

Quality of Life Survey (Internet Survey),

September 28th, 2012
Economic and Social Research Institute, Cabinet Office
Well-Being Study Unit

Q1 Currently, how happy are you? Please score the degree of your happiness between 10 (Very happy) and 0 (very unhappy). Please choose one number (single answer, choose just one)

	TOTAL	0 Very unhappy	1	2	3	4	5	6	7	8	9	10 Very happy
n	10469	183	179	402	733	727	1755	1390	2065	1865	680	490
%	100	1.7	1.7	3.8	7	6.9	16.8	13.3	19.7	17.8	6.5	4.7

Q2 This is a question about your family living in the same house. How do you think how happy your family members are at the moment? Please score the degree of their overall happiness between 10 (Very happy) and 0 (very unhappy). Please choose one number (single answer, choose just one)

	TOTAL	0 Very unhappy	1	2	3	4	5	6	7	8	9	10 Very happy	Do not have family living together
n	10469	73	71	209	424	537	1803	1357	1991	1801	651	386	1166
%	100	0.7	0.7	2	4.1	5.1	17.2	13	19	17.2	6.2	3.7	11.1

Q3 What is your desired condition when 0 is “feeling unhappy all the time”, 5 is “feeling unhappy for half of your time, and feeling happy for half of your time”, and 10 is “feeling happy all the time”. Please score your desired condition. Please choose one number (single answer, choose just one)

	TOTAL	0 Feeling unhappy all the time	1	2	3	4	5 Feeling unhappy for half of your time, and feeling happy for half of your time	6	7	8	9	10 Feeling happy all the time
n	10469	71	40	115	190	280	1512	950	1899	2815	1464	1133
%	100	0.7	0.4	1.1	1.8	2.7	14.4	9.1	18.1	26.9	14	10.8

Q4 What do you think about your happiness level in the future. Please score your expected level of happiness in 5 years. Score 0 if you think your happiness level will remain unchanged. If you think your happiness level will increase in relation to now, please choose the score between +1 and depending on its degree (bigger number means higher level of happiness). If you think your happiness level will decrease, please choose the score between -1 and -5 (smaller number means lower level of happiness). Please choose one number (single answer, choose just one).

	TOTAL	-5 Less happy than now	-4	-3	-2	-1	0 Same happiness level as now	1	2	3	4	5 Happier than now
n	10469	214	104	288	566	965	4012	1268	1175	843	338	696
%	100	2	1	2.8	5.4	9.2	38.3	12.1	11.2	8.1	3.2	6.6

Q5 All things considered, how satisfied are you with your life as a whole these days? Please score your satisfaction between 0 (completely dissatisfied) and 10 (completely satisfied). Please choose one number (single answer, choose just one).

	TOTAL	Household budget	Employment status (stable, employed or not)	Health status	Free time/leisure	Purpose in life such as job, hobby, or social contribution	Family relationships	Relationships with Friends	Relationships at work	Relationships in community	Others
n	10469	7429	4191	6926	5397	4274	6342	3573	1685	1120	279
%	100	71	40	66.2	51.6	40.8	60.6	34.1	16.1	10.7	2.7

Q6 All things considered, how satisfied are you with your life as a whole these days? Please score your satisfaction between 0 (completely dissatisfied) and 10 (completely satisfied). Please choose one number (single answer, choose just one).

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	361	226	427	805	885	1891	1648	1925	1455	533	313
%	100	3.4	2.2	4.1	7.7	8.5	18.1	15.7	18.4	13.9	5.1	3

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(1) I believe that I and those around me are happy

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	365	164	372	800	888	3453	1523	1485	940	232	247
%	100	3.5	1.6	3.6	7.6	8.5	33	14.5	14.2	9	2.2	2.4

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(2) I do not have any major concerns or anxieties

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	1053	418	829	1159	918	1761	1027	1177	1143	492	492
%	100	10.1	4	7.9	11.1	8.8	16.8	9.8	11.2	10.9	4.7	4.7

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(3) I believe that things are going well for me in general, as they are for others around me.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	560	290	631	893	992	2847	1229	1386	1020	358	263
%	100	5.3	2.8	6	8.5	9.5	27.2	11.7	13.2	9.7	3.4	2.5

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(4) I feel I am being positively evaluated by others around me

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	559	257	573	837	924	3081	1386	1320	981	333	218
%	100	5.3	2.5	5.5	8	8.8	29.4	13.2	12.6	9.4	3.2	2.1

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(5) Although it is quite average, I live a stable life.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	343	230	435	607	818	1998	1351	1564	1546	759	818
%	100	3.3	2.2	4.2	5.8	7.8	19.1	12.9	14.9	14.8	7.2	7.8

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(6) I believe that my life is just as happy as that of others around me

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	534	299	551	794	882	2687	1230	1378	1234	466	414
%	100	5.1	2.9	5.3	7.6	8.4	25.7	11.7	13.2	11.8	4.5	4

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(7) I make significant others happy.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	647	288	507	663	846	2423	1268	1366	1335	654	472
%	100	6.2	2.8	4.8	6.3	8.1	23.1	12.1	13	12.8	6.2	4.5

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(8) I believe I have achieved the same standard of living as those around me.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	626	323	538	731	952	2336	1247	1297	1262	574	583
%	100	6	3.1	5.1	7	9.1	22.3	11.9	12.4	12.1	5.5	5.6

Q7 Please indicate how each statement describes you. “0” represents “not at all agree with the statement”, while “10” represents “completely agree with the statement. Choose just one figure and choose it for each question.

(9) I can do what I want without causing problems for others.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 Completely
n	10469	509	263	382	618	777	2247	1384	1482	1405	789	613
%	100	4.9	2.5	3.6	5.9	7.4	21.5	13.2	14.2	13.4	7.5	5.9

Q8 The following question as about how you felt yesterday o a scale from 0 to 10. “0” means you did not experience the emotion “at all” yesterday whole “10” means you experienced the emotion “all the time” yesterday. Please choose one number (single answer, choose just one).

(1) Overall, how happy did you feel yesterday?

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
n	10469	564	256	475	763	730	2493	1371	1521	1276	498	522
%	100	5.4	2.4	4.5	7.3	7	23.8	13.1	14.5	12.2	4.8	5

Q8 The following question as about how you felt yesterday o a scale from 0 to 10. “0” means you did not experience the emotion “at all” yesterday whole “10” means you experienced the emotion “all the time” yesterday. Please choose one number (single answer, choose just one).

(2) Overall, how contented did you feel yesterday?

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
n	10469	530	249	486	734	768	2431	1428	1476	1330	526	511
%	100	5.1	2.4	4.6	7	7.3	23.2	13.6	14.1	12.7	5	4.9

Q8 The following question as about how you felt yesterday o a scale from 0 to 10. “0” means you did not experience the emotion “at all” yesterday whole “10” means you experienced the emotion “all the time” yesterday. Please choose one number (single answer, choose just one).

(3) Overall, how angry did you feel yesterday?

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
n	10469	1619	1239	1346	1139	895	1873	863	633	462	150	250
%	100	15.5	11.8	12.9	10.9	8.5	17.9	8.2	6	4.4	1.4	2.4

Q8 The following question as about how you felt yesterday o a scale from 0 to 10. “0” means you did not experience the emotion “at all” yesterday whole “10” means you experienced the emotion “all the time” yesterday. Please choose one number (single answer, choose just one).

(4) Overall, how sad did you feel yesterday?

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
n	10469	2233	1249	1254	1072	833	1892	660	507	360	160	249
%	100	21.3	11.9	12	10.2	8	18.1	6.3	4.8	3.4	1.5	2.4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(Balance between the average of the first nine answers and second eleven answers; affect balance)

	TOTAL	-3~-2	-2~-1	-1~0	0~1	1~2	2~3
n	10469	118	588	2588	4024	2553	598
%	100	1.1	5.6	24.7	38.4	24.4	5.7

(Right hand side value should be included in the above range, while left hand side value belongs to the range below except -10)

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(1) Proudness

	TOTAL	None	Rarely	Sometimes	Often
n	10469	2684	4495	2814	476
%	100	25.6	42.9	26.9	4.5

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(2)Calm

	TOTAL	None	Rarely	Sometimes	Often
n	10469	517	2600	4829	2523
%	100	4.9	24.8	46.1	24.1

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(3) Sympathy

	TOTAL	None	Rarely	Sometimes	Often
n	10469	436	2651	5343	2039
%	100	4.2	25.3	51	19.5

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(4) Generosity

	TOTAL	None	Rarely	Sometimes	Often
n	10469	646	3254	4972	1597
%	100	6.2	31.1	47.5	15.3

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(5) Peacefulness

	TOTAL	None	Rarely	Sometimes	Often
n	10469	771	3032	4668	1998
%	100	7.4	29	44.6	19.1

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(6) Kindness

	TOTAL	None	Rarely	Sometimes	Often
n	10469	434	2618	5409	2008
%	100	4.1	25	51.7	19.2

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(7) Intimacy

	TOTAL	None	Rarely	Sometimes	Often
n	10469	528	2689	5216	2036
%	100	5	25.7	49.8	19.4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(8) Fulfillment

	TOTAL	None	Rarely	Sometimes	Often
n	10469	1039	3369	4377	1684
%	100	9.9	32.2	41.8	16.1

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(9) Satisfaction

	TOTAL	None	Rarely	Sometimes	Often
n	10469	1077	3411	4369	1612
%	100	10.3	32.6	41.7	15.4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(10) Indebtedness

	TOTAL	None	Rarely	Sometimes	Often
n	10469	2416	4602	2226	1225
%	100	23.1	44	21.3	11.7

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(11) Hopeless

	TOTAL	None	Rarely	Sometimes	Often
n	10469	2916	4327	2036	1190
%	100	27.9	41.3	19.4	11.4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(12) Sadness

	TOTAL	None	Rarely	Sometimes	Often
n	10469	1928	5039	2578	924
%	100	18.4	48.1	24.6	8.8

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(13) Stress

	TOTAL	None	Rarely	Sometimes	Often
n	10469	823	3512	3359	2775

%	100	7.9	33.5	32.1	26.5
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Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(14) Fear

	TOTAL	None	Rarely	Sometimes	Often
n	10469	3945	4235	1689	600
%	100	37.7	40.5	16.1	5.7

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(15) Anxiety

	TOTAL	None	Rarely	Sometimes	Often
n	10469	774	4051	3579	2065
%	100	7.4	38.7	34.2	19.7

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(16) Shame

	TOTAL	None	Rarely	Sometimes	Often
n	10469	2970	4932	1997	570
%	100	28.4	47.1	19.1	5.4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(17) Anger

	TOTAL	None	Rarely	Sometimes	Often
n	10469	1427	4692	3173	1177
%	100	13.6	44.8	30.3	11.2

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(18) Guilt

	TOTAL	None	Rarely	Sometimes	Often
n	10469	3594	4495	1781	599
%	100	34.3	42.9	17	5.7

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(19) Ego

	TOTAL	None	Rarely	Sometimes	Often
n	10469	2546	5335	2166	422
%	100	24.3	51	20.7	4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(20) Jealousy

	TOTAL	None	Rarely	Sometimes	Often
n	10469	4124	4293	1587	465
%	100	39.4	41	15.2	4.4

Q9 In the past few weeks, how often did you have following feelings. Please circle one number (single answer, choose just one).

(21) Frustration

	TOTAL	None	Rarely	Sometimes	Often
n	10469	2383	4573	2437	1076
%	100	22.8	43.7	23.3	10.3

Q10 We now want to ask you some questions about how you feel about yourself and your life. Please use a scale from 0 to 10 to indicate how you feel. Zero means you "did not experience this feeling at all" and 10 mean "agree completely".

Please choose just one from each row.

(1) In general, I feel very positive about myself

	TOTAL	0 did not experience this feeling	1	2	3	4	5	6	7	8	9	10 agree completely
n	10469	423	283	555	934	923	2266	1428	1390	1132	480	655
%	100	4	2.7	5.3	8.9	8.8	21.6	13.6	13.3	10.8	4.6	6.3

Q10 We now want to ask you some questions about how you feel about yourself and your life. Please use a scale from 0 to 10 to indicate how you feel. Zero means you "did not experience this feeling at all" and 10 mean "agree completely".

Please choose just one from each row.

(2) I'm always optimistic about my future.

	TOTAL	0 did not experience this feeling	1	2	3	4	5	6	7	8	9	10 agree completely
n	10469	497	323	607	927	1055	2154	1510	1361	1085	438	512
%	100	4.7	3.1	5.8	8.9	10.1	20.6	14.4	13	10.4	4.2	4.9

Q10 We now want to ask you some questions about how you feel about yourself and your life. Please use a scale from 0 to 10 to indicate how you feel. Zero means you "did not experience this feeling at all" and 10 mean "agree completely".

Please choose just one from each row.

(3) I am free to decide for myself how to live my life.

	TOTAL	0 did not experience this feeling	1	2	3	4	5	6	7	8	9	10 agree completely
n	10469	409	286	518	752	864	2325	1512	1406	1180	571	646
%	100	3.9	2.7	4.9	7.2	8.3	22.2	14.4	13.4	11.3	5.5	6.2

Q10 We now want to ask you some questions about how you feel about yourself and your life. Please use a scale from 0 to 10 to indicate how you feel. Zero means you "did not experience this feeling at all" and 10 mean "agree completely".

Please choose just one from each row.

(4) When things go wrong in my life it generally takes me a long time to get back to normal.

	TOTAL	0 did not experience this feeling	1	2	3	4	5	6	7	8	9	10 agree completely
n	10469	299	221	398	609	787	2396	1634	1648	1301	581	595
%	100	2.9	2.1	3.8	5.8	7.5	22.9	15.6	15.7	12.4	5.5	5.7

Q10 We now want to ask you some questions about how you feel about yourself and your life. Please use a scale from 0 to 10 to indicate how you feel. Zero means you "did not experience this feeling at all" and 10 mean "agree completely".

Please choose just one from each row.

(5) I generally feel that what I do in my life is worthwhile.

	TOTAL	0 did not experience this feeling	1	2	3	4	5	6	7	8	9	10 agree completely
n	10469	509	339	642	903	1055	3060	1454	1121	773	310	303
%	100	4.9	3.2	6.1	8.6	10.1	29.2	13.9	10.7	7.4	3	2.9

Q10 We now want to ask you some questions about how you feel about yourself and your life. Please use a scale from 0 to 10 to indicate how you feel. Zero means you "did not experience this feeling at all" and 10 mean "agree completely".

Please choose just one from each row.

(6) Most days I get a sense of accomplishment from what I do.

	TOTAL	0 did not experience this feeling	1	2	3	4	5	6	7	8	9	10 agree completely
n	10469	632	591	823	1161	1279	2644	1306	968	604	241	220
%	100	6	5.6	7.9	11.1	12.2	25.3	12.5	9.2	5.8	2.3	2.1

Q11 We are now going to ask you about your feeling during the past week. On a scale from 0 to 10, where zero means you felt that way "not at all" during the past week and 10 means you felt that way "all the time".

Please choose just one from each row.

(1) You had a lot of energy.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
n	10469	597	329	687	994	984	2326	1298	1317	1052	412	473
%	100	5.7	3.1	6.6	9.5	9.4	22.2	12.4	12.6	10	3.9	4.5

Q11 We are now going to ask you about your feeling during the past week. On a scale from 0 to 10, where zero means you felt that way "not at all" during the past week and 10 means you felt that way "all the time".

Please choose just one from each row.

(2) You felt calm.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
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n	10469	347	240	510	697	869	2326	1599	1576	1293	547	465
%	100	3.3	2.3	4.9	6.7	8.3	22.2	15.3	15.1	12.4	5.2	4.4

Q11 We are now going to ask you about your feeling during the past week. On a scale from 0 to 10, where zero means you felt that way "not at all" during the past week and 10 means you felt that way "all the time".

Please choose just one from each row.

(3) You felt lonely.

	TOTAL	0 Not at all	1	2	3	4	5	6	7	8	9	10 All the time
n	10469	2201	875	1109	1060	935	1862	802	585	428	217	395
%	100	21	8.4	10.6	10.1	8.9	17.8	7.7	5.6	4.1	2.1	3.8

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10.

Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(1) Standard of living

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	756	338	654	907	841	2189	1310	1451	1239	394	390
%	100	7.2	3.2	6.2	8.7	8	20.9	12.5	13.9	11.8	3.8	3.7

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10.

Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(2) Health

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	478	273	494	836	918	2069	1280	1491	1445	656	529
%	100	4.6	2.6	4.7	8	8.8	19.8	12.2	14.2	13.8	6.3	5.1

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10.

Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(3) What you are achieving in life

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	810	438	743	1016	1068	2662	1244	1097	865	296	230
%	100	7.7	4.2	7.1	9.7	10.2	25.4	11.9	10.5	8.3	2.8	2.2

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10.

Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(4) Personal relationships

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	462	302	534	762	844	2692	1373	1407	1205	495	393
%	100	4.4	2.9	5.1	7.3	8.1	25.7	13.1	13.4	11.5	4.7	3.8

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10.

Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(5) How safe you feel

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	546	338	563	717	879	2356	1292	1461	1311	571	435

%	100	5.2	3.2	5.4	6.8	8.4	22.5	12.3	14	12.5	5.5	4.2
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Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10. Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(6) Feeling part of your community

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	727	448	741	930	1042	3456	1082	917	650	261	215
%	100	6.9	4.3	7.1	8.9	10	33	10.3	8.8	6.2	2.5	2.1

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10. Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(7) Future security

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	961	606	840	1096	1052	2423	1146	1023	824	282	216
%	100	9.2	5.8	8	10.5	10	23.1	10.9	9.8	7.9	2.7	2.1

Q12 The following questions ask how satisfied you feel about specific aspects of your life, on a scale from 0 to 10. Zero means you feel "not at all satisfied" and 10 means "completely satisfied".

Please choose just one from each row.

(8) The amount of time you have to do the things that you like doing

	TOTAL	0 Completely dissatisfied	1	2	3	4	5	6	7	8	9	10 Completely satisfied
n	10469	564	377	530	725	777	1977	1295	1419	1310	662	833
%	100	5.4	3.6	5.1	6.9	7.4	18.9	12.4	13.6	12.5	6.3	8

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(1) Karoshi(death by overwork)

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconcerned	Normally do not feel anxious	Do not feel anxious at all
n	10469	303	1220	1849	3532	3565
%	100	2.9	11.7	17.7	33.7	34.1

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(2) Lonely death

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconcerned	Normally do not feel anxious	Do not feel anxious at all
n	10469	887	2163	2091	2927	2401
%	100	8.5	20.7	20	28	22.9

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(3) Unemployment

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconcerned	Normally do not feel anxious	Do not feel anxious at all
n	10469	1324	2243	2460	2289	2153
%	100	12.6	21.4	23.5	21.9	20.6

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(4) Food safety

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconc	Normally do not feel anxious	Do not feel anxious at all
n	10469	915	3002	3222	2376	954
%	100	8.7	28.7	30.8	22.7	9.1

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(5) Future for children

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconc	Normally do not feel anxious	Do not feel anxious at all
n	10469	1487	2731	2652	1273	2326
%	100	14.2	26.1	25.3	12.2	22.2

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(6) Safety

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconc	Normally do not feel anxious	Do not feel anxious at all
n	10469	727	3195	3226	2389	932
%	100	6.9	30.5	30.8	22.8	8.9

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(7) Natural disasters

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconc	Normally do not feel anxious	Do not feel anxious at all
n	10469	2431	4237	2211	1151	439
%	100	23.2	40.5	21.1	11	4.2

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(8) Radioactive pollutions

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconc	Normally do not feel anxious	Do not feel anxious at all
n	10469	1569	3458	2651	1867	924
%	100	15	33	25.3	17.8	8.8

Q13 How anxious are you for following issues? Please indicate your feeling by choosing one number.

(Please choose just one from each row)

(9) Living expenses for later in life (after retirement)

	TOTAL	Always feel anxious	Sometimes feel anxious	Neither anxious nor unconc	Normally do not feel anxious	Do not feel anxious at all
n	10469	3466	3662	1766	1095	480
%	100	33.1	35	16.9	10.5	4.6

Q14 Do/did you have parenting experiences? If so, how enjoyable do/did you feel parenting?

(Please choose just one)

	TOTAL	I always find/found parenting hard	I rather find/found parenting hard	Neither do I enjoy parenting nor find it hard	I rather enjoy/enjoyed parenting	I always enjoy/enjoyed parenting	I have no parenting experiences.
n	10469	79	552	1606	3403	728	4101
%	100	0.8	5.3	15.3	32.5	7	39.2

Q15 To what extent do you think following institutions can be trusted? Please choose one from each row.

(1) Central government

	TOTAL	Can not be trusted at all	Cannot very be trusted	Neither can nor cannot be trusted	Can be trusted somewhat	Can be trusted
n	10469	2733	3859	3092	739	46
%	100	26.1	36.9	29.5	7.1	0.4

Q15 To what extent do you think following institutions can be trusted? Please choose one from each row.

(2) Local government

	TOTAL	Can not be trusted at all	Cannot very be trusted	Neither can nor cannot be trusted	Can be trusted somewhat	Can be trusted
n	10469	1558	3549	3923	1375	64
%	100	14.9	33.9	37.5	13.1	0.6

Q15 To what extent do you think following institutions can be trusted? Please choose one from each row.

(3) Assemblies

	TOTAL	Can not be trusted at all	Cannot very be trusted	Neither can nor cannot be trusted	Can be trusted somewhat	Can be trusted
n	10469	2592	3884	3426	529	38
%	100	24.8	37.1	32.7	5.1	0.4

Q15 To what extent do you think following institutions can be trusted? Please choose one from each row.

(4) Judicial system

	TOTAL	Can not be trusted at all	Cannot very be trusted	Neither can nor cannot be trusted	Can be trusted somewhat	Can be trusted
n	10469	1234	2679	4229	2157	170
%	100	11.8	25.6	40.4	20.6	1.6

Q15 To what extent do you think following institutions can be trusted? Please choose one from each row.

(5) Media

	TOTAL	Can not be trusted at all	Cannot very be trusted	Neither can nor cannot be trusted	Can be trusted somewhat	Can be trusted
n	10469	2227	3326	3801	1059	56
%	100	21.3	31.8	36.3	10.1	0.5

Q15 To what extent do you think following institutions can be trusted? Please choose one from each row.

(6) Corporations

	TOTAL	Can not be trusted at all	Cannot very be trusted	Neither can nor cannot be trusted	Can be trusted somewhat	Can be trusted
n	10469	903	2384	5397	1701	84
%	100	8.6	22.8	51.6	16.2	0.8

Q16 How do you think about the following points in everyday life?

Please choose one near your situation and view below. (Choose just one)

(1) Almost everyone is basically honest

	TOTAL	Strongly disagree	Normally disagree	Neither disagree nor agree	Normally agree	Strongly agree
n	10469	1049	2637	3528	3127	128
%	100	10	25.2	33.7	29.9	1.2

Q16 How do you think about the following points in everyday life?

Please choose one near your situation and view below. (Choose just one)

(2) I see myself as one who tends to trust people.

	TOTAL	Strongly disagree	Normally disagree	Neither disagree nor agree	Normally agree	Strongly agree
n	10469	478	1337	2979	5050	625
%	100	4.6	12.8	28.5	48.2	6

Q16 How do you think about the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(3) Almost everyone is basically good-natured and kind

	TOTAL	Strongly disagree	Normal y disagree	Neither disagree nor agree	Normal y agree	Strongly agree
n	10469	668	1822	3928	3858	193
%	100	6.4	17.4	37.5	36.9	1.8

Q16 How do you think about the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(4) Almost everyone trust in others

	TOTAL	Strongly disagree	Normal y disagree	Neither disagree nor agree	Normal y agree	Strongly agree
n	10469	679	2383	4593	2704	110
%	100	6.5	22.8	43.9	25.8	1.1

Q16 How do you think about the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(5) Almost everyone can be trusted

	TOTAL	Strongly disagree	Normal y disagree	Neither disagree nor agree	Normal y agree	Strongly agree
n	10469	1069	2617	4370	2305	108
%	100	10.2	25	41.7	22	1

Q16 How do you think about the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(6) Most people trust others if the others trust them

	TOTAL	Strongly disagree	Normal y disagree	Neither disagree nor agree	Normal y agree	Strongly agree
n	10469	438	1166	3462	4794	609
%	100	4.2	11.1	33.1	45.8	5.8

Q16 How do you think about the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(7) There are many hypocrites in society

	TOTAL	Strongly disagree	Normal y disagree	Neither disagree nor agree	Normal y agree	Strongly agree
n	10469	236	1574	5156	2581	922
%	100	2.3	15	49.3	24.7	8.8

Q17 Generally speaking, would you say that most people can be trusted or that you need to be very careful in dealing with people?
Please choose one near your situation and view below. (Choose just one)

	TOTAL	Most people can be trusted	Can't be too careful
n	10469	6044	4425
%	100	57.7	42.3

Q18 How do you feel over the following points in everyday life?
(Sum of the following 7 questions)

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	73283	6327	11577	24190	25690	5499
%	100	8.6	15.8	33	35.1	7.5

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(1) I feel someone is interested in me

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	997	2354	4116	2702	300
%	100	9.5	22.5	39.3	25.8	2.9

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(2) Someone feels empty without me

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	1076	1857	3325	3401	810
%	100	10.3	17.7	31.8	32.5	7.7

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(3) I feel I am needed

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	834	1521	3282	3934	898
%	100	8	14.5	31.3	37.6	8.6

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(4) I feel I am useful

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	863	1560	3519	3857	670
%	100	8.2	14.9	33.6	36.8	6.4

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)
(5) I feel I have my own role

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	749	1248	2862	4570	1040
%	100	7.2	11.9	27.3	43.7	9.9

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)

(6) Someone will be in trouble without me

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	936	1545	3167	3733	1088
%	100	8.9	14.8	30.3	35.7	10.4

Q18 How do you feel over the following points in everyday life?
Please choose one near your situation and view below. (Choose just one)

(7) I feel I am accepted by others

	TOTAL	Does not apply at all	Normally does not apply	I am not sure	Normally applies	Strongly applies
n	10469	872	1492	3919	3493	693
%	100	8.3	14.3	37.4	33.4	6.6

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read follow sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	62814	2755	7091	20808	24212	7948
%	100	4.4	11.3	33.1	38.5	12.7

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read follow sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

(1) He/she cheers me up when I am feeling down

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	10469	355	1008	2840	4574	1692
%	100	3.4	9.6	27.1	43.7	16.2

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read follow sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

(2) When I have something to be happy about, he/she gets excited as if it happened to them

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	10469	333	927	3054	4535	1620
%	100	3.2	8.9	29.2	43.3	15.5

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read following sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

(3) He/she solves the problem when I cannot do anything

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	10469	523	1417	4000	3601	928
%	100	5	13.5	38.2	34.4	8.9

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read following sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

(4) When I am feeling down, he/she realizes promptly, and take care of me

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	10469	548	1461	3754	3676	1030
%	100	5.2	14	35.9	35.1	9.8

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read following sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

(5) He/she always understands how I feel

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	10469	586	1410	3907	3539	1027
%	100	5.6	13.5	37.3	33.8	9.8

Q19 Following questions ask what kind of and how much support you receive usually. Please think about he/she around you. Then please read following sentences and tell us what kind of support do you expect from them at the occasions described below.

Please circle one number depending on your degree of expectation (single answer, circle just one).

(6) He/she accepts me as I am including my weakness and strengths

	TOTAL	It is definitely not the case	It is probably not the case	I am not sure	It is probably the case	It is certainly the case
n	10469	410	868	3253	4287	1651
%	100	3.9	8.3	31.1	40.9	15.8

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(1) I think people who are not working will be lazy

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	331	1192	2441	4701	1804
%	100	3.2	11.4	23.3	44.9	17.2

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(2) I think we do not need to be in a hurry to get a job

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	1061	3364	3808	1981	255
%	100	10.1	32.1	36.4	18.9	2.4

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(3) I want to have a responsible job

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	644	1459	4214	3438	714
%	100	6.2	13.9	40.3	32.8	6.8

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(4) I believe we have to work as obligation to society

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	404	1280	3580	4146	1059
%	100	3.9	12.2	34.2	39.6	10.1

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(5) I want to avoid getting a strict job

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	569	2202	4629	2395	674
%	100	5.4	21	44.2	22.9	6.4

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(6) I do not find meaning in work

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	1242	3624	3893	1331	379
%	100	11.9	34.6	37.2	12.7	3.6

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(7) I think we do not need to work hard if we sacrifice private life

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	320	1645	4179	3273	1052
%	100	3.1	15.7	39.9	31.3	10

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(8) It is necessary to have a job to show my ability

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	256	954	4139	4151	969
%	100	2.4	9.1	39.5	39.7	9.3

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(9) I don't quite know what I want to do in the future

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	904	2343	4141	2186	895
%	100	8.6	22.4	39.6	20.9	8.5

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(10) I think it is better for me to live as a permanent part-timer because I cannot give up on my own life style

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	2970	3412	3243	692	152
%	100	28.4	32.6	31	6.6	1.5

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(11) I want to enjoy my life because I can count on my parents for living

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	4708	2829	2229	608	95
%	100	45	27	21.3	5.8	0.9

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(12) It is not so important to me to have stable status and income

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	2541	4343	2783	655	147
%	100	24.3	41.5	26.6	6.3	1.4

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(13) I have an impression that jobs of full-time employees are tough and hard

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	2031	3649	3138	1329	322
%	100	19.4	34.9	30	12.7	3.1

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(14) I do not have high level of knowledge and ability

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	1042	3083	4103	1671	570
%	100	10	29.4	39.2	16	5.4

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(15) I can do as well as others and am useful in society

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	397	1272	4267	3946	587
%	100	3.8	12.2	40.8	37.7	5.6

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(16) I try to deal with people whom I do not like or I am not comfortable with

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	489	1551	3670	4237	522
%	100	4.7	14.8	35.1	40.5	5

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(17) I have someone I can talk to in case of trouble

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	489	1551	3670	4237	522
%	100	4.7	14.8	35.1	40.5	5

n	10469	558	1237	3416	4258	1000
%	100	5.3	11.8	32.6	40.7	9.6

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement.
(single answer, circle just one).

(18) I think we need to study for the future after getting a job

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	135	349	2150	5162	2673
%	100	1.3	3.3	20.5	49.3	25.5

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement.
(single answer, circle just one).

(19) My social skills are low, and I am not good at relating to others

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	911	2652	3646	2248	1012
%	100	8.7	25.3	34.8	21.5	9.7

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement.
(single answer, circle just one).

(20) I feel like I belong to something

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	799	1878	4846	2569	377
%	100	7.6	17.9	46.3	24.5	3.6

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement.
(single answer, circle just one).

(21) I find it very hard to communicate with others

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	816	3143	3738	2076	696
%	100	7.8	30	35.7	19.8	6.6

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement.
(single answer, circle just one).

(22) I feel it is tiring to deal with people

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	555	2455	3726	2886	847
%	100	5.3	23.5	35.6	27.6	8.1

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement.
(single answer, circle just one).

(23) I am not confident with myself

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	684	2753	3708	2246	1078
%	100	6.5	26.3	35.4	21.5	10.3

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(24) I do not see what my future will be like

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	522	2222	3832	2806	1087
%	100	5	21.2	36.6	26.8	10.4

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(25) I do not have many friends whom I usually hang out with or make a contact with

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	995	2897	3284	2415	878
%	100	9.5	27.7	31.4	23.1	8.4

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(26) I sometimes feel I am not needed by society

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	943	3111	4174	1642	599
%	100	9	29.7	39.9	15.7	5.7

Q20 Please read following sentences and judge to what extent you agree with. Please circle one number depending on your degree of agreement. (single answer, circle just one).

(27) My basic academic ability is low

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	1394	3557	3430	1497	591
%	100	13.3	34	32.8	14.3	5.6

Q20 Please read following sentences and judge to what extent you agree with. Please choose one depending on your degree of agreement. (single answer, circle just one).

(28) I often stay up late and woke up in the afternoon, and eat irregularly

	TOTAL	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
n	10469	4031	2381	2728	926	403
%	100	38.5	22.7	26.1	8.8	3.8

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience. (single answer, circle just one).

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	62814	28083	17045	12622	3288	1776
%	100	44.7	27.1	20.1	5.2	2.8

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience. (single answer, circle just one).

(1) How often did you feel nervous?

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	10469	4177	2989	2434	590	279
%	100	39.9	28.6	23.2	5.6	2.7

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience.
(single answer, circle just one).

(2) How often did you feel hopeless?

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	10469	5569	2393	1751	470	286
%	100	53.2	22.9	16.7	4.5	2.7

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience.
(single answer, circle just one).

(3) How often did you feel restless or fidgety?

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	10469	4312	3164	2251	533	209
%	100	41.2	30.2	21.5	5.1	2

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience.
(single answer, circle just one).

(4) How often did you feel so depressed that nothing could cheer up?

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	10469	3807	3245	2356	688	373
%	100	36.4	31	22.5	6.6	3.6

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience.
(single answer, circle just one).

(5) How often did you feel that everything was an effort?

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	10469	4605	2999	2107	516	242
%	100	44	28.6	20.1	4.9	2.3

Q21 In the last 30 days, about how often did you feel followings. Please choose one that is close to your experience.
(single answer, circle just one).

(6) How often did you feel worthless?

	TOTAL	None of the time	A little of the time	Some of the time	Most of the time	All of the time
n	10469	5613	2255	1723	491	387
%	100	53.6	21.5	16.5	4.7	3.7

Q22 ■ From here, you will be questioned about yourself and your family to make an analysis of the survey.

How do you evaluate your health. Please choose one number (single answer, choose just one)

	TOTAL	I am not healthy at all	I am not healthy	I am neither healthy nor ill	I am not healthy	I am totally healthy
n	10469	539	1790	2204	4499	1437
%	100	5.1	17.1	21.1	43	13.7

Q23 ■ Please tell us your relationship with your family members. Do you have a partner? (regardless law status)

Please choose one number (single answer, choose just one).

	TOTAL	Married	Never married	Divorced	Widowed
n	10469	6375	3313	579	202
%	100	60.9	31.6	5.5	1.9

Q24 How many children do you have? Please tell us the number of children regardless they are dependent or independent, and living together or living separately. Please choose one number (single answer, choose just one).

	TOTAL	One	Two	Three or more	None
n	41876	3272	2928	871	34805
%	100	7.8	7	2.1	83.1

Q24 How many children do you have? Please tell us the number of children regardless they are dependent or independent, and living together or living separately. Please choose one number (single answer, choose just one).

(1) Older than 20 years old

	TOTAL	One	Two	Three or more	None
n	10469	902	1984	726	6857
%	100	8.6	19	6.9	65.5

Q24 How many children do you have? Please tell us the number of children regardless they are dependent or independent, and living together or living separately. Please choose one number (single answer, choose just one).

(2) Graduated from middle school (usually 15 years old) up to 20 years old

	TOTAL	One	Two	Three or more	None
n	10469	713	222	26	9508
%	100	6.8	2.1	0.2	90.8

Q24 How many children do you have? Please tell us the number of children regardless they are dependent or independent, and living together or living separately. Please choose one number (single answer, choose just one).

(3) Students of middle or elementary school

	TOTAL	One	Two	Three or more	None
n	10469	864	453	75	9077
%	100	8.3	4.3	0.7	86.7

Q24 How many children do you have? Please tell us the number of children regardless they are dependent or independent, and living together or living separately. Please choose one number (single answer, choose just one).

(4) Under 6 years old

	TOTAL	One	Two	Three or more	None
n	10469	793	269	44	9363
%	100	7.6	2.6	0.4	89.4

Q25 ■ How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed.

If you have many people that are categorized as the list, please think about the one you meet the most.

Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	68454	15604	1531	1364	2769	8546	16752	11672	440	9776
%	100	22.8	2.2	2	4	12.5	24.5	17.1	0.6	14.3

Q25 ■ How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed.

If you have many people that are categorized as the list, please think about the one you meet the most.

Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(1) Partner

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	6375	6208	17	15	22	43	41	24	5	0
%	100	97.4	0.3	0.2	0.3	0.7	0.6	0.4	0.1	0

Q25 ■ How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed.

If you have many people that are categorized as the list, please think about the one you meet the most.

Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(2) Your child

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	5891	4054	112	91	172	497	757	180	28	0
%	100	68.8	1.9	1.5	2.9	8.4	12.9	3.1	0.5	0

Q25 ■How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed. If you have many people that are categorized as the list, please think about the one you meet the most. Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(3) Your parents

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	10469	3160	308	273	597	1413	1842	628	32	2216
%	100	30.2	2.9	2.6	5.7	13.5	17.6	6	0.3	21.2

Q25 ■How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed. If you have many people that are categorized as the list, please think about the one you meet the most. Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(4) Your parents in law

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	7156	347	164	94	249	1043	1805	904	37	2513
%	100	4.8	2.3	1.3	3.5	14.6	25.2	12.6	0.5	35.1

Q25 ■How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed. If you have many people that are categorized as the list, please think about the one you meet the most. Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(5) Your siblings

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	10469	1364	195	138	373	1479	3680	1786	104	1350
%	100	13	1.9	1.3	3.6	14.1	35.2	17.1	1	12.9

Q25 ■How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed. If you have many people that are categorized as the list, please think about the one you meet the most. Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(6) Your siblings in law

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	7156	20	102	32	130	717	2705	2145	78	1227
%	100	0.3	1.4	0.4	1.8	10	37.8	30	1.1	17.1

Q25 ■How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed. If you have many people that are categorized as the list, please think about the one you meet the most. Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(7) Relatives

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	10469	360	118	48	99	551	3200	4717	87	1289
%	100	3.4	1.1	0.5	0.9	5.3	30.6	45.1	0.8	12.3

Q25 ■How often (on average) do you meet up with people categorized as below. Please choose one number for each category listed. If you have many people that are categorized as the list, please think about the one you meet the most. Also, if you have one who live with you, and another one who do not live with you, please answer you live with them.

(8) Friends

	TOTAL	Living together	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch	Have no appropriate person
n	10469	91	515	673	1127	2803	2722	1288	69	1181
%	100	0.9	4.9	6.4	10.8	26.8	26	12.3	0.7	11.3

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	42634	1122	2302	3813	9099	10692	7230	8376
%	100	2.6	5.4	8.9	21.3	25.1	17	19.6

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(1) Partner

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	162	46	25	33	23	12	6	17
%	100	28.4	15.4	20.4	14.2	7.4	3.7	10.5

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(2) Your child

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	1809	154	266	381	603	274	53	78
%	100	8.5	14.7	21.1	33.3	15.1	2.9	4.3

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(3) Your parents

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	5061	229	486	868	1640	823	289	726
%	100	4.5	9.6	17.2	32.4	16.3	5.7	14.3

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(4) Your parents in law

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	4259	64	92	249	894	1068	631	1261
%	100	1.5	2.2	5.8	21	25.1	14.8	29.6

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(5) Your siblings

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	7651	89	270	540	1978	2660	1143	971
%	100	1.2	3.5	7.1	25.9	34.8	14.9	12.7

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(回答は横の行ごとに1つつ)

(6) Your siblings in law

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	5831	23	37	105	606	1778	1454	1828
%	100	0.4	0.6	1.8	10.4	30.5	24.9	31.3

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(7) Relatives

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	8733	31	51	140	612	2138	2783	2978
%	100	0.4	0.6	1.6	7	24.5	31.9	34.1

Q26 How often (on average) do you communicate with people categorized as below through the phone, e-mail, and the letter. Please choose one for each category listed. If you have many people that are categorized as the list, please think about the one you communicate the most.

(8) Friends

	TOTAL	Every day	Every couple of days	At least once a week	Once or twice a month	A few times a year	Less than a few times a year	Missing out of touch
n	9128	486	1075	1497	2743	1939	871	517
%	100	5.3	11.8	16.4	30.1	21.2	9.5	5.7

Q27 ■ If you do not live with your child, where does your child live? If you have more than a single child, please tell us about a child you see the most. Please choose one number (single answer, choose just one).

※"In the same property" means they live another house in the same property.

	TOTAL	In the same property	In the same municipality	In the same prefecture	In another prefecture or foreign country
n	1809	56	457	444	852
%	100	3.1	25.3	24.5	47.1

Q28 Please answer where your parents live.

Where do (does) your parents (parent) live? If your parents live separately, please answer about the closer one.

※"In the same property" means they live another house in the same property.

	TOTAL	In the same property	In the same municipality	In the same prefecture	In another prefecture or foreign country	Have no parents
n	5061	187	1431	1393	2023	27
%	100	3.7	28.3	27.5	40	0.5

Q29 ■ (If you have neither children nor parents, where does your closest relative live?)

Please choose one (single answer, choose just one).

※"In the same property" means they live another house in the same property.

※According to Japan's civil law, relative include those within sixth-degree relatives in kinship or third-degree relatives in law.

	TOTAL	In the same property	In the same municipality	In the same prefecture	In another prefecture or foreign country	Have no contact with a relative
n	332	19	96	78	110	29
%	100	5.7	28.9	23.5	33.1	8.7

Q30 How many family members, relatives, or friends do you have who would help you when you are in trouble?
Please choose one (single answer, choose just one).

	TOTAL	None	One	Two	Three	Four	Five	Six or more
L								
n	49222	16696	5914	10050	4786	3039	1355	7382
%	100	33.9	12	20.4	9.7	6.2	2.8	15

Q30 How many family members, relatives, or friends do you have who would help you when you are in trouble?
Please choose one (single answer, choose just one).

(1) Parents or parents in law

	TOTAL	None	One	Two	Three	Four	Five	Six or more
L								
n	8917	1257	1979	3628	952	1101	0	0
%	100	14.1	22.2	40.7	10.7	12.3	0	0

Q30 How many family members, relatives, or friends do you have who would help you when you are in trouble?
Please choose one (single answer, choose just one).

(2) Family or relatives(except parents)

	TOTAL	None	One	Two	Three	Four	Five	Six or more
L								
n	10148	1547	1337	2233	1159	851	433	2588
%	100	15.2	13.2	22	11.4	8.4	4.3	25.5

Q30 How many family members, relatives, or friends do you have who would help you when you are in trouble?
Please choose one (single answer, choose just one).

(3) Friends

	TOTAL	None	One	Two	Three	Four	Five	Six or more
L								
n	9219	1704	1026	1727	1383	552	539	2288
%	100	18.5	11.1	18.7	15	6	5.8	24.8

Q30 How many family members, relatives, or friends do you have who would help you when you are in trouble?
Please choose one (single answer, choose just one).

(4) Neighbors

	TOTAL	None	One	Two	Three	Four	Five	Six or more
L								
n	10469	5239	951	1637	830	383	226	1203
%	100	50	9.1	15.6	7.9	3.7	2.2	11.5

Q30 How many family members, relatives, or friends do you have who would help you when you are in trouble?
Please choose one (single answer, choose just one).

(5) Others

	TOTAL	None	One	Two	Three	Four	Five	Six or more
L								
n	10469	6949	621	825	462	152	157	1303
%	100	66.4	5.9	7.9	4.4	1.5	1.5	12.4

Q31 Do you have family members and relatives who are a bedridden patient, and you or someone who live with you are the main caregiver?
Please choose one for each case if it is applicable for you. (single answer, choose just one).

	TOTAL	Do not have	Living with a patient	Not living with a patient
L				
n	41876	36422	1687	3767
%	100	87	4	9

Q31 Do you have family members and relatives who are a bedridden patient, and you or someone who live with you are the main caregiver?
Please choose one for each case if it is applicable for you. (single answer, choose just one).

(1) A patient who are certified as the Needed Long-Term Care

	TOTAL	Do not have	Living with a patient	Not living with a patient
L				
n	10469	8561	459	1449
%	100	81.8	4.4	13.8

Q31 Do you have family members and relatives who are a bedridden patient, and you or someone who live with you are the main caregiver? Please choose one for each case if it is applicable for you. (single answer, choose just one).

(2) A bedridden patient

	TOTAL	Do not have	Living with a patient	Not living with a patient
n	10469	9890	120	459
%	100	94.5	1.1	4.4

Q31 Do you have family members and relatives who are a bedridden patient, and you or someone who live with you are the main caregiver? Please choose one for each case if it is applicable for you. (single answer, choose just one).

(3) A patient under the medical care

	TOTAL	Do not have	Living with a patient	Not living with a patient
n	10469	8999	526	944
%	100	86	5	9

Q31 Do you have family members and relatives who are a bedridden patient, and you or someone who live with you are the main caregiver? Please choose one for each case if it is applicable for you. (single answer, choose just one).

(4) A patient who are certified as the disabled

	TOTAL	Do not have	Living with a patient	Not living with a patient
n	10469	8972	582	915
%	100	85.7	5.6	8.7

Q32 ■(If you have chose “Living with a patient” or “Not living with a patient” in Q31, please answer the question below)

How strong of a sense of burden are you feeling about the nursing mentioned in Q31? Please choose one (single answer, choose just one).

	TOTAL	Very strong	Strong	Neither strong nor	Weak	Not at all
n	3182	295	801	708	850	528
%	100	9.3	25.2	22.3	26.7	16.6

Q33 ■Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(1) I feel down-hearted and blue

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	5412	3533	1059	465
%	100	51.7	33.7	10.1	4.4

Q33 ■Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(2) Morning is when I feel the best

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	4672	3100	1731	966
%	100	44.6	29.6	16.5	9.2

Q33 ■Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(3) I have crying spells or feel like it

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	6803	2576	825	265
%	100	65	24.6	7.9	2.5

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(4) I have trouble sleeping at night

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	5784	2941	1174	570
%	100	55.2	28.1	11.2	5.4

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(5) I eat as much as I used to

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	855	956	1673	6985
%	100	8.2	9.1	16	66.7

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(6) I maintain normal level of sexual drive (I want to go on a date with the opposite sex)

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	3389	2658	2004	2418
%	100	32.4	25.4	19.1	23.1

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(7) I notice that I am losing my weight.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	8337	1372	532	228
%	100	79.6	13.1	5.1	2.2

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(8) I have troubles with constipation.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	6539	2379	905	646
%	100	62.5	22.7	8.6	6.2

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(9) My heart beats faster than usual.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	7420	2253	637	159
%	100	70.9	21.5	6.1	1.5

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(10) I get tired for no reason.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	3336	4102	1968	1063
%	100	31.9	39.2	18.8	10.2

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(11) My mind is as clear as it used to be.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	2519	3370	2800	1780
%	100	24.1	32.2	26.7	17

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(12) I find it easy to do things I used to.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	1226	2009	3015	4219
%	100	11.7	19.2	28.8	40.3

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(13) I am restless and can't keep still.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	6511	2881	825	252
%	100	62.2	27.5	7.9	2.4

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(14) I feel hopeful for the future.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	3252	3691	2292	1234
%	100	31.1	35.3	21.9	11.8

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(15) I am more irritable than usual.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	4359	4210	1423	477
%	100	41.6	40.2	13.6	4.6

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(16) I find it easy to make decisions.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	1990	3722	3111	1646
%	100	19	35.6	29.7	15.7

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(17) I feel that I am useful and needed

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	2774	4439	2335	921
%	100	26.5	42.4	22.3	8.8

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(18) My life is pretty full.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	2635	3542	2935	1357
%	100	25.2	33.8	28	13

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(19) I feel that others would be better off if I were dead.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	7654	1871	546	398
%	100	73.1	17.9	5.2	3.8

Q33 ■ Please answer everyone for this question. For each item below, please choose one which best describes how often you felt this way. Please choose one(single answer, choose just one). If you could not decide, please choose the one that are closest to your sense.

(20) I still enjoy the things I used to do.

	TOTAL	A little of the time	Some of the time	Good part of the time	Most of the time
n	10469	2353	3161	3108	1847
%	100	22.5	30.2	29.7	17.6

Q34 Have you ever attempted suicide or had serious suicidal intent?

Please choose one(single answer, choose just one).

	TOTAL	I have attempted suicide.	I have had serious suicidal intent.	Never	Don't want to answer
n	10469	1018	1409	7290	752
%	100	9.7	13.5	69.6	7.2

Q35 ■(If you have chose “I have attempted suicide” or “I have had serious suicidal intent” in Q34, please answer the question below)

Q35 More specifically, when did you attempt suicide or have serious suicidal intent? Please choose one(single answer, choose just one).

If you experienced more than once, please answer the latest one.

	TOTAL	At this moment	Within 3 months	Within a year	Within 5 years	Within 10 years	More than 10 years ago	Do not want to answer
n	2427	135	139	236	524	414	853	126
%	100	5.6	5.7	9.7	21.6	17.1	35.1	5.2

Q36 ■ Please answer everyone for this question. How long have you been living in your current residence?

Please choose one (single answer, choose just one).

	TOTAL	Less than a year	A year to 2 years	2 to 5 years	5 to 10years	10 to 20 years	More than 20 years
n	10469	672	639	1548	1734	2567	3309
%	100	6.4	6.1	14.8	16.6	24.5	31.6

Q37 ■ Please tell us your work for the past week. Have you done any paid work even if slightly or not at all?

Please choose one (single answer, choose just one).

	TOTAL	I have worked (any paid work)	I have not worked at all.
n	10469	8056	2413
%	100	77	23

Q38 ■(If you have chosen “I have worked” in Q37, please answer this question) Please indicate your employment status.

Please circle one number (single answer, circle just one).

(note) “1. A permanent worker” means either “one who are employed as a life-time employment”, “one who are contracted longer than a month” or “one who are contract worker or a daily employed yet who were employed over 18 days a month for the past 2 months”.

	TOTAL	A permanent worker	A contract worker/ A daily employed	A board member	A self-employed	A worker for family run business	A worker at home (Naishoku)
n	8056	5273	1054	264	757	353	355
%	100	65.5	13.1	3.3	9.4	4.4	4.4

Q39 ■(If you have answered “I have not worked at all “ in Q37, please answer this question) During out of work, what have you been doing?
Please choose one (single answer, choose just one)

	TOTAL	Have taken leaves from the work	Have been looking for a job	Have been at school	Have been doing household tasks	Have been retired	Others
n	2413	70	142	469	949	520	263
%	100	2.9	5.9	19.4	39.3	21.5	10.9

Q40 ■Please answer everyone for this question. Have you or your family members have received a disaster certification, or have been taking a refuge due to the Great East Japan Earthquake? (multiple answers)

	TOTAL	1.Received a disaster certification	2. Have been taking refuge	Neither 1 nor 2
n	10469	663	65	9771
%	100	6.3	0.6	93.3

Q41 ■Please answer everyone for this question. Has your residential area been designated as the earthquake early warning area, tsunami warning area, or flood warning area. Please choose one (single answer, choose just one)

	TOTAL	It has designated.	It has never been designated
n	10469	1184	9285
%	100	11.3	88.7

Q42 ■(If you have answered “It has designated “ in Q42, please answer this question) Did you evacuated when your residential are was designate as the earthquake early warning area, tsunami warning area, or flood warning area.Please choose one (single answer, choose just one)

	TOTAL	I evacuated every time.	I have evacuated once or more.	I thought I should evacuate but not.	I have never thought that I should evacuate.
n	1184	28	182	323	651
%	100	2.4	15.4	27.3	55

Q43 What are the main sources of your household income? Please choose ones (multiple answers).

	TOTAL	Wages	Agricultural business income	Other business income	Inhouse work income	Rent	Interest, dividend	Pension	Transfer	Other	Don't Know
n	10469	7487	161	781	240	428	658	2461	186	521	563
%	100	71.5	1.5	7.5	2.3	4.1	6.3	23.5	1.8	5	5.4

Q44 Does your household have following assets? Please choose ones(multiple answers).

	TOTAL	Savings	Shares	Investment trust	Life insurance savings	Real estate	Others	Have no assets	Don't know
n	10469	8013	2644	1613	1643	3976	312	956	1045
%	100	76.5	25.3	15.4	15.7	38	3	9.1	10

Q45 Does your household have any debts, including mortgages. Please choose ones(multiple answers).

	TOTAL	Have a mortgage	Have other debt than mortgage	Have no debt	Don't Know
n	10469	2825	1722	5455	1051
%	100	27	16.4	52.1	10

Q46 What pension scheme are you currently in? Please indicate all the pension plans you are currently paying for (multiple answers).

	TOTAL	A National Pension	A Welfare Pension	A Mutual Pension	A Personal Pension (life insurance, bank, securities)	None	Don't know
n	10469	3478	5161	782	2241	1475	1032
%	100	33.2	49.3	7.5	21.4	14.1	9.9

Q47 Are you currently paying for health insurance? Please indicate which health insurance you are paying for (multiple answers).

	TOTAL	A National Health Insurance	A Mutual Health Insurance	Kyokai Kenpo (A National Health Insurance Association)	A private health insurance (life insurance, Kokumin Kyosai, Kenmin)	None	Don't know
n	10469	4472	3701	1258	2371	485	1099
%	100	42.7	35.4	12	22.6	4.6	10.5

Q48 Are you currently a beneficiary of any social welfare? Please indicate all the benefit you are receiving. (multiple answers).

	TOTAL	Unemployment benefit	Employed insurance payment	Public assistant benefit	Disabled benefit	Child care leave benefit	Sickness leave benefit	Single parent benefit	None in this category	Don't know
n	10469	2498	272	64	147	166	326	236	6130	1239
%	100	23.9	2.6	0.6	1.4	1.6	3.1	2.3	58.6	11.8

Q49 Please choose your sex.

	TOTAL	Men	Women
n	10469	5576	4893
%	100	53.3	46.7

Q50 Please tell us your age at the time of the survey.

	TOTAL	15-19	20-29	30-39	40-49	50-59	60-69
n	10469	678	1425	2021	2108	1959	2278
%	100	6.5	13.6	19.3	20.1	18.7	21.8

10469