Psychological Effects among Internally Displaced Persons (IDPS) Residing in two Districts of Sindh

Original Article (Community Medicine)


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ABSTRACT

Objective: To identify the psychological effects of IDPs and to assess the psychological illnesses.

Study Design: Descriptive Cross Sectional study

Place and Duration of Study: This study was conducted at shelters surrounding the campus of Liaquat University of Medical & Health Sciences, Jamshoro and New Sabzi Mandi, Hyderabad after 1 month of the flood.

Materials and Methods: During study 300 affected Internally Displaced Persons (IDPs) were examined for physical, social and psychological effects after one month of flood through structured interviews. We focused on the behavior and activities according to Diagnostic Statistical Manual of Mental Disorders IV (DSM-IV) to identify psychological effects. Beside that the history of diet manual in children, male and female gender was addressed.

Results: Out of 300 respondents, the mean age was 40 years. According to DSM IV, 134 (44%) participants met the criteria of depression. 30 (10%) IDPs reported aggression. 26 (9%) IDPs met the criteria of post traumatic stress disorder (PTSD), 110 (37%) IDPs reported lack of sleep.

Conclusion: Geographically Pakistan faces frequent natural calamities. In recent past Pakistan has suffered a lot due to floods. There is need to focus on mental health of internally displaced persons which is most neglected aspect during and after flood and disasters. The government and nongovernment organizations should make implementing policy to take care of post health issues of IDPs.

Key Words: Psychological effects, Internally Displaced Persons, Diagnostic Statistical Manual of Mental Disorders IV (DSM-IV).
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