



MENTAL HEALTH EFFECTS OF CIVILIANS CAUSED BY WAR-RELATED TRAUMA

SARAH STROM

SOUTHERN NEW HAMPSHIRE
UNIVERSITY

Bosnian Genocide: Pasic testified against General Ratko Mladic who was responsible for the 1995 genocide of 7,000 Muslim men and boys in Srebrenica.

Hrvaćani 

Republika Srpska, Bosnia and Herzegovina



maphill

© 2011 Maphill





What resources are the most beneficial for civilians who have been affected by war?

International Aid Workers



Advocates

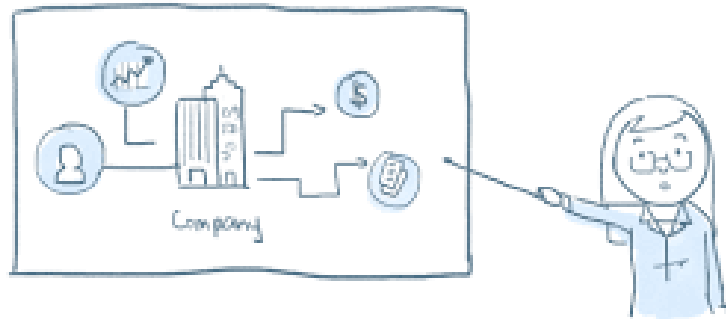


Doctors



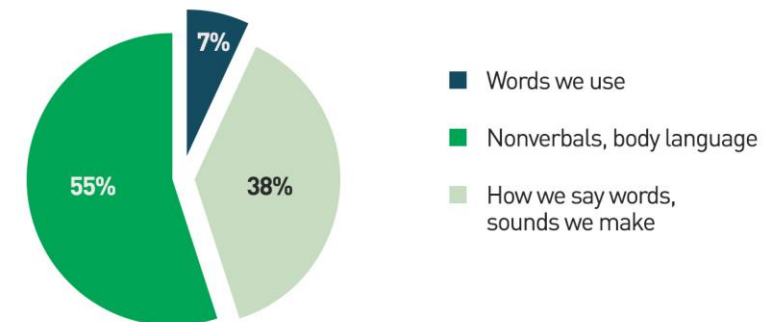
Lawyers

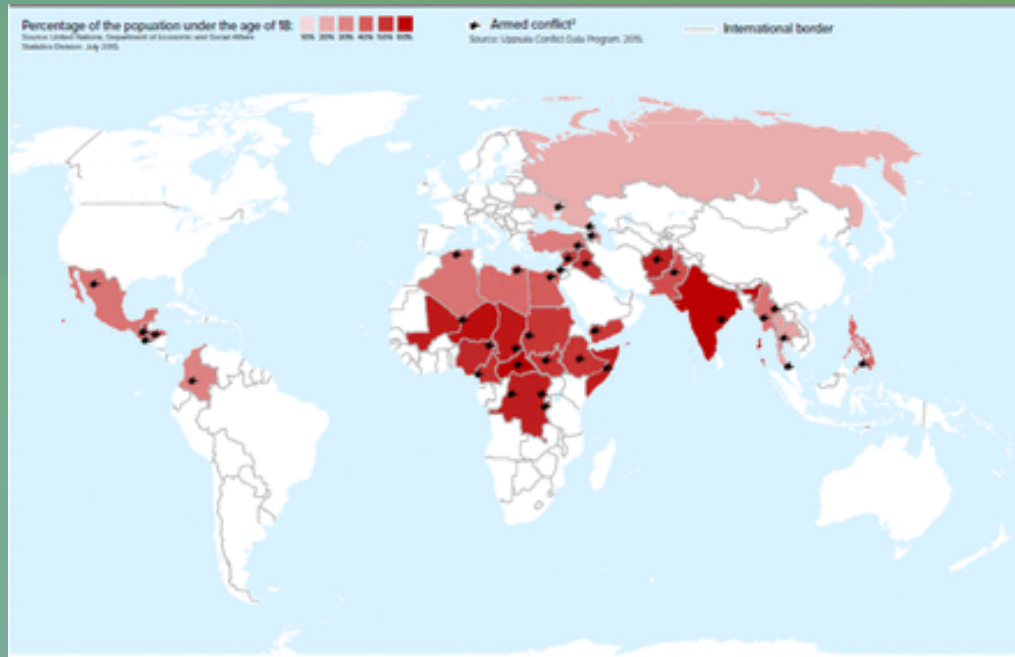




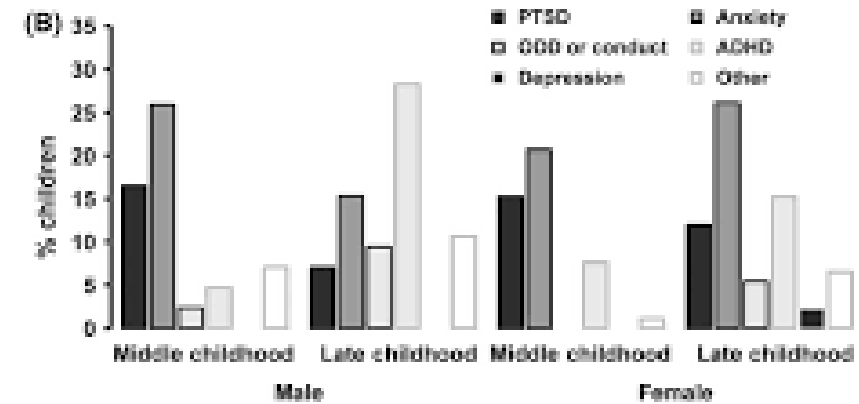
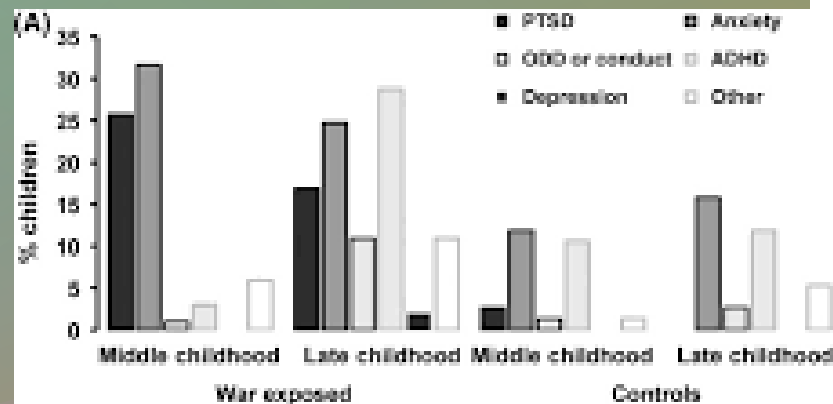
THE POWER OF STORYTELLING IN PRESENTATIONS

HOW WE COMMUNICATE





“Among children living in the area of bombardments, 54% suffered from severe, 33.5% from moderate and 11% from mild or doubtful levels of PTSD” (Murthy, 2006).



Tamil Nadu, India

“The breakdown of the Tamil society led to women taking on more responsibilities, which in turn made them more vulnerable to stress” (Murthy, 2006).



Cambodia

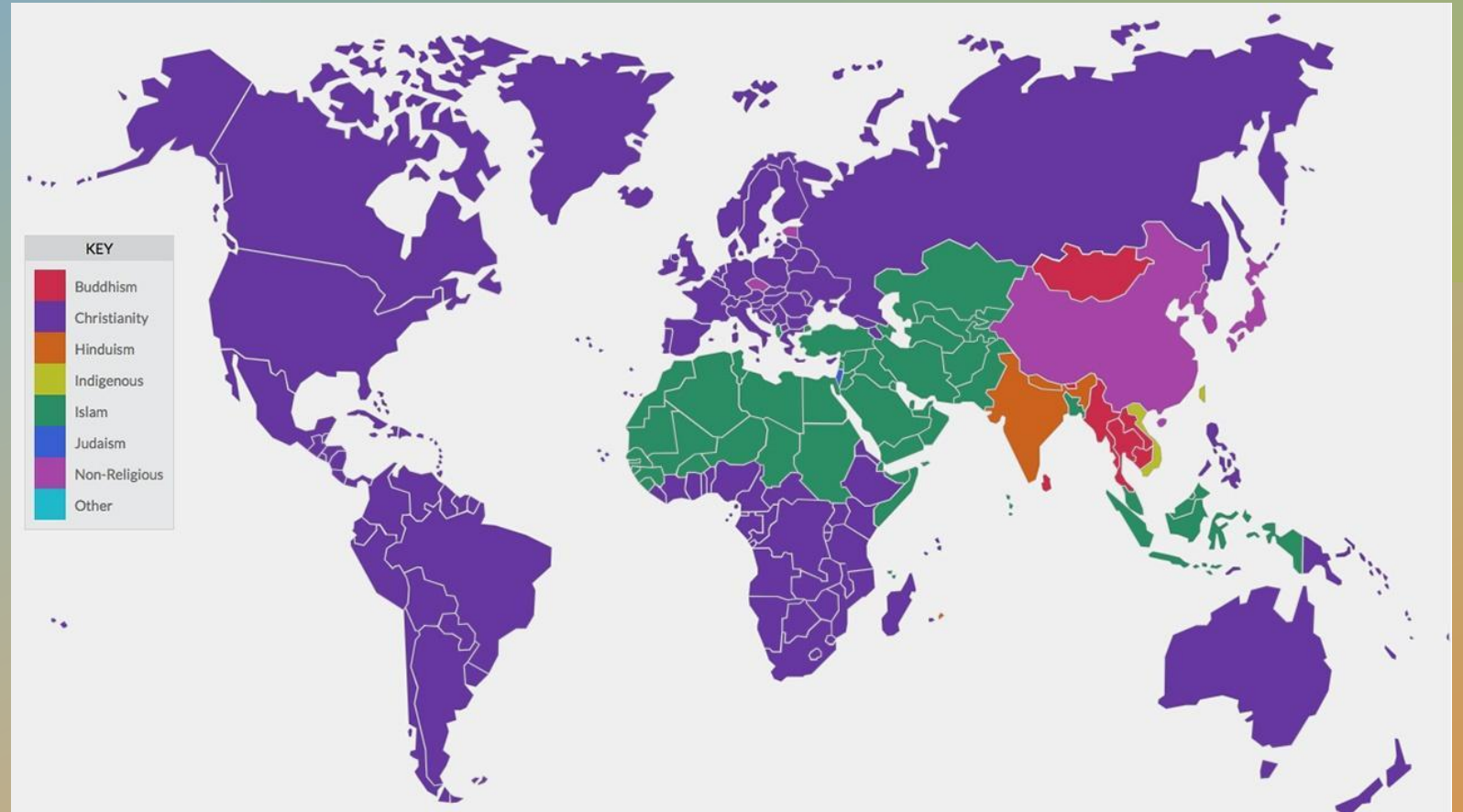




“A childhood exposure that increased the risk of psychiatric illness in adulthood was also associated with increased risk of psychiatric illness in the next generation” (Torsten, 2018).

“Men (89%) and women (90%) expressed strong feelings of hatred towards the Serbs, with 44% of men and 33% of women stating that they would act on these feelings” (Murthy, 2006).



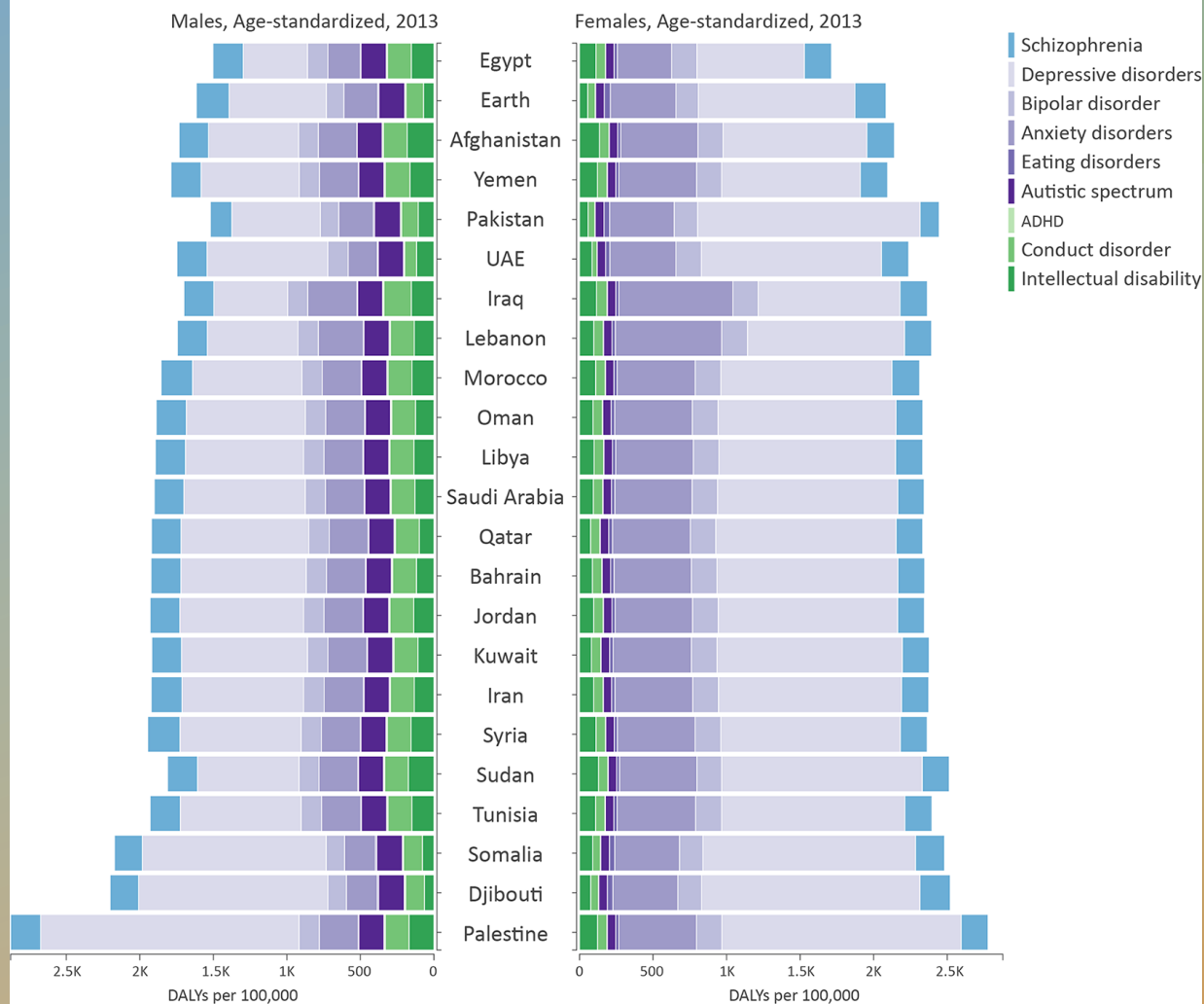


“Studies are consistent in showing the value of both physical support and psychological support in minimizing the effects of war-related traumas, as well as the role of religion and cultural practices as ways of coping with the conflict situations” (Murthy, 2006).

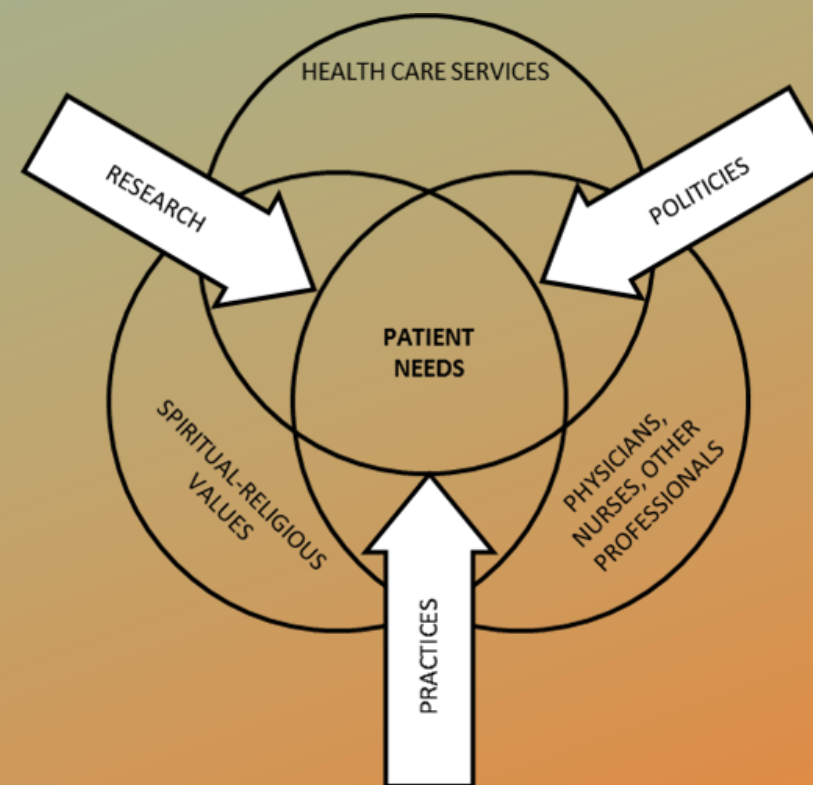


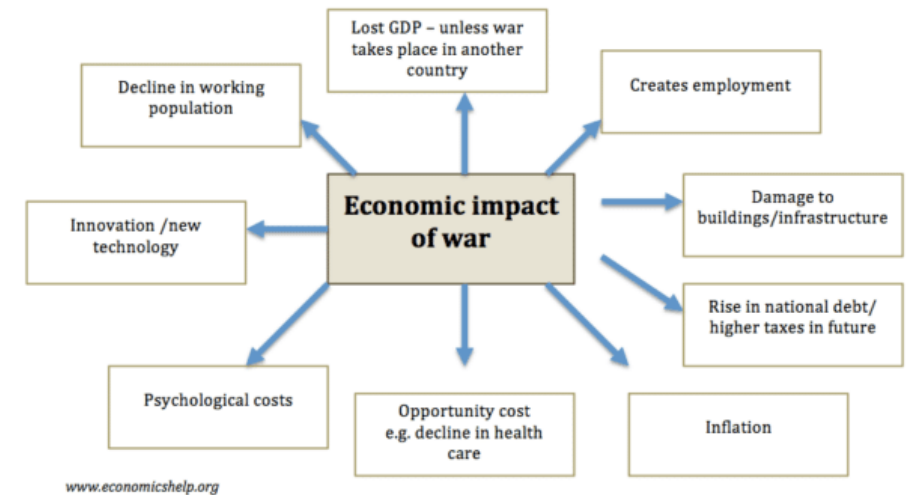
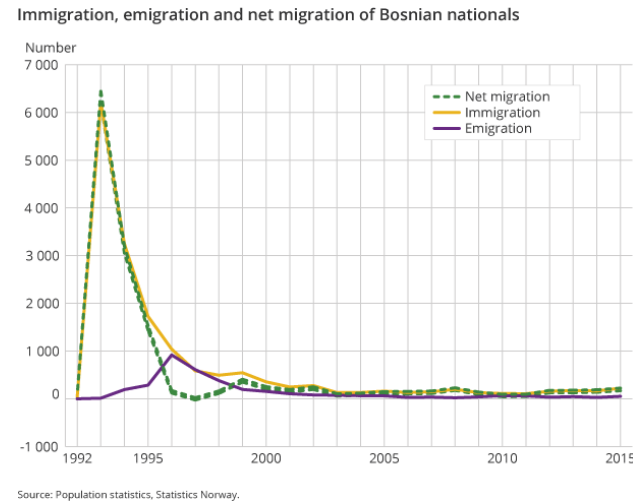
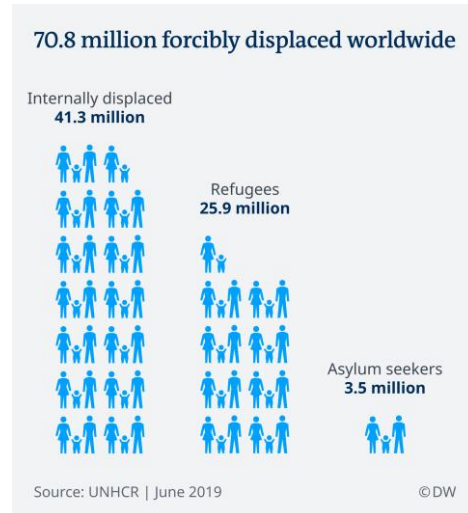
“A study on Palestinian perceptions of their living conditions during the Second Intifada (42) found that 46% of parents reported aggressive behaviour among their children, 38% noted bad school results...” (Murthy, 2006).

Age-standardized rates of mental disorder DALYs, by country and sex



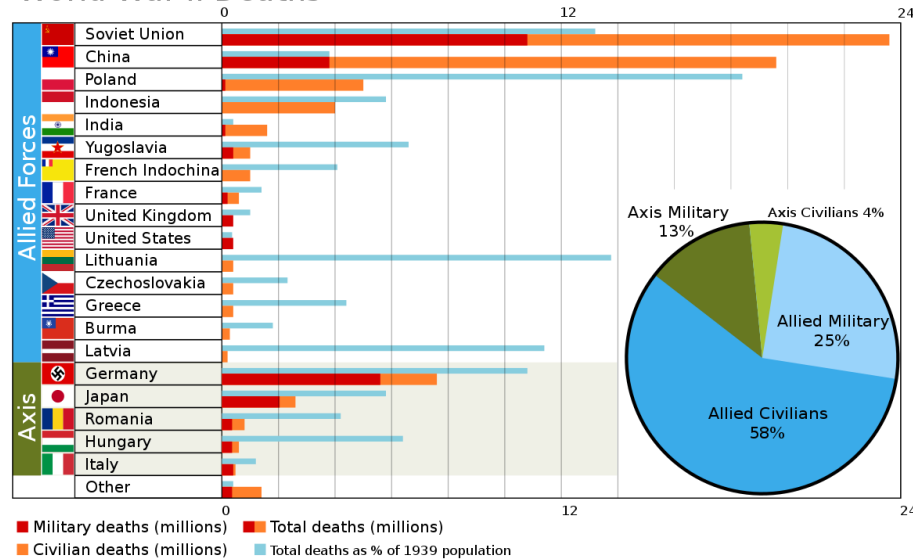
“It is estimated that in 2006 no more than 50 psychiatrists were practicing in Lebanon in the private and nongovernmental sector” (El-Khoury, 2019).



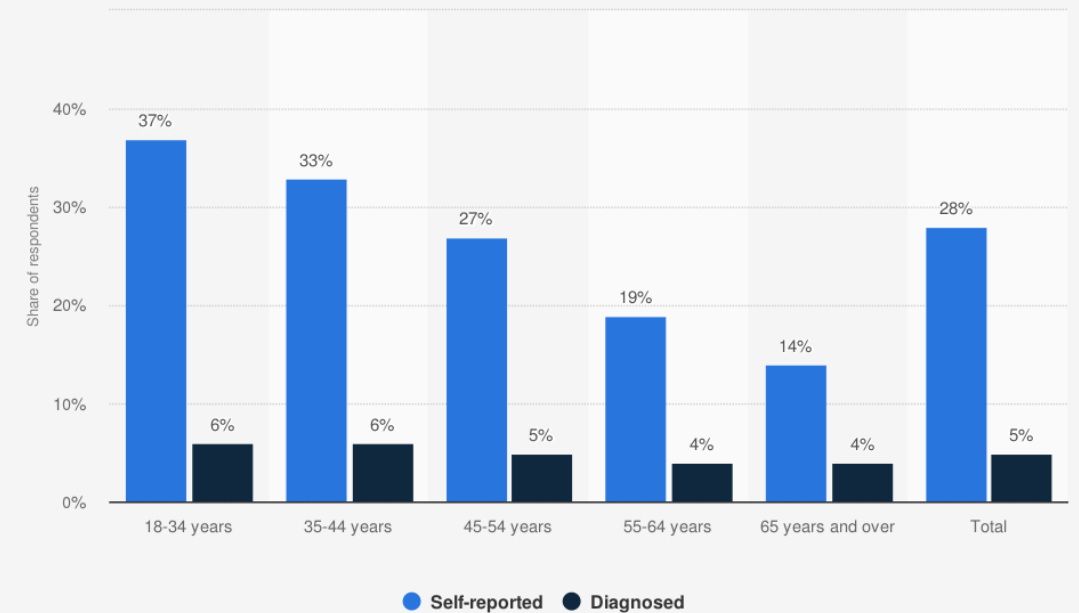


“The World Bank estimates that over 1 billion people worldwide live in regions affected by armed conflict [[1]], while the UN High Commissioner for Refugees (UNHCR) estimates that 60 million civilians were forcibly displaced from their homes due to war and political violence as of 2015...”
(Frounfelker, 2018).

World War II Deaths

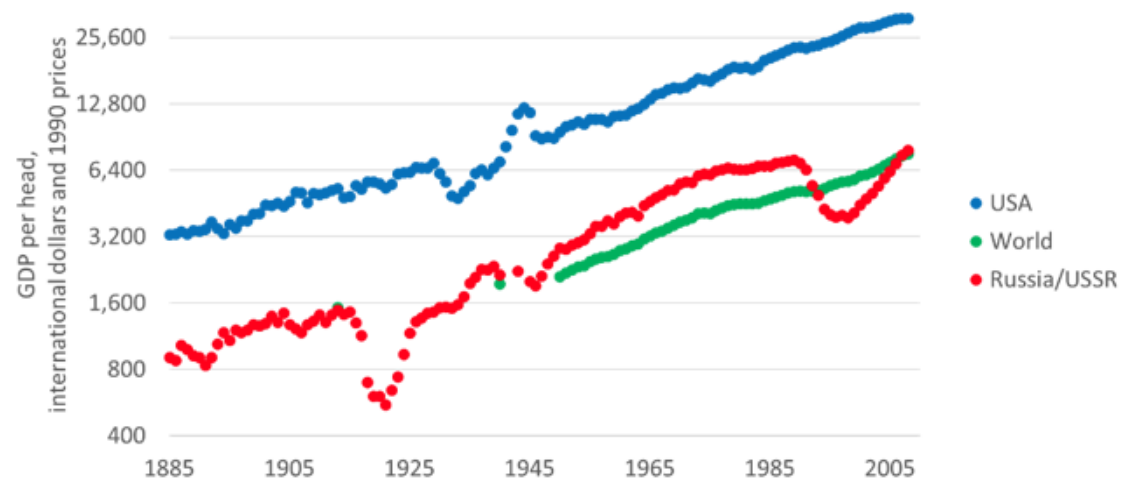


Proportion of adult population with a psychiatric condition* in Russia in 2018, by age



Source
Kantar Health
© Statista 2020

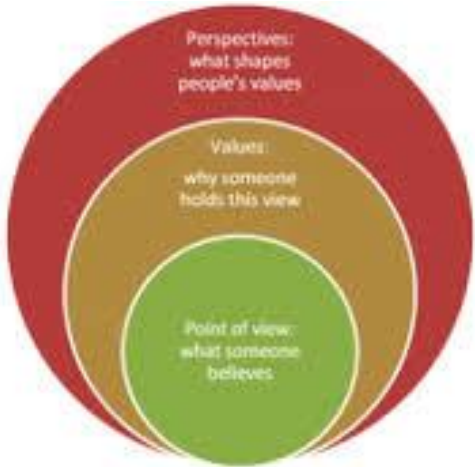
Additional Information:
Russia; Kantar Health; 2018; 18 years and over



**My thinking on my topic BEFORE
doing research**



**How my perspective changed while
doing research**

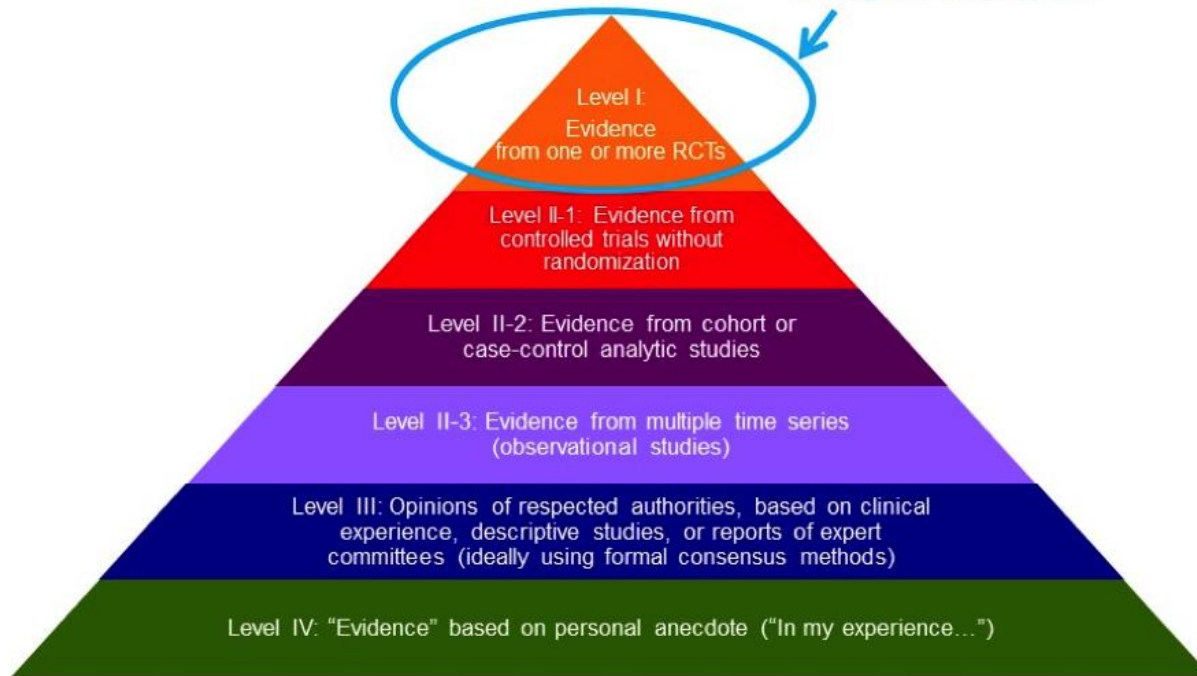


**My thinking on my topic AFTER doing
research**

Trauma event	Frequency
• Beatings, kicks, and cuts	50%
• Forced hard labor	20%
• Threats and interrogations	60%
• Relatives killed	50%
• Homes/property destroyed	40%
• Forced fleeing/displaced	60%
• Sexual torture (rape)	40%
• Tortured in home	70%
• Tortured in camp/detention	20%

Levels of Evidence

Randomized Controlled Trials (RCTs)
“the gold standard”



Four kinds of evidence in evidence-based management

Scientific literature

Empirical studies

Organization

Internal data

Practitioners

Professional expertise

Stakeholders

Values and concerns

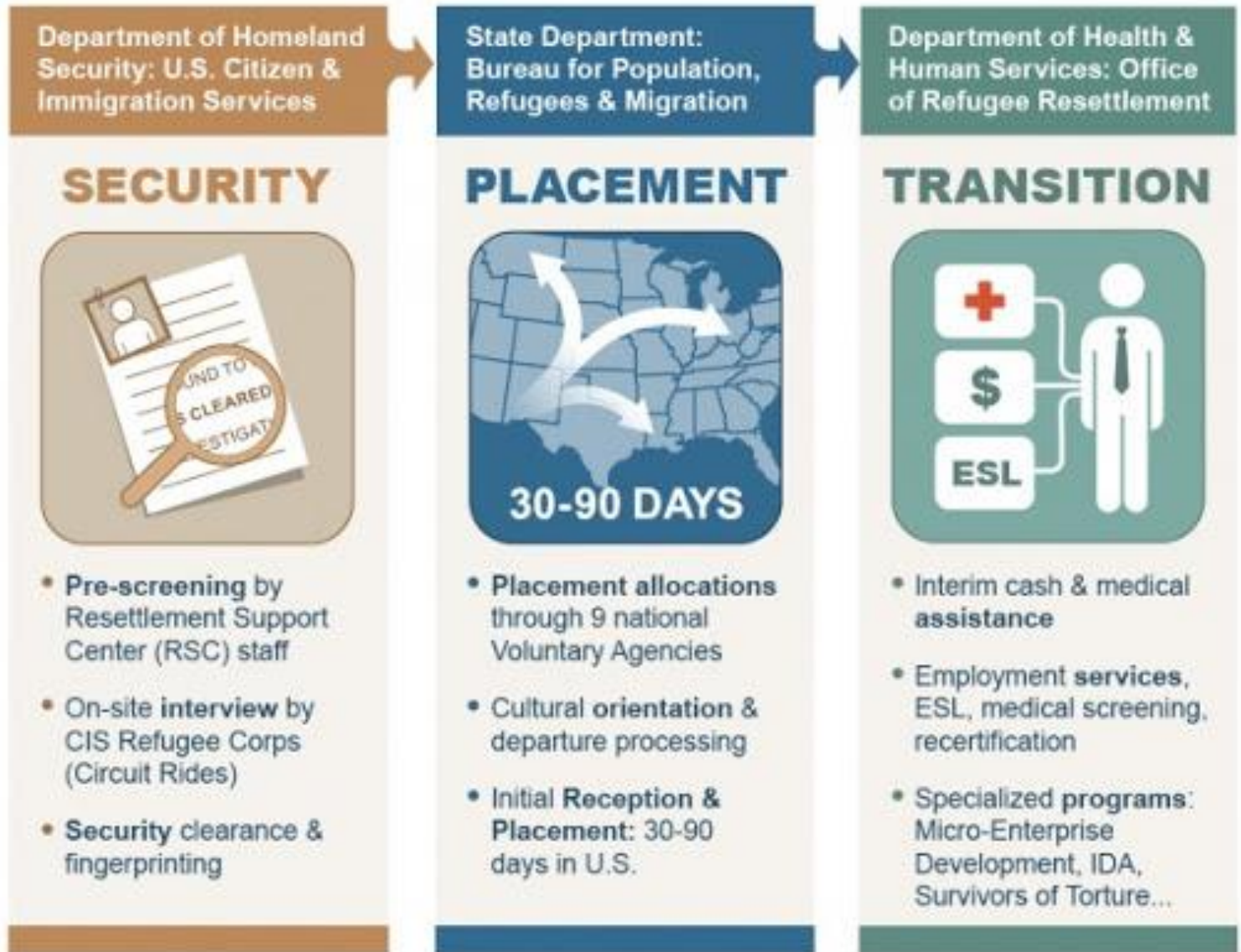


Image adapted from www.cebm.org

www.ckju.net



WHICH
RESOURCES
ARE THE
MOST
BENEFICIAL
TO CIVILIANS
WHO
EXPERIENCE
WAR?



REFERENCES

- 2017, S. J. (2017, January 26). *United States: Suspension of US refugee resettlement endangers people fleeing war zones: MSF*. Médecins Sans Frontières (MSF) International. <https://www.msf.org/united-states-suspension-us-refugee-resettlement-endangers-people-fleeing-war-zones>.
- Aten, J. D., Hwang, J., & Annan, K. (2021). Research and resources in refugee mental health: Reflections and future directions. In *Refugee mental health*. (pp. 303–321). American Psychological Association. <https://doi-org.ezproxy.snhu.edu/10.1037/0000226-012>
- Bell, V., M, ndez, F., Mart, nez, C., Pablo Palma, P., & Bosch, M. (2012). Characteristics of the Colombian armed conflict and the mental health of civilians living in active conflict zones. *Conflict & Health*, 6(1), 10–17. <https://doiorg.ezproxy.snhu.edu/10.1186/1752-1505-6-10>
- Cassandra Basler, E. U. (2017, March 7). *Attorneys, refugee advocates clash with trump on revised immigration order*. <https://www.wshu.org/post/attorneys-refugee-advocates-clash-trump-revised-immigration-order#stream/0>.
- Charara, R., Forouzanfar, M., Naghavi, M., Moradi-Lakeh, M., Afshin, A., Vos, T., ... Mokdad, A. H. (2017, January 17). *The Burden of Mental Disorders in the Eastern Mediterranean Region, 1990-2013*. PLOS ONE. <https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0169575>.
- Clapon, P. (2020, November 7). *The Power Of Storytelling In Presentations*. VisualHackers. <https://visualhackers.com/blog/the-power-of-storytelling-in-presentations/>.
- Comtesse, H., Powell, S., Soldo, A., Hagl, M., & Rosner, R. (2019). Long-term psychological distress of Bosnian war survivors: An 11-year follow-up of former displaced persons, returnees, and stayers. *BMC Psychiatry*, 19. <https://doiorg.ezproxy.snhu.edu/10.1186/s12888-018-1996-0>
- Community Mental Health Programs*. TPO Cambodia. (2015). <https://tpocambodia.org/community-mental-health-programs/>.
- Duarte, N. (2020, May 27). *How to Display Data the Right Way in Presentations*. Duarte. <https://www.duarte.com/presentation-skills-resources/display-data-in-presentations/>.
- (www.dw.com), D. W. *Refugee numbers worldwide hit record high: UN: DW: 19.06.2019*. DW.COM. <https://www.dw.com/en/refugee-numbers-worldwide-hit-record-high-un/a-49258216>.
- Dzamarija, M. T. (2017, February 8). Bosnians – the integration champions? Retrieved February 11, 2021, from <https://www.ssb.no/en/befolkning/artikler-og-publikasjoner/bosnians-the-integration-champions>
- Elagina, D. (2020, March 13). *Psychiatric conditions in Russia 2018, by age*. Statista. <https://www.statista.com/statistics/978105/psychiatric-conditions-by-age-in-russia/>.
- El-Khoury, J. (2019). A review of the psychological impact of the 2006 war on the civilian population in Lebanon. *Traumatology*, 25(3), 203–207. <https://doi-org.ezproxy.snhu.edu/10.1037/trm0000184>
- Frontline PBS. (2019, April 1). FRONTLINE: PBS. <https://www.facebook.com/frontline/posts/10156031592036641:0>.
- Frounfelker, R., Gilman, S. E., Betancourt, T. S., Aguilar-Gaxiola, S., Alonso, J., Bromet, E. J., Bruffaerts, R., de Girolamo, G., Gluzman, S., Gureje, O., Karam, E. G., Lee, S., Lepine, J.-P., Ono, Y., Pennell, B.-E., Popovici, D. G., ten Have, M., Kessler, R. C., & WHO World Mental Hlth Survey. (2018). Civilians in World War II and DSM-IV mental disorders: results from the World Mental Health Survey Initiative. *SOCIAL PSYCHIATRY AND PSYCHIATRIC EPIDEMIOLOGY*, 53(2), 207–219. <https://doi-org.ezproxy.snhu.edu/10.1007/s00127-017-1452-3>
- Halevi, G., Djalovski, A., Vengrober, A., & Feldman, R. (2016). Risk and Resilience Trajectories in War-Exposed Children Across the First Decade of Life. [ruthfeldmanlab.com](https://ruthfeldmanlab.com/wp-content/uploads/2019/05/risk-and-resiliencetrajectories.JCPP2016.pdf). <https://ruthfeldmanlab.com/wp-content/uploads/2019/05/risk-and-resiliencetrajectories.JCPP2016.pdf>.
- Hansen, J. (2019, December 13). *How to Engage an Audience in an Online Presentation*. Visme Blog. <https://visme.co/blog/engage-audience-online-presentation/>.
- Haughom, J. (2020, November 19). *5 Reasons The Practice of Evidence-Based Medicine Is a Hot Topic*. Health Catalyst. <https://www.healthcatalyst.com/5-reasons-practice-evidence-based-medicine-is-hot-topic>.
- Hobbs, M. (2018, February 28). *Vietnamese Refugees' Immigration Fight Started With Atlanta Lawyers*. Daily Report. <https://www.law.com/dailyreportonline/2018/02/28/vietnamese-refugees-immigration-fight-started-with-atlantawalawyers/?slreturn=20210112143303>.

R E F E R E N C E S

In Pictures: These Children In War Zones Are Still Attending School. educationcannotwait. (2016, November 29). <https://www.educationcannotwait.org/in-pictures-these-children-in-war-zones-are-still-attending-school/>.

Janjua, H. (2018, February 16). *'Unspeakable numbers': 10,000 civilians killed or injured in Afghanistan in 2017*. The Guardian. <https://www.theguardian.com/global-development/2018/feb/16/10000-civilians-killed-injured-afghanistan-2017-united-nations>.

Jones, E. (2016, June). *Air raids and the crowd – citizens at war*. Air raids and the crowd – citizens at war | The Psychologist. <https://thepsychologist.bps.org.uk/volume-29/june-2016/air-raids-and-crowd-citizens-war>.

Kadir, A., Shenoda, S., Goldhagen, J., Pitterman, S., & Health, S. O. I. C. (2018, December 1). The Effects of Armed Conflict on Children. American Academy of Pediatrics. <https://pediatrics.aappublications.org/content/142/6/e20182586>.

Mantoo, S. (2017, December 15). *Hostilities flare on Yemen's west coast, sparking new displacement – UN refugee agency* | | UN News. United Nations. <https://news.un.org/en/story/2017/12/639622-hostilities-flare-yemens-west-coast-sparking-new-displacement-un-refugee-agency>.

Meta, C. M. and K. (2016, November 18). *Healing traditions thrive in Phnom Penh*. Healing traditions thrive in Phnom Penh | Phnom Penh Post. <https://www.phnompenhpost.com/post-weekend/healing-traditions-thrive-phnom-penh>.

Murthy, R. S., & Lakshminarayana, R. (2006). Mental health consequences of war: a brief review of research findings. World psychiatry : official journal of the World Psychiatric Association (WPA), 5(1), 25–30.

Musisi, S., & Kinyanda, E. (2020, January 9). *Long-Term Impact of War, Civil War, and Persecution in Civilian Populations-Conflict and Post-Traumatic Stress in African Communities*. Frontiers. <https://www.frontiersin.org/articles/10.3389/fpsy.2020.00020/full>.

Nasa, Rahima. “A Survivor of the War in Bosnia Recounts His ‘Most Unsettling’ Memory.” PBS, Public Broadcasting Service, 19 Mar. 2019, www.pbs.org/wgbh/frontline/article/bosnian-genocide-survivor-remembers-war/.

Ochab, E. U. (2020, June 4). *Children Cannot Continue To Be Victims Of Wars Waged By Previous Generation*. Forbes. <https://www.forbes.com/sites/ewelinaochab/2020/06/04/children-cannot-continue-to-be-victims-of-wars-waged-by-previous-generation/?sh=fd5914bae608>.

Pettinger, T. (2019, March 31). *Economic impact of war*. Economics Help. <https://www.economicshelp.org/blog/2180/economics/economic-impact-of-war/>.

Points of view, values, and perspectives in senior social studies. Senior Secondary. (2020, September 14). <https://seniorsecondary.tki.org.nz/Social-sciences/Senior-social-studies/Pedagogy/Social-inquiry/Points-of-view>.

Resources. Tennessee Office for Refugees. <http://www.tnrefugees.org/index.php/info-and-resources/>.

Price, D. D. *The benefits of evidence-based management in a nutshell: CQ Net*. CQ Net - Management skills for everyone! <https://www.ckju.net/en/blog/benefits-evidence-based-management-nutshell/1246>.

Saad, M., & Medeiros, R. de. (2012, October 17). *Spiritual-Religious Coping – Health Services Empowering Patients' Resources*. IntechOpen. <https://www.intechopen.com/books/complementary-therapies-for-the-contemporary-healthcare/spiritual-religious-coping-health-services-empowering-patients-resources>.

Spencer, J. (2019, March 28). *The Destructive Age of Urban Warfare; or, How to Kill a City and How to Protect It*. Modern War Institute. <https://mwi.usma.edu/destructive-age-urban-warfare-kill-city-protect/>.

Team, Maphill.com. “Free Political Location Map of Hrvāćani.” *Maphill*, 2011, www.maphill.com/bosnia

The Australian. (2012, July 10). *Bosnian War Survivor Tells War Crime Trial of Ratko Mladic Atrocities*. The Australian. <https://amp.theaustralian.com.au/news/world/bosnian-war-survivor-tells-war-crime-trial-of-ratko-mladic-atrocities/news-story/7e1eafca503202184d1ee4d3b6138e48>.

Ticho, C. (2020, August 13). *Lost generations and family secrets*. The Jewish Standard. <https://jewishstandard.timesofisrael.com/lost-generations-and-family-secrets/>.

Torsten Santavirta, PhD. “Association of World War II Finnish Evacuation With Psychiatric Hospitalization Across Generations.” JAMA Psychiatry, JAMA Network, 1 Jan. 2018, jamanetwork.com/journals/jamapsychiatry/fullarticle/2664260. and-herzegovina/republika-srpska/hrvacani/location-maps/political-map/free/.

Wikimedia Foundation. (2021, February 9). *List of religions and spiritual traditions*. Wikipedia. https://en.wikipedia.org/wiki/List_of_religions_and_spiritual_traditions.

Wikimedia Foundation. (2021, January 24). *World War II casualties*. Wikipedia. https://en.wikipedia.org/wiki/World_War_II_casualties.