

Fukushima Health Management Survey Mental Health and Lifestyle Survey



Fukushima Prefecture
Fukushima Medical University

Notice to Guardians of Pre-primary & Primary School Students

The Fukushima Prefectural Government has commissioned Fukushima Medical University to conduct "Mental Health and Lifestyle Survey" as part of Fukushima Health Management Survey.

This survey is being distributed to **residents from the evacuation zones designated by the national government**, specifically:

- ① **Pre-primary children born between April 2, 2004 and March 10, 2011 and their guardians**
- ② **Children born between April 2, 1998 and April 1, 2004 who were enrolled in primary school at March 11, 2011, and their guardians**

The survey contains questions about your child's emotional and physical condition since the disaster, so that we may provide support for their mental and physical well-being. It is our hope that, by addressing the anxiety and stress experienced by children since the disaster, they will be able to live their lives with a sense of security. The survey results will also be used to establish a pediatric psychological support system in order to provide children living in Fukushima with greater peace of mind in the future.

After collection of the questionnaire

- ① You may be contacted by 'Mental Health Support Team', which is staffed by clinical psychologists, nurses, and public health nurses, if you or your child is deemed to require psychological support based on your responses.
- ② The Team may also respond to your telephone queries when specialized support is needed.
- ③ If the care of a qualified physician is deemed necessary, we will recommend a registered doctor in your local area.

We look forward to your cooperation in completing the questionnaire so that we may help all children in Fukushima to lead a healthier and more secure life.

If you have any questions about this survey, please contact Radiation Medical Science Center at the telephone number listed below.

Have you submitted Fukushima Health Management Survey questionnaire booklet?

This survey **collects important basic data for monitoring the long-term health of Fukushima residents** and the data will be used for estimating individual radiation exposure levels. Please be sure to complete the questionnaire and return it to us.



Queries:

- ◆ For questions about '**Mental Health and Lifestyle Survey**', please contact:
Radiation Medical Science Center, Fukushima Medical University
Tel: 024-549-5170 (9:00 a.m. – 5:00 p.m., Mon–Fri; closed on weekends & public holidays).