

2011

## Fukushima Health Management Survey Mental Health and Lifestyle Survey (for Children③)

The nuclear accidents accompanying the recent earthquake and tsunami have caused a great deal of anxiety and stress, with many people forced to lead dramatically altered lifestyles in evacuation shelters and temporary housing.

Fukushima Health Management Survey aims to assess the physical and mental condition of residents from the evacuation zone in order to facilitate appropriate health care in the future.

This questionnaire booklet is being distributed to children born between April 2, 1995 and April 1, 1998 (i.e. children of junior high school age at March 11, 2011).

Any personal information that you provide in this questionnaire will be used by Fukushima Prefecture to administer health care and may also be shared with your local municipal government where necessary, with findings reported only as part of an aggregate analysis. Personal information will only be disclosed in a manner that protects your identity.

Questions 1-5 of this questionnaire should be filled out by the child after obtaining the signed consent of a parent or legal guardian in the signature section on the next page.

Question 6 onwards should be completed by the child's parent or legal guardian.

Any personal information that you provide in this questionnaire will be used by Fukushima Prefecture to administer health care and may also be shared with your local municipal government where necessary, but will only be disclosed in a manner that protects your identity.

### Fukushima Medical University Fukushima Prefecture

#### Please fill out all of the items below, and

place a tick (🗸) in the approp	riate hov			
place a dex (		Date (YY/M	M/DD): 2012/	/
Who will fill out the parent/legal gua	urdian saction of this			') in the relevant
box below.	indian section of this	questionnai	ie: Flace a tick (V	) iii tile relevalit
	ν <b>Γ</b> -41			
	Father			
	Other (			_)
Child's name			Sex: ₁□ Male	$_2\square$ Female
			<u> </u>	
Parent/legal guardian's name:			Relationship:	
Child's date of birth (YY/MM/DD):	//			
Signed consent of parent/legal guardian:				
Signature:			/Alian Danistustian	
Registered address on March 11, 2011 ad Same as questionnaire mailing addres	•		Allen Registration:	
	-	1)		
Metropolis/				
Circuit Prefecture	Ward/ City	Ward/ Town		
<u> </u>	- · · ·	Village		
	Name & No.			
Current address: 1 Same as questionn				avinad)
2□ Same as Certificate	e of Residence/Affeit i	Registration a	udress (address not re	quired)
Metropolis/		Ward/		
Circuit Prefecture	Ward/	Town		
	City	Village		_
Apartment N	Name & No			
Intended new address (fill out this sectio	n if you know your ne	ew address):		
<del>-</del> -				
Metropolis/		Ward/		
Circuit Prefecture	Ward/ City	Town Village		
Apartment Name & No				
Scheduled moving date (YY/MM/DD):	/ /			
Contact details (these details are requ	ired so that a survey	y officer can	contact you directly	y to confirm any
omissions in the questionnaire).				
Tel:(	(Care of:		)	

Mobile:	_					
Questions 1-6 below should be	filled out	by the child.				
Respondent: ₁□ Yourself 2□	Proxy (R	elationship:				
O1 Describe record common	44 4	of booldh (4° olo (4	• <b>/</b>		4 h h -l)	
Q1. Describe your curre		·			· · · · · · · · · · · · · · · · · · ·	
Very good G		rvormar ₃□			!	
O2 H fold	1	4	- J 4	- <b>:</b> 11	<b>: :</b>	
Q2. Have you felt unwel	in the	<u>past severai da</u> ys	s aue to	o mnes	s or injury, etc.?	
$_{1}\square$ Yes $_{2}\square$ No						
<b>\</b>						
What kind of symptoms have	-	<del>_</del>				
place a double circle (⊚) arou	ind any sy	mptoms that have w	vorsenec	1 since tr	ie disaster.	٠,
a. Sore wrists or ankles	b. Easil	y irritated	(	c. Heada	che	
d. Dizziness	e. Palpi	tations	1	f. Shortn	less of breath	
g. Coughing and/or phlegm	h. Whe	ezing	j	i. Diarrh	ea	
. Constipation	k. Loss	of appetite	]	l. Abdon	ninal/ stomach pain	:
m. Hemorrhoid pain/ bleeding	n. Toot	hache	•	o. Swoll	en/ bleeding gums	
p. Difficulty chewing	q. Itchi	ng (rash, athlete's foot	t etc.)	r. Lower	back pain	
s. Incontinence	t. Swol	len or tired legs	1	u. Diffic	ulty/ pain when urinatin	g
v. Injury such as cut or burn	w. Irreg	gular/ painful menstr	ruation	x. Fractu	re/ sprain/ dislocation	i
y. Other (	)					i
			•••••	•••••		.:
O2 Describe		<b>4</b> ~				
Q3. Describe your sleep	_					
1) How much sleep (included)	ling dayti	me naps) do you get	each da	y on ave	erage?	
About hours		minutes				
2) Do you feel as though y	ou get ade	equate sleep each da	.y?			
	•	-	nadequat	te		
	<i>J</i> - <i>J</i> - <i>L</i>	1 - 3- 2	1			

<b>Q4.</b>	How often do you usually exercise apart from physical education class? (e.g.
	club activities or sports practice). Tick ( ) the relevant box below.

 $_1\square$  Almost every day  $_2\square$  2-4 times/week

 $_{3}\square$  Once/week  $_{4}\square$  Almost never

## Q5. Describe your eating habits. Specifically, how often do you eat/drink the following foods/beverages? Tick ( ) the relevant box below.

Food/be	Frequency	Never	Less than once/week	1-2 times/ week	3-4 times/ week	5-6 times/ week	Daily
Rice		0	1□	2□	3□	4□	5□
Bread		0	1□	2□	3□	4□	5□
Fish (sashimi; cooked/boiled/fried fish, etc.)		0	1□	2□	3□	4□	5□
	Chicken	0	ı□	2□	3□	4□	5□
Meat	Beef, pork,	0	1□	2□	3□	4□	5□
	ham, sausages	0	1□	2□	3□	4□	5□
	Green vegetables (spinach, <i>komatsuna</i> Japanese mustard spinach, <i>nira</i> leek, etc.)	0	1□	2□	3□	4□	5□
Vege-	Red & orange vegetables (tomatoes, carrots, pumpkins, etc.)	0	1□	2□	3□	4□	5□
tables	Light-colored vegetables (Chinese cabbage, cabbage, daikon radish)	0	1□	2□	3□	4□	5□
	Vegetable juice	0	1□	2□	3□	4□	5□
Fruits	Fruits	0	ı□	2□	3□	4□	5□
Fluits	Fruit juice	0	ı□	2□	3□	4□	5□
	Natto fermented soybeans	0	<sub>1</sub> □	2□	3□	4□	5□
Soy	Miso soup	0	ı□	2□	3□	4□	5□
beans	Tofu dishes	0	1□	2□	3□	4□	5□
	Boiled bean dishes	0	1□	2□	3□	4□	5□
Milk	Milk		1□	2□	3□	4□	5□
Soy mil	k	0	1□	2□	3□	4□	5□
Yogurt, lactobacillus drinks		0	1□	2□	3□	4□	5□

Q6. Which of the following di	sasters did you	experience? [	Tick all applicable
boxes.			

 $_1\square$  Earthquake  $_2\square$  Tsunami  $_3\square$  Nuclear reactor accident (heard the explosion)  $_4\square$  None

You have now completed all of your designated questions.

Please give the questionnaire booklet to your parent or guardian for them to complete the remaining questions.

07.	Is vour ch	nild current	lv under:	going treatment f	or any illness	s?
	•	se specify the	·		,	
	₁□ No	<sub>2</sub> □ Yes 1	<b></b>	Name of illness:	)	
Q8.	Has your	child ever b	oeen hosp	oitalized due to ill	lness?	
	If yes, pleas	se specify the	name of th	ne illness.		
	₁□ No	<sub>2</sub> □ Yes	<b></b>	Name of illness:	)	
09.	Has vour	child ever	r underg	one the followin	g medical to	ests?
	-	he applicable			6	
	` ,	••	` ,			
1. C	CT scan					
	$_{1}\square$ No					
	$_2\square$ Yes					
	₃□ Not s	sure				
2. Of	her tests invo	olving the use	of X-rays			
		$\mathcal{E}$	•	r medicine test (scint	igraphy))	
	$_{1}\square$ No					
	$_2\square$ Yes	<b>—</b>		graphy 2 Nuclear:		
	$_3\square$ Not s	ure				
_	. Has your tment?	child ever	undergoi	ne radiation thera	apy as part o	f his/her medical
	ı□ No	<sub>2</sub> □ Yes	<b>→</b> w	/hat illness was he/sh	e treated for? H	ow old was he/she?
	₃□ Not su			bout		years old
(Ir	ndicate each	age if your	A	bout		years old

Indicate each age if your child underwent

more

than

radiotherapy

once

# Q11. Select from "Applies", "Applies somewhat", or "Does not apply" by ticking (☑) the corresponding box.

Please answer all of the questions even if you are not completely confident of your response or if you think the question is nonsensical.

All of the questions relate to your child's behavior over the past 6 months.

Is very concerned about the feelings of others  Is restless and unable to stay still for long periods  Often complains of a headache, sore stomach, or feeling unwell  Often shares possessions (snacks, toys, pencils, etc.) with other children  Often loses his/her temper or throws a tantrum  Likes being alone and often plays by him/herself  Is obedient and generally does what he/she is told  Worries a lot and is always anxious  Willingly tries to help when someone is unhappy, depressed, or bothered  Is constantly fidgety and nervous  Has at least one good friend  Often argues with or teases other children  Often feels dejected or on the verge of tears  Is generally well-liked by other children  Is la seaily distracted and unable to concentrate  Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  Is kind towards younger children  Is kind towards younger children  Is la teased or ridiculed by other children  Often talks back to adults  Is capable of thinking carefully before acting  Is mean towards others			Applies	Applies somewhat	Does not apply
Often complains of a headache, sore stomach, or feeling unwell  Often shares possessions (snacks, toys, pencils, etc.) with other children  Often loses his/her temper or throws a tantrum  Likes being alone and often plays by him/herself  Is obedient and generally does what he/she is told  Worries a lot and is always anxious  Willingly tries to help when someone is unhappy, depressed, or bothered  Is constantly fidgety and nervous  Has at least one good friend  Often argues with or teases other children  Often feels dejected or on the verge of tears  Is generally well-liked by other children  Is easily distracted and unable to concentrate  Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  Is kind towards younger children  Often talks back to adults  Is teased or ridiculed by other children  Often willingly helps others (parents, teachers, other children etc.)	1	Is very concerned about the feelings of others			
4 Often shares possessions (snacks, toys, pencils, etc.) with other children  5 Often loses his/her temper or throws a tantrum  6 Likes being alone and often plays by him/herself  7 Is obedient and generally does what he/she is told  8 Worries a lot and is always anxious  9 Willingly tries to help when someone is unhappy, depressed, or bothered  10 Is constantly fidgety and nervous  11 Has at least one good friend  12 Often argues with or teases other children  13 Often feels dejected or on the verge of tears  14 Is generally well-liked by other children  15 Is easily distracted and unable to concentrate  16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  17 Is kind towards younger children  18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)	2	Is restless and unable to stay still for long periods			
5 Often loses his/her temper or throws a tantrum 6 Likes being alone and often plays by him/herself 7 Is obedient and generally does what he/she is told 8 Worries a lot and is always anxious 9 Willingly tries to help when someone is unhappy, depressed, or bothered 10 Is constantly fidgety and nervous 11 Has at least one good friend 12 Often argues with or teases other children 13 Often feels dejected or on the verge of tears 14 Is generally well-liked by other children 15 Is easily distracted and unable to concentrate 16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation 17 Is kind towards younger children 18 Often talks back to adults 19 Is teased or ridiculed by other children 20 Often willingly helps others (parents, teachers, other children etc.)	3	Often complains of a headache, sore stomach, or feeling unwell			
Likes being alone and often plays by him/herself  Is obedient and generally does what he/she is told  Worries a lot and is always anxious  Willingly tries to help when someone is unhappy, depressed, or bothered  Is constantly fidgety and nervous  Has at least one good friend  Often argues with or teases other children  Soften feels dejected or on the verge of tears  Is generally well-liked by other children  Seasily distracted and unable to concentrate  Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  Is kind towards younger children  Soften talks back to adults  Soften talks back to adults  Soften willingly helps others (parents, teachers, other children etc.)	4	Often shares possessions (snacks, toys, pencils, etc.) with other children			
7 Is obedient and generally does what he/she is told 8 Worries a lot and is always anxious 9 Willingly tries to help when someone is unhappy, depressed, or bothered 10 Is constantly fidgety and nervous 11 Has at least one good friend 12 Often argues with or teases other children 13 Often feels dejected or on the verge of tears 14 Is generally well-liked by other children 15 Is easily distracted and unable to concentrate 16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation 17 Is kind towards younger children 18 Often talks back to adults 19 Is teased or ridiculed by other children 20 Often willingly helps others (parents, teachers, other children etc.) 21 Is capable of thinking carefully before acting	5	Often loses his/her temper or throws a tantrum			
8 Worries a lot and is always anxious 9 Willingly tries to help when someone is unhappy, depressed, or bothered 10 Is constantly fidgety and nervous 11 Has at least one good friend 12 Often argues with or teases other children 13 Often feels dejected or on the verge of tears 14 Is generally well-liked by other children 15 Is easily distracted and unable to concentrate 16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation 17 Is kind towards younger children 18 Often talks back to adults 19 Is teased or ridiculed by other children 20 Often willingly helps others (parents, teachers, other children etc.) 21 Is capable of thinking carefully before acting	6	Likes being alone and often plays by him/herself			
9 Willingly tries to help when someone is unhappy, depressed, or bothered	7	Is obedient and generally does what he/she is told			
10 Is constantly fidgety and nervous	8	Worries a lot and is always anxious			
11 Has at least one good friend	9	Willingly tries to help when someone is unhappy, depressed, or bothered			
12 Often argues with or teases other children  13 Often feels dejected or on the verge of tears  14 Is generally well-liked by other children  15 Is easily distracted and unable to concentrate  16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  17 Is kind towards younger children  18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)  21 Is capable of thinking carefully before acting	10	Is constantly fidgety and nervous			
13 Often feels dejected or on the verge of tears  14 Is generally well-liked by other children  15 Is easily distracted and unable to concentrate  16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  17 Is kind towards younger children  18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)  21 Is capable of thinking carefully before acting	11	Has at least one good friend			
Is generally well-liked by other children  Is easily distracted and unable to concentrate  Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  Is kind towards younger children  Often talks back to adults  Is teased or ridiculed by other children  Often willingly helps others (parents, teachers, other children etc.)  Is capable of thinking carefully before acting	12	Often argues with or teases other children			
15 Is easily distracted and unable to concentrate  16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  17 Is kind towards younger children  18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)  21 Is capable of thinking carefully before acting	13	Often feels dejected or on the verge of tears			
16 Often clings to his/her parent/guardian or loses confidence when faced with an unfamiliar situation  17 Is kind towards younger children  18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)  21 Is capable of thinking carefully before acting	14	Is generally well-liked by other children			
with an unfamiliar situation  17 Is kind towards younger children  18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)  21 Is capable of thinking carefully before acting	15	Is easily distracted and unable to concentrate			
17 Is kind towards younger children □ □   18 Often talks back to adults □ □   19 Is teased or ridiculed by other children □ □   20 Often willingly helps others (parents, teachers, other children etc.) □ □   21 Is capable of thinking carefully before acting □ □	16	Often clings to his/her parent/guardian or loses confidence when faced			
18 Often talks back to adults  19 Is teased or ridiculed by other children  20 Often willingly helps others (parents, teachers, other children etc.)  21 Is capable of thinking carefully before acting		with an unfamiliar situation			
19 Is teased or ridiculed by other children   20 Often willingly helps others (parents, teachers, other children etc.)   21 Is capable of thinking carefully before acting	17	Is kind towards younger children			
20 Often willingly helps others (parents, teachers, other children etc.)   21 Is capable of thinking carefully before acting	18	Often talks back to adults			
21 Is capable of thinking carefully before acting	19	Is teased or ridiculed by other children			
	20	Often willingly helps others (parents, teachers, other children etc.)			
22 Is mean towards others	21	Is capable of thinking carefully before acting			
	22	Is mean towards others			
23 Gets along better with adults than with other children	23	Gets along better with adults than with other children			
24 Is timid and easily frightened	24	Is timid and easily frightened			
25 Continues a task to completion and has good concentration	25	Continues a task to completion and has good concentration			

This completes the questionnaire. Please return the questionnaire booklet in the envelope provided return.

Queries
For questions on how to request or fill out the questionnaire booklet, please contact:
Radiation Science Medical Center, Fukushima Medical University
Tel: 024-549-5170 (Office hours: 9:00 a.m 5:00 p.m.)



### Fukushima Health Management Survey



Fukushima Medical University