

## PSYCHIATRIC LEGACY OF CHERNOBYL: FUKUSHIMA PROJECTIONS

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**Background:** Psychiatric legacy of the Chernobyl disaster (April 26, 1986, Ukraine) remains global burden for the society till now, however its causes are at issue. The Great East Japan Earthquake with trio impact (earthquake, tsunami and radiation accident at the Fukushima Daiichi Nuclear Power Plant, March 11, 2011) provides the new challenges to emergency psychiatry.

**Goal:** Implementation of the Chernobyl disaster psychiatric lessons into the mental health care in Fukushima.

**Methods:** Analysis of own studies in interaction with current evidences on cerebral radiation effects.

**Results:** Stress-related (somatoform, anxiety, PTSD) disorders, depression and suicides, cognitive impairment, cerebrovascular pathology, and alcohol abuse are the main neuropsychiatric aftermath in exposed adults. Chernobyl survivors exposed at the brain development period (*in utero* and 0-1 years at the accident) have somatoform disorders, emotional and behavioural disorders, including attention deficit and hyperactive disorder (ADHD), cognitive impairments, paroxysmal disorders, and congenital abnormalities. Is there an increased risk of epilepsy, schizophrenia, neurodegenerative diseases, and multiply sclerosis among exposed individuals should be explored in further international studies.

**Conclusions:** Psychiatric aftermath of Fukushima will be similar to the Chernobyl disaster one. Recommendations include: annual general medical and neuropsychiatric examinations, early diagnostic and treatment of physical and mental problems, mother's mental health care, psychological care for children and their parents, individual relevant educational programs, never separate children from parents and relatives, radiation risk perception management. There is a strong necessity to develop and implement the international mental health care system for the survivors of radiation accidents.