

# Fukushima Health Management Survey Mental Health and Lifestyle Survey



Fukushima Prefecture  
Fukushima Medical University

## Notice to Residents of Fukushima Prefecture

The Fukushima Prefectural Government is currently conducting Fukushima Health Management Survey in response to the accident at the Tokyo Electric Power Company's Fukushima Daiichi Nuclear Power Plant to monitor, maintain, and improve the long-term health of Fukushima residents.

As part of this study, we have commissioned Fukushima Medical University to conduct 'Mental Health and Lifestyle Survey' in order to facilitate appropriate follow-up care, by assessing the psychological and physical health of all residents.

This survey is being distributed to **residents from the evacuation zones designated by the national government who were born on or before April 1, 1995.**

The survey questionnaire contains questions about your emotional and physical condition since the disaster, so that we may 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.

### 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, 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).