

Post-traumatic stress syndrome among people during Covid-19 pandemic in Erbil city

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Background and Objectives: Post-traumatic stress syndrome (PTSS) is characterized by intrusive memories of the traumatic experience, avoidance of reminders of it, depressed mood, irritability and hyperarousal. If a person is exposed to an unexpected extreme traumatic stressor like (violent personal assault, kidnapped, terrorist attack, or severe car accidents, and in nowadays infected or family death by corona virus or any reason, unexpected death of a beloved one), PTSS may develop. Objective was to find out prevalence of PTSS syndrome among people during covid-19 in Erbil city.

Methods: A descriptive cross-sectional study was conducted among 364 participants in random sampling method in Erbil city Iraqi Kurdistan from October 24th, 2021 to December 2nd, 2021. Questionnaire was conducted by hardcopies and online. The analysis of the data was carried out using Microsoft Office Excel and IBM Statistical Package for Social Sciences (SPSS).

Results: The prevalence of PTSS among people during

Covid-19 pandemic in this study was 55.4%, respondents above 58 years were majority affected by PTSS, having low socio-economic status were significantly associated with PTSS at P-value < 0.05. Conversely those with larger number of family members and high socio-economic status were less affected. Sleeping disorder and losing interest in activities they used to enjoy were the major symptoms. Majority of people chose to ignore it and tend to have social support rather than taking treatment.

Conclusion: the result of the study concluded that the prevalence of PTSS among people during Covid-19 pandemic was high, social support and sufficient economy status had significant effects on people regarding being in a risk of developing PTSS. A significant association was found of Socio-economic status effect on developing PTSS.

Key words: PTSS, Covid-19, Nightmares, Sleep disorder, Kurdistan Region

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