The Pacific seaboard of Iwate Prefecture is one of the most severely damaged areas by the massive March 11, 2011 earthquake and tsunami. The earthquake triggered a powerful tsunami wave, which did serious damage to the Pacific coast of the Tohoku district. Hokkaido Prefecture sent 13 psychiatric support teams for children to the Kesennuma area, which was greatly effected by the disaster, between March 26th and September 2nd, 2011. The psychiatric support team was composed of 3 or 4 members. Each team stayed there for 5 to 7 days. We visited shelters and educational facilities, examined children affected by the disaster, attended (held) lectures and consultation meetings. We visited 41 shelters, 20 nursery schools, 23 schools, and we held eight meetings. We examined 110 children who had psychiatric symptoms caused by the disaster. The symptoms are as follows; fear, avoidance of their damaged houses, sleep disturbance, separation anxiety, psychological regression, irritability, aggressiveness, and somatoform symptoms.

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Analysis of child psychiatric intervention by Miyagi child mental health care team


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