



Description of the MIDJA Study

The overarching goal of MIDJA (Midlife in Japan) was to conduct a multidisciplinary study of health and well-being in a sample of middle- and older-aged Japanese adults. The design and scientific content of the study were comparable to an ongoing longitudinal study in the U.S., known as MIDUS (Midlife in the U.S., available at <http://www.icpsr.umich.edu/icpsrweb/NACDA/studies?archive=NACDA&q=MIDUS>). Parallels between the two provide opportunities to investigate how cultural differences in self and relational factors predict life course variations in well-being and health.

A first primary aim was to collect survey data on a probability sample of adults from the city of Tokyo, Japan. The sample covered five decades of aging (30-79) and was equally divided by gender. Data collection consisted of a 50-page questionnaire covering sociodemographic information and a comprehensive array of psychosocial factors and health assessments (mental and physical).

A second aim was to recruit a subsample of respondents from the above survey to participate in a related biomarker study. Those data are not yet ready for public release.

The purpose of this document is to explain the composition, data collection protocol, and sample selection and response rate for the MIDJA Survey.

Sample Description

The MIDJA survey data were collected from a total of 1,027 participants. All eligible participants were non-institutionalized, Japanese-speaking adults, aged 30-79 and living in one of the 23 wards of Tokyo from April 2008 – September 2008. The overall response rate was 56.2%. Reasons for non-response included: moved, address unknown, absent during time of survey, illness/injury, hospitalized, deceased. Details about sample selection and response rates are presented below.

All respondents were sent an advance letter that included an explanation of the research and an invitation to complete a self-administered questionnaire (SAQ) approximately 46 pages in length. Monetary incentives were used to maximize participation; individuals completing the survey received 3,000 yen (~\$28-30). Japanese survey research relies on a “deliver and pick-up” method of questionnaire administration, thus written consent was obtained when the SAQ was delivered to the participant’s home.

Table 1 below provides a summary of select demographic characteristics (gender, age, education) for the MIDJA survey sample (N=1027).

Table 1. Demographic Characteristics of the MIDJA Survey Sample.

Characteristic	Descriptives
Age (30-79) (Mean, S.D.)	54.4 (14.1)
Gender	
Male	49.2%
Female	50.8%
Education	
High School or Less	43.0%
Vocational School	13.7%
2 Year College Graduate	8.8%
Some College	2.6%
Bachelors +	32.1%

Sample Selection

Central Research Services (CRS), based in Tokyo, Japan, conducted the MIDJA Survey from April 2008 – September 2008. The sample was selected from the Basic Resident Register Book for the 23 wards in Tokyo, Japan, via two-stage stratified random sampling. Within each ward 5 groups were created based on age (30-39, 40-49, 50-59, 60-69, 70-79) and stratified by gender. Thus, 10 strata, based on gender and age were created. For each strata a total of 100 samples are allotted and proportionally distributed among each ward based on the number of registered residents in the Basic Resident Register Book for Tokyo, as of March 31, 2007. Approximately 10 samples were assigned per sampling spot. The population and sample for each ward, broken out by gender and age, appears in Table 2 below.

The primary sampling unit was based on the basic survey units fixed at the 2005 National Census. The sampling spots were sampled from a table of random numbers.

Respondents for each sampling spot were selected from the basic resident register book using a systematic sampling method. Two reserve samples were allotted for per respondent. If the primary selected respondent was ineligible, regardless of reason, the reserve samples were used. To ensure adequate sampling of men from the three youngest decades (30-39, 40-49, and 50-59), three reserve samples were allotted per respondent. If sampling could not be conducted from the basic resident register book, samples were transferred to a different ward within the same area.

Table 2. Population and Sample for Each Ward by Gender and Age Group

Region	Ward	Male					Female					Total
		30-39	40-49	50-59	60-69	70-79	30-39	40-49	50-59	60-69	70-79	
CENTER CORE AREA	1. Chiyoda	3,998 1	3,032 1	2,996 1	2,318 1	1,614 0	3,809 0	3,117 1	2,896 1	2,594 1	2,291 1	28,725 8
	2. Chuo	11,483 1	7,931 1	6,260 1	5,017 1	3,229 1	12,399 2	7,878 1	6,158 1	5,671 1	4,577 1	70,603 11
	3. Minato	19,268 2	14,266 2	11,711 2	9,206 2	6,103 2	21,575 3	14,814 3	12,473 2	10,815 2	8,941 2	129,132 22
	4. Shinjuku	27,687 3	19,341 3	19,126 3	15,243 3	10,310 3	24,185 3	17,327 3	17,528 3	16,621 3	14,768 4	182,136 31
	5. Bunkyo	16,596 2	12,564 2	11,850 2	9,205 2	6,639 2	17,015 2	13,116 2	12,103 2	10,601 2	9,456 2	119,145 20
	6. Taito	14,686 2	11,112 2	12,760 2	11,516 2	8,155 3	12,968 2	9,772 2	10,754 2	10,914 2	9,413 2	112,050 21
	7. Sumida	21,455 3	15,801 3	17,574 3	14,576 3	9,866 3	19,064 2	13,866 3	15,609 3	15,459 3	12,322 3	155,592 29
	8. Koto	41,817 5	29,759 5	32,057 6	26,836 6	15,993 5	38,992 5	26,220 5	30,843 6	27,708 5	20,287 5	290,512 53
	13. Shibuya	20,529 3	14,288 3	12,393 2	9,217 2	6,677 2	21,043 3	14,493 3	12,418 2	11,130 2	9,822 2	132,010 24
	16. Toshima	24,323 3	16,279 3	17,012 3	13,401 3	9,070 3	19,979 3	14,457 3	15,334 3	14,498 3	12,969 3	157,322 30
	18. Arakawa	15,510 2	12,111 2	14,003 2	11,786 3	8,247 3	14,105 2	10,475 2	12,199 2	11,789 2	10,503 2	120,728 22
EAST/NORTHERN AREA	9. Shinagawa	33,757 4	23,468 4	23,819 4	19,389 4	12,325 4	32,131 4	21,532 4	22,677 4	20,509 4	17,348 4	226,955 40
	10. Meguro	24,082 3	17,914 3	15,064 3	12,107 3	8,586 3	26,581 4	18,530 3	15,847 3	14,081 3	12,186 3	164,978 31
	11. Ota	62,344 8	46,938 8	48,238 8	40,093 9	24,972 8	56,345 7	40,879 8	43,865 8	40,622 8	33,194 8	437,490 80
	12. Setagaya	77,554 10	60,311 10	49,774 9	38,618 8	28,027 9	82,505 11	60,243 11	51,429 10	44,468 9	38,454 9	531,383 96
	14. Nakano	31,121 4	20,502 4	19,049 3	15,201 3	11,184 3	26,858 4	18,527 3	18,420 4	16,796 3	15,494 4	193,152 35
	15. Suginami	49,698 6	36,157 6	32,784 6	25,287 5	18,492 6	49,069 7	35,194 7	32,999 6	28,890 6	25,909 6	334,479 61
	20. Nerima	62,553 8	50,101 9	43,574 8	34,872 7	26,738 8	59,417 8	45,855 8	41,899 8	39,787 8	33,608 8	438,404 80
WEST/SOUTHERN AREA	17. Kita	27,791 4	20,074 3	23,796 4	20,572 4	14,461 4	24,032 3	17,916 3	21,749 4	22,406 4	20,047 5	212,844 38
	19. Itabashi	47,388 6	34,641 6	36,931 7	30,112 6	19,885 6	42,365 6	30,995 6	34,351 6	31,814 6	26,224 6	334,706 61
	21. Adachi	56,512 7	43,309 7	44,589 8	41,840 9	28,116 9	49,524 7	37,080 7	40,472 8	44,573 9	33,000 8	419,015 79
	22. Katsushika	38,167 5	30,235 5	31,292 6	26,755 6	18,875 6	34,093 4	26,840 5	27,923 5	28,454 6	23,361 6	285,995 54
	23. Edogawa	65,916 8	47,369 8	42,336 7	36,800 8	22,868 7	58,122 8	39,470 7	38,281 7	38,331 8	26,702 6	416,195 74
Total	Population Sample Size	794,235 100	587,463 100	568,988 100	469,967 100	320,432 100	746,176 100	538,656 100	538,227 100	508,531 100	420,876 100	5,493,551 1,000

Response rate according to gender is as follows.

Table 3. Response Rate by Gender

Gender	Sample Size	Invalid Samples	Valid Response	Response Rate
Male	1,093	167	505	54.5%
Female	1,009	108	522	57.9%
Total	2,102	275	1,027	56.2%

Response rate according to gender/ age is as follows.

Table 4. Response Rate by Gender and Age Group

Gender/Age	Sample Size	Invalid Samples	Valid Response	Response Rate
Male/ 30-39	234	48	100	53.8%
40-49	240	42	100	50.5%
50-59	215	25	100	52.6%
60-69	195	28	100	59.9%
70-79	209	24	105	56.8%
Female/ 30-39	236	29	100	48.3%
40-49	190	16	115	66.1%
50-59	188	19	106	62.7%
60-69	196	19	100	56.5%
70-79	199	25	101	58.0%
Total	2,102	275	1,027	56.2%

Sample Recruitment

Japanese survey research relies on a “deliver-and-pick-up” method of questionnaire administration. Randomly selected respondents were sent a recruitment mailing that included a cover letter and an “Instruction Manual” describing the research in a question and answer format. Individuals completing the survey received 3,000 yen (~\$28-30). Interviewers traveled to the respondent’s home to answer any questions the respondent might have. If the respondent agreed to participate, the interviewer obtained written consent, and returned one week later to pick up the completed questionnaire. **Survey**

Response Rates

The overall response rate was 56.2% calculated according to the following equation:

$$\text{Response rate (\%)} = \frac{1,027 \text{ (Number of valid responses)}}{2,102 \text{ (Total number of samples)} - 75 \text{ (Number of invalid samples)}} \times 100$$

Invalid samples refer to instances where sampling could not be completed for the reasons listed in Table 4 below. Gender and Gender by Age distributions of reasons for non-completion are summarized in Tables 6 and 7 below.

Table 5. Reasons for Non-Response in MIDJA Survey

Reason	Number of cases
Moved	119
Address unknown	60
Absent during time of survey	38
Illness, injury	35
Hospitalized	20
Deceased	3

Table 6. Reasons for Uncollected Data by Gender

Gender	Moved	Absent during the time of survey	Unable to be in contact	Address unknown	Refused to answer	Hospitalized	Illness/injured	Deceased	Total
Male	76(12.9)	31(5.3)	85(14.5)	30(5.1)	336(57.2)	10(1.7)	17(2.9)	3(0.5)	588(100.0)
Female	43(8.8)	7(1.4)	57(11.7)	30(6.2)	322(66.1)	10(2.1)	18(3.7)	0(0.0)	487(100.0)
Total	119(11.1)	38(3.5)	142(13.2)	60(5.63)	658(61.2)	20(1.9)	35(3.3)	3(0.3)	1,075(100.0)

Table 7. Reasons for Uncollected Data by Gender and Age Group

Gender/Age	Moved	Absent during the time of survey	Unable to be in contact	Address unknown	Refused to answer	Hospitalized	Illness/injured	Deceased	Total
Male/ 30-39	25(18.7)	9(6.7)	31(23.1)	12(9.0)	55(41.1)	0(0.0)	2(1.5)	0(0.0)	134(100.0)
40-49	27(19.3)	7(5.0)	24(17.2)	7(5.0)	74(52.9)	0(0.0)	1(0.7)	0(0.0)	140(100.0)
50-59	8(7.0)	7(6.1)	16(13.9)	6(5.2)	74(64.4)	1(0.9)	2(1.7)	1(0.9)	115(100.0)
60-69	12(12.6)	5(5.3)	8(8.4)	3(3.2)	59(62.1)	4(4.2)	2(2.1)	2(2.1)	95(100.0)
70-79	4(3.9)	3(2.9)	6(5.8)	2(1.9)	74(71.2)	5(4.8)	10(9.6)	0(0.0)	104(100.0)
Female/ 30-39	15(11.0)	2(1.5)	27(19.9)	10(7.4)	80(58.8)	0(0.0)	2(1.5)	0(0.0)	136(100.0)
40-49	6(8.0)	0(0.0)	7(9.3)	7(9.3)	52(69.3)	2(2.7)	1(1.3)	0(0.0)	75(100.0)
50-59	9(11.0)	2(2.4)	12(14.6)	5(6.1)	51(62.2)	1(1.2)	2(2.4)	0(0.0)	82(100.0)
60-69	8(8.3)	2(2.1)	6(6.3)	5(5.2)	71(74.0)	1(1.1)	3(3.1)	0(0.0)	96(100.0)
70-79	5(5.1)	1(1.0)	5(5.1)	3(3.1)	68(69.4)	6(6.1)	10(10.2)	0(0.0)	98(100.0)
Total	119(11.1)	38(3.5)	142(13.2)	60(5.6)	658(61.2)	20(1.9)	35(3.3)	3(0.3)	1,075(100.0)