

## Disclosure of Information Regarding the Research Project

### “Student Health White Paper 2026”

#### 1. Research Subject

The subjects of this survey are all undergraduate and graduate students enrolled at national universities nationwide in the 2026 academic year.

#### 2. Research Objectives, Methods, and Period

Research Objective: Health management centers at national university corporations across Japan collaborate to compile data from regular health checkups and student life surveys every five years to produce the Student Health White Paper. The objective is to assess the health status of undergraduate and graduate students and provide foundational data for improved health management. Data from the Health White Papers for 2000, 2005, 2010, 2015, and 2021 are available online.

(<https://www.htc.nagoya-u.ac.jp/hokenkanri/hakusho/>)

#### Research Methodology:

We compile nationwide data on the items included in regular health checkups, the results of lifestyle surveys (anonymous questionnaires) conducted online in conjunction with these checkups, the number of undergraduate and graduate students who have undergone past interviews with doctors or counselors, and the diagnoses at the time of those interviews. Additionally, with the cooperation of counseling staff, we compile nationwide data on the usage patterns of undergraduate and graduate students who utilized student counseling offices or counseling rooms during the 2026 academic year.

In this study, user information is collected in a form that excludes personal information, so individuals cannot be identified. If you do not wish to participate in this survey (or do not want your data used), please inform the Health Management Office or the counseling staff (primarily doctors or counselors), and your information will not be used. You will not suffer any disadvantage as a result. However, once the data has been anonymized and aggregated, it cannot be deleted. The aggregated data will be published by the National University Corporation Health Management Facilities Council as the “Student Health White Paper 2026.” Regarding the collected samples and information, there is a possibility that they may be reused

for secondary purposes as reference material on students' physical and mental health after the "Student Health White Paper 2026" is published, following a new ethics review.

Research Period: Date of Approval – March 31, 2029

### **3. Types of Samples and Information Used in the Research**

Information obtained from student health examinations, including grade level, gender, age, international student status, physical measurements (height, weight, body fat, waist circumference), blood pressure, and chest X-rays. Additionally, anonymous lifestyle questionnaires completed online in conjunction with the health examinations; the number of undergraduate and graduate students who have undergone past interviews with doctors or counselors; and the initial diagnosis at the time of the interview.

### **4. Contact Information**

If you have any questions regarding this research, please contact us at the address below.

If you wish, you may review the research protocol and related materials, provided that doing so does not interfere with the protection of other research participants' personal information or intellectual property. Please let us know if you would like to do so.

Furthermore, if you or your representative do not consent to the use of your samples or information for this research, you will not be included as a research subject. Please contact us at the address below to withdraw your consent. Withdrawing consent will not result in any disadvantage to you.

Please note that because the student lifestyle questionnaire is anonymous, you cannot withdraw from the study after submitting your responses.

#### **Contact Information (Principal Investigator):**

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#### **Complaint Desk:**

Medical Research Ethics Committee of Institute of Science Tokyo  
Bioethics Group, Research Infrastructure Promotion Group, Research Promotion Department  
Tokyo University of Science and Technology  
TEL: 03-5803-4547 (Available hours: Weekdays 9:00–17:00)