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### Prevalence and factors associated with Post-Traumatic stress disorder among internally displaced people in Debre Berhan, Amhara region, Ethiopia 2021

#### Abstract:

Post-traumatic stress disorder is the common mental disorder diagnosed following traumatic exposure that can have serious and long-lasting consequences in terms of physical and mental health outcome among displaced people. In 2021, Ethiopia saw the highest number of internal displaced peoples (IDP) due to war, despite this, less attention has been given to mental health among IDPs in the northern part of the country. A cross-sectional study was conducted from December 1–30, 2021 among 406 IDPs who were selected by random systematic sampling from the registration and proportionally allocated to three IDP camps in Debre Berhan. Post-Traumatic Stress Disorder was measured by the Post-Traumatic Stress Disorder Checklist for DSM-5. Data were collected through interviewer administered pre-tested questionnaire, entered into EpiData version 3.1, and analyzed by SPSS version 25. Multicollinearity was checked by using Variance Inflation Factor (VIF) and it was less than 10. Model adequacy was checked by Hosmer & Lemeshow goodness of test ( $p > 0.05$ ). Bivariate binary logistic regression analysis was used to select candidate variables with  $p < 0.25$ . In the multivariable binary logistic regression analysis, the association between outcome and independent variables was declared at  $p < 0.05$  with its adjusted odds ratio (AOR) at 95% CI. The prevalence of post-traumatic stress disorder among the respondents was 67.5% (95% CI: 63–72). Factors significantly associated with PTSD among IDP were being merchant (AOR=0.41 [95% CI: 0.02–0.85]), witnessing destruction of property (AOR=1.67 [95% CI: 1.01–2.74]), facing trauma during displacement (AOR=6.00 [95% CI: 2.75–13.10]), frequency of displacement (AOR=0.31 [95% CI: 0.11–0.85]), being distressed (AOR=5.42 [95% CI: 3.25–9.05]), and having too much free time (AOR=2.09 [95% CI: 1.24–3.54]). This study provides evidence of high prevalence of PTSD among IDPs. It is suggested that mental health and psychosocial support are urgently required to address the identified factors to help the IDPs against a long-term avoidable suffering.

#### Biography

**Belay Makango Banborie** has completed his MD at the age of 28 from Bethel Medical college and Masters in Public health from GAMBY Medical and business school. He is the case team leader of health system resilience at Ethiopian Public Health Institute. He has published more than four papers in peer reviewed journal