All DMAT workers assigned to the disaster area of the Great East Japan Earthquake on March 11

Psychoeducation on critical incident stress

Invitation to participate sent via website, email and phone call

Did not participate in clinical trial

Informed consent provided for observational study

Baseline assessment within 1 month after the end of DMAT activity

Did not participate in clinical trial

Informed consent provided for clinical trial

Randomization

Allocated to omega-3 fatty acid supplementation

Allocated to control condition

12 weeks follow-up assessment

12 weeks follow-up assessment

12 weeks follow-up assessment