

Research on promoting the utilization of micro data such as statistics that contribute to post-corona suicide countermeasures

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The Current Research Period : April 2023 to March 2024 (2nd year of a 2 year plan)

Summary:

- To facilitate evidence-based policy-making (EBPM) for comprehensive suicide prevention, we conducted diverse exploratory data analyses using public microdata, including sensitive personal information such as cause of death, detailed information on daily living hours, and health records.
- Our analysis of time allocation revealed that married and single men with extensive caregiving responsibilities tend to have less leisure time, leading to caregiving fatigue and irregular lifestyles. Furthermore, engaging in leisure activities like sports and travel significantly contributes to reducing suicide rates.
- Our health data analysis identified a high suicide risk associated with depression scale scores (K6) over 10, linked to issues such as life purpose-related stress, inadequate rest from sleep, and irritability.
- These microdata analyses were carried out in onsite facilities designed by the Ministry of Internal Affairs and Communications to ensure privacy while handling sensitive information. The development and

utilization of these facilities, along with technologies to prevent data leaks, were key components of our research.

- The onsite facility, primarily intended for public statistical data analysis as designed by the Ministry of Internal Affairs. Therefore, we recommended to the Japan Science Council to enable comprehensive analysis of crucial administrative information, including microdata for suicide statistics, which was subsequently adopted by the Japan Science Council.