

5th International Conference on

Mental Health and Human Resilience

March 07-08, 2019 | Barcelona, Spain

Study on the resilience and its related factors of disaster victims who live in evacuation areas for an extended time: Five years after the Great East Japan earthquake

Tomoko Yamanouchi, Manami Amagai, Mayumi Nitta, Yumiko Takeuchi, Yumiko Sawada and Takahashi Makiko
Kyoto University, Japan

Introduction: The Great East Japan Earthquake in 2011 caused unprecedented damage, forcing victims to live in evacuation areas for an extended time until now. Understanding the psychological stresses experienced by the evacuees and their will (resilience) to cope with numerous hardships that accompany the changes in the living environment is essential to provide continuous long-term support in the future.

Objective: This study aimed to understand the resilience and its related factors of disaster victims who live for an extended time in evacuation areas, five years after the Great East Japan earthquake.

Methods: A questionnaire-based survey was conducted in 2016, five years after the earthquake. Connor-Davidson Resilience Scale (CD-RISC 10) was used as the resilience scale. The questionnaire consisted of mental health, demographic data, activity status, social capital-related items, stressors, and stress relieving methods. Multiple logistic regression analysis was carried out by using the factors with the value of Cramer association greater than 0.1 and CD-RISC10 total score as the independent and dependent variables, respectively.

Findings: A questionnaire-based survey was conducted for 8564 people, and responses were obtained from 3389 people (39.5% collection rate). After excluding data with missing values, the data from 2908 subjects were analyzed. Multiple logistic regression analysis showed that being purposeful (OR:1.77,95% CI:1.39-2.25), accepting myself (OR:2.07,95% CI:1.66-2.59), not worrying too much (OR:2.03,95% CI:1.60-2.58), acquisition of social resources and information (OR:1.50,95% CI:1.19-1.89), and laughter (OR:1.40,95% CI:1.11-1.75) were significantly related to resilience.

Conclusions: Our results suggest that two-pronged assistance that focuses on realistic countermeasures, such as obtaining information and having specific goals, and emotional coping methods, such as accepting oneself and laughing, are necessary to improve the resilience of disaster victims who live uncertainly in evacuation areas for an extended time.

Table 1. Results of multiple logistic regression analysis on factors associated with resilience.

	OR	95% CI	P-value
Stress relief methods			
Being purposeful			
Applicable	1.77	1.39 - 2.25	0.0001**
Not applicable	1.00		
Accepting myself			
Applicable	2.07	1.66 - 2.59	0.0001**
Not applicable	1.00		
Not worrying too much			
Applicable	2.03	1.60 - 2.58	0.0001**
Not applicable	1.00		
Acquisition of social resources and information			
Applicable	1.50	1.19 - 1.89	0.0001**
Not applicable	1.00		
Laughter			
Applicable	1.40	1.11 - 1.75	0.0001**
Not applicable	1.00		

OR, Odds ratio; 95% CI, 95% confidence interval; **P < 0.01

Biography

Tomoko Yamanouchi works as an Assistant Professor in the field of Psychiatric Nursing at Kyoto University, after working as a nurse at a mental hospital. Her research mainly deals with the changes in mental health of disaster victims and mental health in nursing workplaces.

yamanouchi.tomoko.5e@kyoto-u.ac.jp