 15.2%.
- ▶ The possible reasons for such high prevalence rates are as follows:
 - ①The participants had been working in unclear situation and could hardly have hopeful future plan.
 - ②They exposed strong anger and aggression of residents. They actually had traumatic memories regarding the contact with the residents rather than the earthquake, Tsunami and explosion of the plant.
 - ③Many of them were also evacuees.

Future tasks

- ▶ We should investigate mental health conditions of other public officers working for the disaster area.
- ▶ Based on the assumption that the participants of this study are the representative of the public officers working in disaster area, we should establish mental health care network for them.

Our proposal



Thank you!