

© Mail Questionnaire for the Japan Household Panel Survey ©

< Instructions >

- (1) This survey is anonymous. Since all the responses are processed statistically, each individual's response will never be made public or used for any purpose other than that of this survey.
- (2) The respondent answers the questions either by circling the number next to the correct answer(s) (1, 2, 3, ...) or by writing a response concretely.
- (3) Please answer the questions in the order presented, starting with Q1.
- (4) Basically you should provide one answer to each question. But to some question, you should provide multiple answers. In that case, we append these questions to following comment. (Please circle all that apply.)
- (5) Some questions are intended to be answered by some but not all respondents. For these questions, please follow the relevant instructions. The other questions without such an instruction are to be answered by all respondents.
- (6) Please mail the completed survey questionnaire in the provided return envelope (no stamp necessary) by October 16 (Sunday).

Refence number: _____

These questions concern energy conservation.

[For all respondents]

Q1. Please circle the numbers that correspond to actions taken for energy conservation by your household this summer. (Please circle all that apply.)

- 1 Frequently turned off lights
- 2 Switched to LED or fluorescent lights
- 3 Replaced an old appliance with an energy-efficient appliance
- 4 Used electric fans or handheld fans
- 5 Raised the temperature setting on air conditioners
- 6 Wore cooler clothes
- 7 Went to bed early and woke up early to do things during cooler hours
- 8 Went to the library, department store, or other air-conditioned places
- 9 Saved energy with methods other than 1–8
- 10 Did not take particular actions to save energy

[Q2 – Q5 are for those who were employed as of August.]

Q2. Please circle the numbers that correspond to actions taken for energy conservation at your workplace this summer. (Please circle all that apply.)

- 1 Employees encouraged to adapt the Cool Biz style and dress lightly
- 2 Implemented or increased “no overtime days”
- 3 Increased summer holidays
- 4 Introduced summer time
- 5 Promoted telecommuting from home
- 6 Restricted the use of air conditioners
- 7 Used less lighting and/or switched to LED lights or auto-turn-off lights
- 8 Other (Please specify: _____)
- 9 Did not take particular actions to save energy

Q3. How did the number of your holidays (holidays set by your company and paid holidays) change due to energy conservation efforts compared to that in the same month in the previous year? If known, please include the change in the number of your holidays planned for this month. (Please circle one answer for each month.)

	Decreased	Unchanged	Increased	Don't know
July	1	2	3	4
August	1	2	3	4
September	1	2	3	4
October	1	2	3	4

Q4. Did the amount of your work change due to effects of the earthquake or energy conservation efforts? If it did, how much did it change compared to that in the same month in the previous year? (Please circle one answer for each month.)

	Increased a lot	Increased a little	Unchanged	Decreased a little	Decreased a lot	Don't know
July	1	2	3	4	5	6
August	1	2	3	4	5	6
September	1	2	3	4	5	6

Q5. As part of energy conservation efforts, did working hours or holidays change at your place of business/work during the period of July to September? Also, is there a plan to change business hours or holidays starting in October? (Please circle one answer for each period).

	Changed	Unchanged	Don't know
July-September	1	2	3

	No plan for change	Change is planned	Don't know
October	1	2	3

These questions concern your values, behavior, and method of collecting information.

[For all respondents]

Q1. On a scale from “0” (does not apply at all) to “100” (completely applies), please circle the appropriate number indicating how much each of the following statements applies to you at present.

A) In taking actions, I put priority on others rather than myself.

(Does not apply) ←————→ (Applies)

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

B) I put greater importance on my family, friends, and acquaintances than on my job.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

C) I am prepared for natural disasters such as an earthquake.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

D) Overall, I am satisfied with my life these days.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

E) Overall, I feel happy.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

F) Suffering can lead to personal growth.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

G) I believe in an afterlife.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

H) (※For employed respondents only) It is difficult to leave work as my colleagues stay working later.

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

Q2. This question concerns information on the earthquake or the nuclear accident.

(1) How much do you trust the announcement made by the government, the Nuclear and Industrial Safety Agency, and the Tokyo Electric Power Company on the situation and prospects of the nuclear accident? Please choose one number from “0” (don’t trust at all) to “100” (strongly trust) for each period.

(Don’t trust at all) ←————→ (Strongly trust)

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

(2) Since the earthquake, how much have you trusted the opinions or explanations of experts in the mass media regarding the earthquake, the nuclear accident, and food safety? Please choose one number from “0” (have not trusted at all) to “100” (have strongly trusted).

(Don’t trust at all) ←————→ (Strongly trust)

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

(3) Is your opinion, do you change the need for nuclear power generation?

- 1 Originally considered it **unnecessary**, and now I still consider it **unnecessary**.
- 2 Originally considered it **unnecessary**, but now I come to consider it **necessary**.
- 3 Originally considered it **necessary**, and now I still consider it **necessary**.
- 4 Originally considered it **necessary**, but now I consider it **unnecessary**.

→SQ. This question is for those who currently consider nuclear power generation unnecessary. Do you think that nuclear power generation should be limited even if, hypothetically, limitation leads to an electricity shortage?

- 1 Should be limited
- 2 Cannot be limited if an electricity shortage results
- 3 Don’t know

[For all respondents]

Q3. It is considered that reconstruction efforts require a significant amount of the government's budget. These questions concern your opinion regarding this issue.

(1) With regard to the need for government support, what kind of support do you think should be prioritized? Please put three numbers corresponding to the following options in order of priority. If you do not know, please put "10" in the first parentheses.

1st () 2nd () 3rd ()

- 1 Residential support
- 2 Infrastructure support
- 3 Industrial recovery (especially in the marine products and agriculture industries)
- 4 Corporate rebuilding (industries in which companies cannot operate due to the
- 5 Employment support
- 6 Income security (welfare assistance, unemployment benefits)
- 7 Educational support
- 8 Medical and nursing care services
- 9 Other ()
- 10 Don't know

(2) What should be the upper limit of government support for reconstruction efforts?

- 1 No upper limit (25 trillion yen or more)
- 2 Need to compensate for all direct damage caused by the earthquake and tsunami (16–25 trillion yen according to government estimations)
- 3 No need to compensate for all direct damage (0–16 trillion yen)
- 4 No need to create a new budget for the sole purpose of supporting reconstruction efforts (0 yen)
- 5 Don't know

(3) What do you think is needed to secure funding sources? (Please circle all that apply.)

- 1 Cuts in other government expenditures
- 2 Temporary increase in consumption tax
- 3 Temporary increase in income tax
- 4 Temporary increase in corporate tax
- 5 Temporary increase in fixed asset tax
- 6 A tax increase should be avoided.
- 7 Issuance of government bonds
- 8 Don't know

Q4. In connection with the Great East Japan Earthquake, did you engage in activities that supported the disaster-affected areas or those who suffered damage (listed below)?

* Please answer disregarding your contribution of completing this survey. (Please circle all that apply.)

Since July...

1 Participated in a volunteer activity

→Period: days

→Area(s) (Please circle all that apply.):

- 1 Disaster area(s)
- 2 Area(s) outside of the disaster areas (evacuation facilities, distribution centers for emergency goods, etc.)

→Type of participation (Please circle all that apply.):

- 1 Through official business
- 2 Using volunteering holidays
- 3 Using holidays or paid holidays
- 4 Other

2 Contributed money through a fund-raiser →About yen

3 Sent goods (excluding those for family members and relatives)

4 Purchased goods and services (including travel) that were not selling well because of unfounded rumors

5 Conserved energy

6 Other ()

7 Did nothing particular

Q5. These questions concern your fear or anxiety.

(1) How much fear or anxiety do you feel about the following events? Please choose one number from “0” (do not feel at all) to “100” (strongly feel).

① Aftershocks (Do not feel at all) _____ (Strongly feel)

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

② General impacts of the nuclear accident

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

③ Radioactive contamination of food and water

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

④ Loss of employment or reduced income due to effects of the earthquake

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

⑤ Social or economic disorder

0	10	20	30	40	50	60	70	80	90	100
---	----	----	----	----	----	----	----	----	----	-----

(2) What did you do to reduce your anxiety? (Please circle all that apply.)

- 1 Decided to evacuate to a safer area
- 2 Organized my belongings
- 3 Started to go out less frequently
- 4 Started to come home early
- 5 Started to seek personal connections with friends and acquaintances through frequent calls or meetings
- 6 Decided to increase the amount purchased or stored of items like water, food, and gasoline
- 7 Purchased water or paid attention to the place of origin of food due to a concern about radioactive contamination
- 8 Refrained from doing things, with consideration given to the situation in the disaster areas
- 9 Did nothing different from usual
- 10 Other (Please specify: _____)

These questions concern your current job.

Q1. Do you currently have the same job as the one you had in July of this year (the last survey conducted)?

- 1 I am working at the same company or organization where I worked in June.
- 2 I moved to a different company or organization from the one where I worked in June. (job switch)
- 3 I was newly employed in June or afterward. (new employment)
- 4 I quit the job that I had in June and became unemployed. (separation from employment)
- 5 I took leave in June or afterward for the purpose of child care, nursing care, etc. (on leave)
- 6 I was unemployed in June and still am. (continued non-employment)

[This question is for those who answered “2” or “4” in Q1.]

► SQ. Why did you quit the company or organization where you worked in July (the last survey conducted)?

- 1 Office closure; company bankruptcy; closure of self-employment business
- 2 Layoff or personnel reorganization
- 3 Anxiety about the future (poor business performance, etc.)
- 4 Other reasons associated with the employer or business
- 5 Retirement or similar reasons
- 6 Search for a better job
- 7 Marriage
- 8 Childbirth or child rearing
- 9 Nursing care
- 10 Housework or school
- 11 Health reasons
- 12 Other (Please specify: _____)

[This question is for those who answered “1” or “3” in Q1. If you did not answer “1” or “3”, please proceed to Q1 on page 7.]

Q2. How much was the monthly income for September of this year from your main job including allowances such as overtime pay and before subtraction of taxes and payments to social insurance programs? thousand yen

Q3. This question concerns hours worked.

(1) How many days did you work for income in September of this year? days

(2) On average, how many hours per week (including overtime) did you work for income in September of this year? hours/week

(3) Of those hours, how many hours were for overtime? (Leave the box blank if you did not have appropriate overtime because you were self-employed or worked under a discretionary work system.) hours/week

(4) How many hours are for overtime with a higher pay rate? hours/week

(5) On average, what time did you start work in September of this year? :

(6) How much were the business hours at your place of work reduced due to the earthquake, energy conservation efforts, or blackouts in September of this year?

1 No reduction 2 Hours reduced by → days/month hours/day

(7) Choose answers that apply for each point in time, compared to hours worked before the earthquake. (Please circle all that apply.)

	Took a day off or went home early	Worked no overtime	Reduced overtime	Increased overtime	None of these
June	1	2	3	4	5
July	1	2	3	4	5
August	1	2	3	4	5
September	1	2	3	4	5

Q4. How much did the monthly income from your main job (salary income; business income if self-employed) and hours worked change after the earthquake **compared to those in the same month in the previous year?** Please answer for each month listed below.

	Decreased				Unchanged from same month in previous year	Increased			
	By 21% or more	By 11 to 20%	By 6 to 10%	By 5% or less		By 5% or less	By 6 to 10%	By 11 to 20%	By 21% or more
Monthly income from your main job (pretax; including allowances such as overtime pay)									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9
Hours worked (including overtime)									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9

Q5. At your place of business/work, did **orders/sales change due to effects of the earthquake?** If they did, how much did they change **compared to those in the same month in the previous year?**

	Decreased				Unchanged	Increased				Unknown
	By 21% or more	By 11 to 20%	By 6 to 10%	By 5% or less		By 5% or less	By 6 to 10%	By 11 to 20%	By 21% or more	
June	1	2	3	4	5	6	7	8	9	10
July	1	2	3	4	5	6	7	8	9	10
August	1	2	3	4	5	6	7	8	9	10
September	1	2	3	4	5	6	7	8	9	10

Q6. At your place of business/work, were **production/manufacturing/business activities hampered by energy-saving efforts or power outages there or at customers and suppliers' locations?** If they were, how much did they decrease **compared to those in the same month in the previous year?**

	Decreased				Unchanged	Increased				Unknown
	By 21% or more	By 11 to 20%	By 6 to 10%	By 5% or less		By 5% or less	By 6 to 10%	By 11 to 20%	By 21% or more	
June	1	2	3	4	5	6	7	8	9	10
July	1	2	3	4	5	6	7	8	9	10
August	1	2	3	4	5	6	7	8	9	10
September	1	2	3	4	5	6	7	8	9	10

These questions concern your use of time, health, income and expenditure, and purchasing activities.

[For all respondents]

Q1. How much did your use of time change after the earthquake compared to that in the same month in the previous year?

	Decreased				Unchanged	Increased			
	By 21% or more	By 11 to 20%	By 6 to 10%	By 5% or less		By 5% or less	By 6 to 10%	By 11 to 20%	By 21% or more
Time for housework (cooking, laundry, shopping, cleaning)									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9
Time for child care									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9
Time for volunteering									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9

Q2. How much did the time that you spend with your family change after the earthquake compared to that in the same month in the previous year? (Please circle one answer for each month).

	Increased a lot	Increased a little	Unchanged	Decreased a little	Decreased a lot	Don't know
July ----->	1	2	3	4	5	6
August ----->	1	2	3	4	5	6
September ----->	1	2	3	4	5	6

Q3. This question concerns a change in hours worked, days worked, or time for daily activities (such as the time spent with your family) experienced by you and other family members that may have resulted from effects of the earthquake or energy conservation efforts. Please circle one answer that applies.

- 1 I do not think that there has been a change in hours/days worked or time for daily activities experienced by me and other family members.
- 2 There has been a change in hours/days worked, which has made it difficult to have time with my family or time for myself.
- 3 There has been a change in hours/days worked, which has made it easier than before to have time with my family or time for myself.
- 4 I do not know.

Q4. How is your current health?

- | | | | | |
|----------|-------------|----------|-------------|----------|
| 1 | 2 | 3 | 4 | 5 |
| Good | Pretty good | Normal | Not so good | Bad |

Q5. Do you presently experience any of the following conditions? Circle the number that applies for each item.
(Circle one number for each item)

	Often	Sometimes	Rarely	Never
• Headaches or dizziness -----	1	2	3	4
• Palpitations, out of breath -----	1	2	3	4
• Digestive problems -----	1	2	3	4
• Back, lower back, shoulder pain -----	1	2	3	4
• Tire easily -----	1	2	3	4
• Catch cold easily -----	1	2	3	4
• Often become irritated -----	1	2	3	4
• Trouble falling to sleep -----	1	2	3	4
• Find seeing people tiresome -----	1	2	3	4
• Lost work concentration -----	1	2	3	4
• Dissatisfied with life -----	1	2	3	4
• Anxiety about the future -----	1	2	3	4

Please note that the following questions concern your household.

Q6. **For September of this year**, how much were **the entire income** of your household (including allowances such as overtime pay; before subtraction of taxes and payments to social insurance programs) **and living expenses** (including purchases made with credit card loans and payments debited from bank and post office accounts)? Please write the amount for each below.

September income thousand yen

September expenditure (living expenses) thousand yen

⑧~⑪

Q7. How much did the entire monthly income and expenditure of your household change **compared to those in the same month in the previous year**? Please answer for each month listed below.

	Decreased				Unchanged	Increased			
	By 21% or more	By 11 to 20%	By 6 to 10%	By 5% or less		By 5% or less	By 6 to 10%	By 11 to 20%	By 21% or more
Entire household income (pretax)									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9
Entire household living expenses (including purchases made with credit card loans and payments debited from bank and post office accounts)									
June	1	2	3	4	5	6	7	8	9
July	1	2	3	4	5	6	7	8	9
August	1	2	3	4	5	6	7	8	9
September	1	2	3	4	5	6	7	8	9

Q8. This question concerns your purchasing behavior after the earthquake.

(1) Considering the situation of those who suffered damage, did you refrain from participating in events, leisure activities, shopping, etc.? Please circle all that apply for each of the following periods.

	Travel, sightseeing, sports, entertainment	Drinking party, welcome party, farewell party	Eating out with family members	Purchase of durable goods	Not applicable
June	1	2	3	4	5
July	1	2	3	4	5
August	1	2	3	4	5
September	1	2	3	4	5

These questions concern your entire household assets and residence in connection with the earthquake.

Q1. Have you seen materials prepared for disaster prevention, such as the “disaster prevention map” (*bosai mappu*) and the hazard map, for your local area?

- 1 Saw them before the earthquake 3 Would like to see them but they are not available
2 Saw them for the first time after the earthquake 4 Have not seen them

Q2. This question mainly concerns insurance policies held by your household.

(1) Do you subscribe to the following insurance policies? If an insurance policy was held before the earthquake, please enter its starting period and the insurance amount. **If an insurance policy was held before the earthquake, please also enter the starting year.**

	Signed the policy before the earthquake	Signed the policy after the earthquake	Not held, but intend to hold	Not held, and no intention to hold	Starting year					
									year	
Fire insurance (household effects)	1	2	3	4						year
Fire insurance (residence)	1	2	3	4						year
Earthquake insurance (household effects)	1	2	3	4						year
Earthquake insurance (residence)	1	2	3	4						year
Life insurance	1	2	3	4						year

[If you answered that you signed a fire insurance policy and/or an earthquake insurance policy (“1” and/or “2”) in part (1), please answer regarding them/it.]

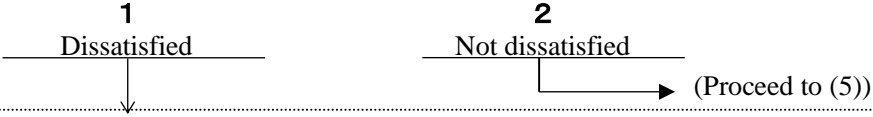
(2) How much is the insurance amount for each insurance policy? A rough amount is fine.

※The insurance amount of an earthquake insurance policy is 30–50% of that of a fire insurance policy, and its upper limit is 50 million yen for the residence and 10 million yen for household effects.

- Fire insurance (household effects) → ten thousand yen
- Fire insurance (residence) → ten thousand yen
- Earthquake insurance (household effects) → ten thousand yen
- Earthquake insurance (residence) → ten thousand yen

[For all respondents]

(3) This question concerns the system of earthquake insurance. Are you dissatisfied with current earthquake insurance policies?



(4) If you are dissatisfied, what are the reasons? (Please circle all that apply.)

- 1 Premiums are high.
- 2 Subscription to a fire insurance policy is required.
- 3 The amount paid for partial damage or “half destruction” is small.
- 4 The upper limit of the amount paid for damage caused by a disaster is low.
- 5 The amount paid by fire insurance is too small.
- 6 A payment from fire insurance cannot be received simultaneously.
- 7 The insurance system is hard to understand due to its complexity.
- 8 The sale activities and customer services of insurance companies are not adequate.
- 9 The range of exemptions for insurance companies is wide.
- 10 Other ()

[For all respondents]

(5) Did your household perform a seismic retrofit to the residence? Did your household install a solar power system or other types of power generation system?

	Yes, before the earthquake	Yes, after the earthquake	No, but intend to do it	No, and no intention to do it
Seismic retrofit	1	2	3	4
Power generation system	1	2	3	4

Thank you very much for your cooperation.

Please send back the completed questionnaire using the enclosed return envelope (no stamp necessary).

Please choose one of the following options.

- 1** Make a contribution to recovery efforts associated with the Great East Japan Earthquake (500 yen per questionnaire is planned to be donated to the Japan Red Cross Society. A copy of the receipt will be mailed to you at a later date.)
- 2** A book voucher (is equivalent to 500 yen) that will be sent to you.