

Psychological distress after the Great East Japan Earthquake

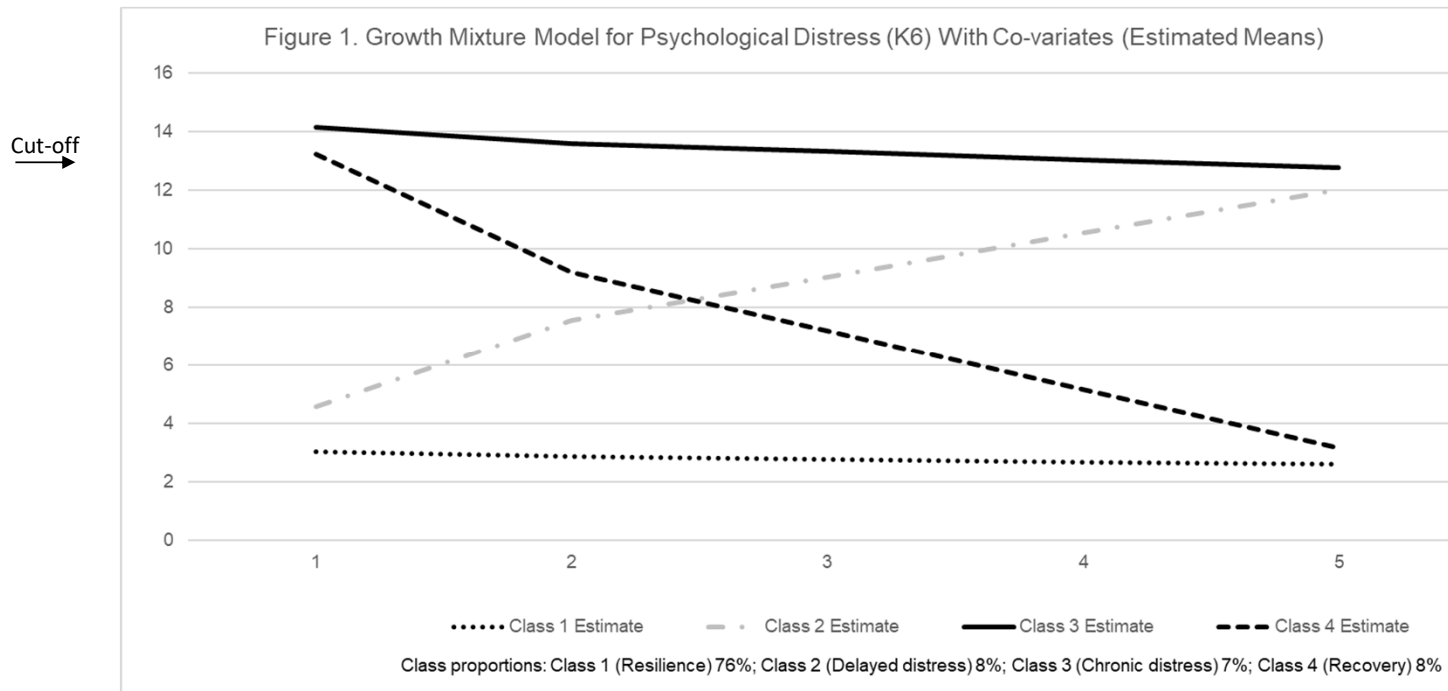
- ▶ Data collected annually between 2011-2016, following GEJE.
- ▶ We (with Sugiyama et al, Tohoku University, Sun, Fudan) used multilevel modelling to analyse linked data (N=2599) at 3 levels
 - 1. Year of study
 - 2. Age, sex, housing (prefabricated temporary vs. private), psychiatric history, individual level support and activity.
 - 3. Community level: City-level support and activity
- ▶ Also growth mixture modelling to examine *different trajectories of response*, and covariates (predictors) from 2012-2016



Multilevel predictors of distress

- ▶ Those most distressed:
 - Women.
 - Those with previous psychiatric disorder.
 - Less active post-earthquake.
 - Lacking individual social support, particularly from friends and spouses.
 - Less social support (city-level, **only** those in temporary housing)
 - In addition: those from Fukushima more distressed, independent of material loss.

Trajectories of recovery: Psychological distress 2012-2016 (K6).



What predicts which trajectory group?

- ▶ Compared to the resilient (76%):
 - All the other types
 - More likely to be female
 - And to have less social support
 - Chronic distress and recovery (stay bad, or bad then get better): more likely to have had a psychiatric history
 - **Recovery group only (get better):** lived in prefabricated accommodation. This provided structured support and activities vs. private accommodation... but may take some time to have an impact.
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Communities and ‘community resilience’

- Prefabricated temporary housing provides some social support (→ lower distress): an important aspect of ‘community’?



Kaniasty (2012): post-traumatic bitterness: often communities have poor cohesion. Risk to sub-groups e.g. some ethnic minorities.



Titz et al (2018): community = buzz-word but often ill-defined, idealised (rarely negative). Can mean a set of relationships (e.g. online), or a place (e.g. neighbourhood). But communities often full of division and power/exploitation, divergent values. *Unclear relevance of ‘community’ for disaster research.*

- Need for more critical and detailed consideration of what constitutes community, evolving nature and complexity.

Messages for covid-19:

- ▶ Communities can provide emotional and practical support. Many international reports of community groups protecting vulnerable, self-isolating etc.
 - ▶ Our national covid surveys (China, Thailand). Some increase in cohesion with local neighbourhood, particularly amongst those most distressed, quarantined (China) and with particular values (open-to-change, 'universalistic' values (Thailand)). As in Fukushima, stigma risk for some (e.g. Chinese in Thailand)
 - ▶ But, unlike GEJE:
 - Wide and rapidly changing risk; cannot contain within 20km.
 - Highly infectious, a- and pre-symptomatic spread.
 - Higher rates of SMI than Japan (approx. 20%) with young most at risk
 - Community support needs monitoring over time, particularly when things get competitive and tough (e.g. unemployment, recession).
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