

ABSTRACT

Introduction

Disasters can cause lasting psychological problems, beyond the acute physical consequences. Aranayaka, a town in the Kegalle District in Sri Lanka was severely affected by one such disaster, a landslide on the 17th of May, 2016.

Objective

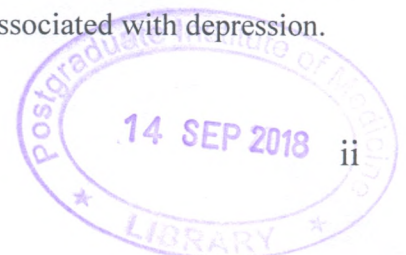
The objectives of this study are to assess the prevalence of psychological morbidity and associated factors nearly one year after the 2016 landslide in Aranayaka area and to identify the psychological support received by adult survivors through different practices for post disaster adjustment.

Methods

A descriptive cross-sectional study was carried out in the relief camps and resettled areas among survivors above 18 years. The number of individuals selected from each site was determined applying probability proportionate to the size technique to achieve a sample size of 405. The determined number of participants in each site was selected by simple random sampling. A self administered questionnaire, consisting of socio demographic details, psychological support received through different practices, experiences of trauma and translated K-10 and PSSR-17 questionnaires to estimate the prevalence of depressive disorder and post-traumatic stress disorder (PTSD) was used.

Results

The prevalence of depression and moderate to severe PTSD was 22.5% and 19% respectively. Both depression and moderate to severe PTSD features were present in 11.6%. Nearly 29.9% of participants were having either depression or moderate to severe PTSD. There was a positive moderate correlation between K10 score used to detect depression and PSSR-17 score used to detect PTSD ($P = 0.000$). Level of education, marital status, economical status and past history of physical and psychological illnesses were found to be significantly associated with depression.



There was a statistically association between gender, marital status, economical status, ethnicity and chronic physical illnesses with PTSD. During this incident, a considerable proportion of them had been exposed to traumatic events all of which showed a highly significant association with depression and PTSD. Their own religious practice, own strength, support received from family and friends were the supportive factors pointed out by most of the participants for post disaster adjustment. Depression, but not PTSD was significantly associated with the level of the support received from religious practices with a lower prevalence of depression in the group of population who told that religious practice was extremely helpful.

Conclusion and Recommendation

There was a considerable prevalence of depression and PTSD among adult survivors nearly one year following the Aranayaka landslide. Higher prevalence of depression and PTSD was reported among females than males and among single/widowed or divorced group than married individuals with a statistically significant association. Several factors and practices had been useful for post disaster adjustment. Detailed assessment and appropriate medical response to support the affected individuals should be arranged. Further studies on risk and resilience to psychological morbidities are recommended.

Keywords: Post Traumatic Stress Disorder, Depression, associated factors, adult survivors, 2016 Aranayaka landslide