





Mental Health Integrated Disaster Preparedness for Earthquakeaffected Communities in Nepal

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BACKGROUND

- Given the high frequency of natural hazards in Nepal, preparedness is crucial. However, evidence suggests that many people exposed to prior disasters do not engage in risk reduction even when they receive training and have resources.
- Mental health symptoms (including those associated with prior disaster exposure) may influence motivation to engage in preparedness. Perceived preparedness for future disasters may in turn influence mental health.
- We developed and tested a 3-day hybrid mental health and disaster preparedness intervention for communities affected by the 2015 earthquakes in Nepal.

RESULTS

Results indicate that intervention participation increased disaster preparedness, decreased depression and PTSD symptoms, and increased social cohesion. Effects persisted at time 3 (6 weeks post-intervention).

Variable	Ilastandardizad	Effect size (Cohen's D)	Within subject	Within subject	
	intervention		contrast T1 to T2	contrast T1 to T3	
	coefficient (standard error)		for intervention	for intervention	
			group	group	
			$\mathbf{F}_{\mathbf{a}}$	$\mathbf{F}_{\mathbf{a}}$	



Estimate (SE) Estimate (SE) 0.75*** (0.18) 1.57*** (0.15) 1.19*** (0.15) 0.49 Disaster preparedness -0.26*** (0.06) 0.49 Depression (PHQ) -0.38*** (0.05) -0.35*** (0.05) PTSD (PCL-C) -0.19*** (0.05) -0.27*** (0.06) 0.39 -0.33*** (0.05) Social cohesion 0.80** (0.28) 0.40 0.83*** (0.24) 0.54* (0.24)

Additional results include a positive impact of the intervention on coping and help-seeking related to disaster preparedness and to mental health.. ***p<.000, **p<.01, *p<.05



OBJECTIVES

The 3-day group intervention will:

- Increase disaster preparedness
- Reduce distress (depression, PTSD)
- Improve social cohesion

सहर्शन्त्रकृतिक अलेग्सामीलक जेन्सा (त.व.व.) नेवाल विश्वन प्रथानन क्षाय्वीनय सारायात्रीय प्रिति २०६०/०२/२२ ला दर्श वह राजप्र वाल्यामा प्रतिदात निति २०६२/०१/०२ ला आवट ताववी जातीराजातिक सु-रवारच्य र जातनिक स्वारच्यायो हेप्रता वर्ण्यात कक्ष प्रैरास्टवरारी जेल्सा हो । यस संस्थाने स्थापन वास्त देति ते नेवालया विश्वित विश्वनस्वरण आहदयात आवन्तित नई सारायान्य तथा अक्षणिताक अवस्थान्वता आनेस्टावरिक स्थ्रयोग पुन्यावे आईरलेको थ ।

त्याईररले पति अपूजा वा अपले जनुवचात्र वामेलाई अत्रेमात्राविक मजस्या अवत्रे पठतु अपता त्यांते वार्थालच्या मनपर्व गरी ललेडिशर्न नेवा लित्र स्वत् हुनेव ।

बहुसीस्कृतिक सलोसामाजिक संस्था (दी.पी.ओ.) लेपाल बखाहर, काठवाडे, लेपाल ओन से दन-काठवनक Email: tponepal@tponepal.org.np URL: www.tponepal.org

रामुदायमा अधारित – प्रकोप बिषचक मानसिक स्वास्थ्य सहयोग प्रशिक्षण पुस्तिका

लेवालगा प्राकृतिक प्रकोपबट प्रजावित समुदान्वजा मानसिक स्वास्थन रसन्त्रीजा पुन्चाई अग्रिहरूको पूर्वावरचा काचन जर्भ र सु-स्वास्थ्य काचन जर्भ नवत जर्भ अभिप्रःचले तथार पारिधको मानसिक स्वास्थन सहयोज विषयक तालिन जिवैंगिका

नेपाली संस्करण



CONCLUSION

- Results support integration of mental health content in disaster preparedness curriculum.
 Related research with flood-affected communities in Kailali district, Nepal, and Port-au-Prince, Haiti using RCT designs produced similar results.
- This culturally-adapted cost-effective intervention can be implemented by lay mental health workers, with curriculum manuals available in Nepali and English.



ACKNOWLEDGEMENT

METHODS

- Stepped wedge design comparing two communities in Bhaktapur district, matched on demographic/exposure variables.
- 240 people received the 3-day intervention (120 in each community)
- Interviews conducted at 3 time points:



This study was conducted under the financial support of ELRHA through University of Colorado of Special thanks to study lead Courtney Welton- Mitchell & Leah James and the entire research and clinical team.

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