

Fukushima health Management Survey

Mental Health and Lifestyle Survey



Fukushima Prefecture

Fukushima Medical University

Notice to Junior High School Students & their Guardians

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

This survey is being distributed to **residents from the evacuation zones designated by the national government who were born between April 2, 1995 and April 1, 1998 (i.e. children of junior high school age at March 11, 2011).**

The survey questionnaire contains questions about your emotional and physical condition since the disaster, so that we can provide support for your mental and physical well-being. It is our hope that, by addressing the anxiety and stress you have experienced since the disaster, you will be able to live your life with a sense of security. The survey results will also be used to establish a psychological support system in order to provide Fukushima residents with greater peace of mind in the future.

The questionnaire booklet contains two sections: one to be filled out by junior high school students and the other to be filled out by their legal guardian.

After collection of the questionnaire

- ① You may be contacted by the 'Mental Health Support Team', which is staffed by clinical psychologists, nurses, and public health nurses, when psychological support is deemed necessary 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 assist you in leading a healthier, more secure life in Fukushima.

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).