

## Survey on Health and Healthcare

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### Questionnaires

Q1 When did you enroll in the Japanese National Health Insurance (NHI) system?

[Q1M001]Year (Western calendar)

[Q1M002]Month

Q2 In the last two years (24 months), have you missed any NHI premium payments?  
How many months' worth of payments have you missed?

1. I have paid all the premiums for the last two years (24 months)
2. 1 month
3. 2 months
4. 3 months
5. 4 months
6. 5 months
7. 6 months
8. 7 months
9. 8 months
10. 9 months
11. 10 months
12. 11 months
13. 12 months
14. 13 months
15. 14 months
16. 15 months
17. 16 months
18. 17 months
19. 18 months
20. 19 months
21. 20 months
22. 21 months
23. 22 months
24. 23 months
25. 24 months

Q3 What was the reason that you missed premium payments? (Q2 != 1)(MA)

1. It is difficult to pay the high premiums for financial reasons
2. I don't have time to go through the procedures for paying the premiums
3. I'm healthy and probably won't have to go to hospital, so I don't need health insurance
4. Other (FA: )

Q4 How much do you currently pay for health insurance and National Health Insurance (NHI)?  
(if you are a dependent, please state the amount your family pays for you)

Annually, [Q4M001] x 10,000 yen  
[Q4M002] x 1,000 yen

Q5 How much of a financial burden is it for you to pay health insurance and/or NHI premiums? (SA)

1. A very large burden
2. A reasonably large burden
3. Not really a burden
4. Not a burden whatsoever

Q6 Suppose that you could whether or not to pay health insurance/NHI premiums that you are currently paying.

In this situation, would you pay?

Please select the most appropriate answer from the options below. (SA)

1. Yes, certainly
2. Yes, probably
3. No, probably not
4. No, certainly not

Q7. Suppose that you could choose the amount of health insurance/NHI premiums that you are currently paying.

What is the maximum amount you would pay?

Annually, [Q7M001] x 10,000 yen  
[Q7M002] x 1,000 yen

Q8 Suppose that you experienced symptoms such as a sore throat and runny nose and you suspected you had a cold. If you then took your temperature and found the following readings, what action would you take in each case?

	1 Go immediately to hospital	2 Take over-the-counter medicine	3 Do nothing
Q8M001 Under 37 degrees			
Q8M002 37 - 37.5 degrees			
Q8M003 37.6 - 38 degrees			
Q8M004 Over 38 degrees			

Q9 What is the main reason why you would not go to a doctor? (Q8M004=2,3)(SA)

1. I don't have health insurance, and cannot pay for the full cost of treatment(100225599901-Q1= 7,8)
2. Though I have health insurance, I can't pay the self-paid part of the treatment costs(100225599901-Q1!= 7,8)
3. I would go if there was a doctor nearby, but there is not
4. I would go if I had time, but cannot take time off work
5. Other (FA. )

Q10 If you have children aged 15 or younger, please state the age of your youngest child.  
(100225599901-Q3!= 6) (SA)

1. 0 years old
2. 1 year old
3. 2 years old
4. 3 years old
5. 4 years old
6. 5 years old
7. 6 years old
8. 7 years old
9. 8 years old
10. 9 years old
11. 10 years old
12. 11 years old
13. 12 years old
14. 13 years old
15. 14 years old
16. 15 years old

Q11 Suppose that your youngest child experienced symptoms such as a sore throat and runny nose and you suspected he/she had a cold. If you then took your child's temperature and found the following readings, what action would you take in each case?

	1 Take the child to hospital immediately	2 Have the child take over-the-counter medicine	3 Do nothing
Q11M001 Under 37 degrees			
Q11M002 37 - 37.5 degrees			
Q11M003 37.6 - 38 degrees			
Q11M004 Over 38 degrees			

Q12 What is the main reason why you would not take your child to a doctor? (Q11M002 = 2,3 or Q11M003 = 2,3 or Q11M004 = 2,3)(SA)

1. I don't have health insurance, and cannot pay for the full cost of treatment(100225599901-Q1= 7,8)
2. Though I have health insurance, I can't pay the self-paid part of the treatment costs(100225599901-Q1!= 7,8)
3. I would go if there was a doctor nearby, but there is not
4. I would take my child if I had time, but cannot take time off work
5. Other (FA )

Q13 Please state your height and body weight.

Height [Q13M001] cm  
Weight [Q13M002] kg

Q14 Do you do any of the following activities on a regular basis for health reasons?  
Please select all that apply.(MA)

1. Swimming
2. Running
3. Walking
4. Training at a gym
5. Training not at a gym
6. Sports such as baseball, golf, or tennis
7. Acupuncture / moxibustion therapy
8. Yoga
9. Qigong
10. Massage / Anma massage
11. Other (FA. )
12. Nothing in particular

Q15 How often do you drink alcohol? (SA)

1. Never
2. A few times per month
3. 1 - 2 times per week
4. 3 - 5 times per week
5. Almost every day

Q16 Do you smoke? If you do, please give details. (SA)

1. Smoke everyday ([ ] cigarettes per day)
2. Smoke occasionally ([ ] cigarettes per week)
3. Used to smoke but don't now (previously, [ ] cigarettes per day)
4. Never smoked

Q17 Have you had a health check (medical screening, regular health examination, etc.) in the last year?  
(excludes checkups at hospitals/clinics for specific issues such as cancer, maternal/dental health) (SA)

1. Yes
2. No

Q18 Do you regularly purchase so-called health foods, supplements (vitamin pills), or traditional Chinese medicine?

Please select all items which you purchase regularly.(MA)

1. Nothing
2. Mushroom products such as Agaricus, AHCC, Reishi (Lingzhi), Mesimakobu
3. Propolis
4. Chitosan
5. Shark cartilage
6. Turmeric
7. Vitamin pills
8. Chlorella
9. Brewer's yeast
10. Black vinegar
11. Sesamin
12. Collagen
13. Royal Jelly
14. Chondroitin
15. Aojiru (vegetable juice drink made from green leafy vegetables)
16. Sprouted brown rice
17. EPA
18. DHA
19. Coenzyme Q10
20. Medicinal liquor
21. Glucosamine
22. Blueberries
23. Maca
24. Acai
25. Other (FA )

Q19 How much do you spend in a month on so-called health foods, supplements (vitamin pills), and traditional Chinese medicine?(Q18!=1)

( [ ] ) thousand yen per month

Q20 Have you ever been diagnosed with the following illnesses/injuries?

	1 Currently an inpatient/outpatient	2 Previously an inpatient/outpatient	3 Not applicable
Q20M001 Endocrine / metabolic disorder [Example] Diabetes, obesity, hyperlipidemia, (Hypercholesterolemia, etc.) Thyroid disorders			
Q20M002 Psychiatric/neurological disease [Example] Depression or other mental illness, cognitive impairment, Parkinson's Disease Other neurological disease (neuralgia, paralysis, etc.)			
Q20M003 Eye disease [Example] Cataract			
Q20M004 Hearing problems [Example] inflammation of the middle or inner ear, deafness, etc.			
Q20M005 Cardiovascular system [Example] Stroke (hemorrhage / cerebral infarction, etc.), angina, myocardial infarction (heart attack), other cardiovascular disease			
Q20M006 Allergic rhinitis [Example] Allergic rhinitis, hay fever			
Q20M007 Respiratory system [Example] Asthma, other respiratory diseases			
Q20M008 Digestive system [Example] Gastric / duodenal disease, diseases of the liver / gall bladder, other digestive system diseases			
Q20M009 Dental problem [Example]: Tooth disease (Caries (tooth cavity), periodontal disease, etc.)			
Q20M010 Skin disease [Example] Atopic dermatitis, other skin diseases			
Q20M011 Musculoskeletal system [Example] Gout, rheumatoid arthritis, shoulder stiffness, lower back pain, osteoporosis			
Q20M012 Urogenital system [Example] Kidney disease, menopausal/post-menopausal disorder (menopause, etc.)			
Q20M013 Injury [Example] Burns, injuries other than bone fractures			
Q20M014 Pregnancy-related [Example] Pregnancy / postpartum (threatened abortion, placenta previa)			
Q20M015 Infertility [Example] Infertility			
Q20M016 Anemia / blood disease [Example] Anemia / blood disease			
Q20M017 Malignant neoplasm (cancer) [Example] Malignant neoplasm (cancer)			
Q20M018 Hypertension [Example] Hypertension			

Q21 Have your children or has your spouse ever been diagnosed with the following illnesses/injuries?  
Please select all that apply.

	1 Currently an inpatient/outpatient	2 Previously an inpatient/outpatient	3 Not applicable
Q21M001 Endocrine / metabolic disorder [Example] Diabetes, obesity, hyperlipidemia, (Hypercholesterolemia, etc.) Thyroid disorders			
Q21M002 Psychiatric/neurological disease [Example] Depression or other mental illness, cognitive impairment, Parkinson's Disease Other neurological disease (neuralgia, paralysis, etc.)			
Q21M003 Eye disease [Example] Cataract			
Q21M004 Hearing problems [Example] inflammation of the middle or inner ear, deafness, etc.			
Q21M005 Cardiovascular system [Example] Stroke (hemorrhage / cerebral infarction, etc.), angina, myocardial infarction (heart attack), other cardiovascular disease			
Q21M006 Allergic rhinitis [Example] Allergic rhinitis, hay fever			
Q21M007 Respiratory system [Example] Asthma, other respiratory diseases			
Q21M008 Digestive system [Example] Gastric / duodenal disease, diseases of the liver / gall bladder, other digestive system diseases			
Q21M009 Dental problem [Example]: Tooth disease (Caries (tooth cavity), periodontal disease, etc.)			
Q21M010 Skin disease [Example] Atopic dermatitis, other skin diseases			
Q21M011 Musculoskeletal system [Example] Gout, rheumatoid arthritis, shoulder stiffness, lower back pain, osteoporosis			
Q21M012 Urogenital system [Example] Kidney disease, menopausal/post-menopausal disorder (menopause, etc.)			
Q21M013 Injury [Example] Burns, injuries other than bone fractures			
Q21M014 Pregnancy-related [Example] Pregnancy / postpartum (threatened abortion, placenta previa)			
Q21M015 Infertility [Example] Infertility			
Q21M016 Anemia / blood disease [Example] Anemia / blood disease			
Q21M017 Malignant neoplasm (cancer) [Example] Malignant neoplasm (cancer)			
Q21M018 Hypertension [Example] Hypertension			

Q22 The following question refers to your medical expenses and those of your family over the last year.

Q22M001 Your own medical expenses [(outpatient costs, including costs for prescription drugs)]

Approx [            ] thousand yen/last year

Q22M002 Your own medical expenses [(inpatient costs, costs for surgery)]

Approx [            ] thousand yen/last year

Q22M003 Medical expenses of your spouse/children [(outpatient costs, including costs for prescription drugs)] (100225599901-Q3!= 6 or 100225599901-F3 = 1)

Approx [            ] thousand yen/last year

Q22M004 Medical expenses of your spouse/children [(inpatient costs, costs for surgery)] (100225599901-Q3!= 6 or 100225599901-F3 = 1)

Approx [            ] thousand yen/last year

Q22M005 Annual expenditure on over-the-counter medicine (excluding drugs prescribed at hospital) of your entire household

Approx [            ] thousand yen

Q23 How many days did you, your spouse and your children spend as outpatients/inpatients over the last year?

	1 0 days	2 1 day	3 2 - 4 days	4 5 - 9 days	5 10 -15 days	6 16 - 20 days	7 21 - 30 days	8 31 days or more
Q23M001 Internal Medicine								
Q23M002 Surgery								
Q23M003 Dentistry								
Q23M004 Dermatology								
Q23M005 Otolaryngology (ear/nose/throat)								
Q23M006 Gynecology								
Q23M007 Psychosomatic Medicine / Psychiatry								
Q23M008 Other								
Q23M009 Internal Medicine(100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M010 Surgery(100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M011 Dentistry(100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M012 Dermatology(100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M013 Otolaryngology (ear/nose/throat) (100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M014 Gynecology(100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M015 Psychosomatic Medicine / Psychiatry(100225599901-Q3!= 6 or 100225599901-F3 = 1)								
Q23M016 Other(100225599901-Q3!= 6 or 100225599901-F3 = 1)								



Q24 How long does it take to go to your nearest hospital/clinic with an internal medicine department?  
(Means of transportation is not important)(FA)

( [ ] Min)

Q25 Do you consider yourself to be healthy?(SA)

1. Yes, very healthy
2. Yes, quite healthy
3. More unhealthy than healthy
4. Very unhealthy

Q26 Do you think that products generally marketed as health foods (not drugs) are effective?(SA)

1. Yes, they are effective at curing disease
2. Yes, they are good for health
3. No, they do not affect health
4. No, they negatively affect health
5. Don't know

Q27 Do you believe that so-called Oriental medicine (herbal medicine, acupuncture/moxibustion, qi gong, etc.) should be covered under national health insurance?

If such medicine was covered by national health insurance, the self-borne costs of medical treatment at hospitals and drugs prescribed at hospitals would fall, with the requisite amount being covered by the insurance premiums or taxes.(SA)

1. Oriental medicine should be covered under national health insurance
2. The efficacy of Oriental medicine is not clear, thus it should not be covered under national health insurance

Q28 How familiar are you with aspirin, a component of various drugs? (SA)

1. I know about the efficacy of aspirin
2. I have heard of aspirin but know nothing of its efficacy
3. I have never heard of aspirin

Q29 What do you know about the 'High-Cost Medical Care Benefit System'? (SA)

1. I use it at present or have used it in the past
2. I have never used the system, but know a lot about it
3. I have heard of it, but know little about it
4. I have never heard of it

Q30 Were you aware the term 'medicinal products' refers to approved and licensed products that have been scientifically proven as effective in treating or preventing diseases? (SA)

1. Yes
2. No

Q31 Were you aware that by law, so-called health foods (products that have yet to be proven effective or otherwise) are forbidden from claiming to have anti-cancer, blood pressure-lowering or similar properties? (SA)

1. Yes
2. No

Q32 How often do you come into contact with the following sources of information?  
Please select one appropriate response for each source of information.

	1 Watch/listen to every day	2 Watch/listen to 5 to 6 times/week	3 Watch/listen to 3 to 4 times/week	4 Watch/listen to 1 to 2 times/week	5 Almost never watch/listen to
Q32M001 TV news					
Q32M002 Tabloid TV shows					
Q32M003 Newspapers (except sports newspapers)					
Q32M004 Internet					
Q32M005 Information from neighbors					
Q32M006 Information from colleagues at work					
Q32M007 Information from friends outside of the workplace					
Q32M008 Radio					
Q32M009 Weekly/monthly magazines (except for comics)					
Q32M010 Books (excluding comics, magazines)					

Q33 To what extent do you agree with the following statements?

	1 Disagree strongly	2 Disagree strongly	3 Difficult to say	4 Agree somewhat	5 Agree strongly
Q33M001 Most people are basically honest					
Q33M002 I tend to trust people					
Q33M003 Most people are basically good and kind					
Q33M004 Most people trust others					
Q33M005 Most people can be trusted					
Q33M006 I look after my health					
Q33M007 I look after my family's health					
Q33M008 I eat a healthy diet					
Q33M009 I am careful about how many calories I consume					

Q34 At present, how often, if at all, do you experience the following?

Please select an appropriate response for each of the following.(SA)

	1 Often	2 Sometimes	3 Almost never	4 Never
Q34M001 Headaches and dizziness				
Q34M002 Palpitations and shortness of breath				
Q34M003 Stomach problems				
Q34M004 Pain in the back/lower back/shoulders				
Q34M005 Tiredness				
Q34M006 Frequent colds				
Q34M007 Irritability				
Q34M008 Difficulty sleeping				
Q34M009 Dislike of meeting others				
Q34M010 Poor concentration levels at work				
Q34M011 Worries about current lifestyle				
Q34M012 Worries about the future				
Q34M013 Nervousness				
Q34M014 Un-resolvable depressed mood				
Q34M015 Calm and gentle moods				
Q34M016 Depressed and negative mood				
Q34M017 Happy mood				

Q35 The current average life span for males is 79; for females, 86.

To what age do you think you will live? Please enter your answer in the following box.

Until about [ ] years old

Q36 The following question refers to your level of education. Please select the appropriate response. (SA)

1. Junior high school graduate
2. High school graduate
3. High school (did not graduate)
4. Vocational school graduate
5. Vocational school (did not graduate)
6. Junior college/technical college graduate
7. Junior college / technical college (did not graduate)
8. University graduate
9. University (did not graduate)
10. Graduate school graduate
11. Currently studying at high school
12. Currently studying at technical college
13. Currently studying at junior college/technical college
14. Currently studying at university
15. Currently studying at graduate school
16. Other (FA )

Q37 The following question refers to the format of your employment. Please select the appropriate response. (SA)

1. Self-employed
2. Family business worker
3. Full-time employee
4. Part-time worker
5. Dispatched employee
6. Contract worker
7. Entrusted employee
8. Casual or seasonal worker
9. Not working, but seeking employment
10. Neither working nor seeking employment

Q38 Which of the following best describes your current occupation? (Q37 = 1,2,3,4,5,6,7,8) (SA)

1. Agriculture/forestry/fishery worker
2. Mining worker
3. Salesperson (retail employee, wholesale store owner/clerk, sales representative, real estate broker, etc.)
4. Service industry worker (employee in hairdressing/beauty establishment, restaurant, traditional Japanese inn, cleaning firm, etc.)
5. Manager (national/municipal government representative, section leader in company/organization/government administration office, or more senior position)
6. Clerical worker (worker in general office/accounts section, operator, sales clerk, etc.)
7. Transport/communication worker (train/car/boat/aircraft operator, conductor, wired/wireless communications professional, etc.)
8. Manufacturing/construction/security/transport worker
9. Professional/technical specialist (company researcher, technician, healthcare provider, legal professional, teacher, artist, etc.)
10. Service worker (Self-Defense Forces, police officer, firefighter, security guard, etc.)
11. Other (FA )

Q39 Which of the following best describes the level of education of your spouse? (100225599901-F3 = 1)(SA)

1. Junior high school graduate
2. High school graduate
3. High school (did not graduate)
4. Vocational school graduate
5. Vocational school (did not graduate)
6. Junior college/technical college graduate
7. Junior college / technical college (did not graduate)
8. University graduate
9. University (did not graduate)
10. Graduate school graduate
11. Currently studying at high school
12. Currently studying at technical college
13. Currently studying at junior college/technical college
14. Currently studying at university
15. Currently studying at graduate school
16. Other (FA )

Q40 Which of the following best describes the occupation of your spouse? (SA)

1. Self-employed
2. Family business worker
3. Full-time employee
4. Part-time worker
5. Dispatched employee
6. Contract worker
7. Entrusted employee
8. Casual or seasonal worker
9. Not working, but seeking employment
10. Neither working nor seeking employment

Q41 On average, how many days do you work per week? (Q37 = 1,2,3,4,5,6,7,8)

[Q41M001] days/week

[Q41M002] hours/day

Q42 With which of the following family members do you live? (MA)

1. Your spouse (100225599901-F3= 1)
2. Children
3. Spouse(s) of children
4. Your grandchildren
5. Father
6. Mother
7. Grandparents
8. Siblings
9. Other
10. I live alone

Q43 What was your annual income last year? (SA)

1. Zero
2. Less than 600,000 yen
3. 600,000 or more - less than 1,300,000 yen
4. 1,300,000 or more - less than 2,000,000 yen
5. 2,000,000 or more - less than 3,000,000 yen
6. 3,000,000 or more - less than 4,000,000 yen
7. 4,000,000 or more - less than 5,000,000 yen
8. 5,000,000 or more - less than 6,000,000 yen
9. 6,000,000 or more - less than 7,000,000 yen
10. 7,000,000 or more - less than 8,000,000 yen
11. 8,000,000 or more - less than 9,000,000 yen
12. 9,000,000 or more - less than 10,000,000 yen
13. 10,000,000 or more - less than 12,000,000 yen
14. 12,000,000 or more - less than 15,000,000 yen
15. 15,000,000 or more yen

Q44 What was the annual income of your family (excluding your income; including the incomes of all those with whom you share living expenses) last year? (100225599901-F3 = 1) (SA)

1. Zero
2. Less than 600,000 yen
3. 600,000 or more - less than 1,300,000 yen
4. 1,300,000 or more - less than 2,000,000 yen
5. 2,000,000 or more - less than 3,000,000 yen
6. 3,000,000 or more - less than 4,000,000 yen
7. 4,000,000 or more - less than 5,000,000 yen
8. 5,000,000 or more - less than 6,000,000 yen
9. 6,000,000 or more - less than 7,000,000 yen
10. 7,000,000 or more - less than 8,000,000 yen
11. 8,000,000 or more - less than 9,000,000 yen
12. 9,000,000 or more - less than 10,000,000 yen
13. 10,000,000 or more - less than 12,000,000 yen
14. 12,000,000 or more - less than 15,000,000 yen
15. 15,000,000 or more yen
16. Don't know

Q45 What is the total value of your savings and deposits in current and deposit accounts plus those of the family members with whom you share living expenses? (SA)

1. Less than 100,000 yen
2. 100,000 or more - less than 500,000 yen
3. 500,000 or more - less than 10,000,000 yen
4. 1,000,000 or more - less than 2,000,000 yen
5. 2,000,000 or more - less than 3,000,000 yen
6. 3,000,000 or more - less than 5,000,000 yen
7. 5,000,000 or more - less than 7,000,000 yen
8. 7,000,000 or more - less than 10,000,000 yen
9. 10,000,000 or more - less than 15,000,000 yen
10. 15,000,000 or more yen
11. Don't know

Q46 Do you have private health insurance? How much do you pay in premiums each month?

Q46M001 Stand-alone medical insurance for hospital charges, etc.  
[ ] yen

Q46M002 Accident insurance (injury insurance)  
[ ] yen

Q46M003 Non-refundable life insurance with special provisions (disease/injury insurance)  
[ ] yen

Q46M004 Cancer Insurance  
[ ] yen