

Analysis of psychosocial Support programs related to disasters and providing correction solution

Introduction & Objective : Disasters can cause a full range of individual and social impacts.

Having the appropriate program and policies to prevent and minimize the psychological and social damage caused by disasters can be very effective. With this regard, in our country, programs have been developed and implemented. In order to understand the strengths and weaknesses of existing programs, it is necessary to analyze these programs. Therefore, this study was conducted to analyze the psychosocial support programs related to disasters and provide correction solution.

Methods : This study was a combined (quantitative–qualitative) sequential explanatory study that included 4 stages. In the first stage of the study, the aim was to determine the extent and severity of the problem, i.e., the estimation of psychosocial disorders, which part of this study, was conducted with quantitative research method. Having a picture of the current situation, the next steps of the research were performed with qualitative research method.

In the first phase of the study, which aimed to estimate the prevalence of psychosocial disorders after disasters in the Eastern Mediterranean region, a preliminary study was conducted. According to this study, most of the studies conducted in this region were related to Iran and Pakistan. Most studies were related to Iran and Pakistan. Post-traumatic stress, anxiety and depression were assessed among survivors; Therefore, two separate systematic reviews were conducted under the headings of the prevalence of post-traumatic stress disorder related to earthquake in Iran and Pakistan and the prevalence of anxiety and depression after earthquake and flood in Iran and Pakistan which according

to the desired criteria, estimation of the prevalence of post-traumatic stress disorder lead to meta-analysis. Therefore, only this part of the study was performed with quantitative research method.

In the second phase, which aimed to identify disaster-related psychosocial support programs in Iran, and in the third phase, the aim was to analyze psychosocial support programs in disasters; Interview and document review methods were used to collect data.

Five models were used for data analysis in the third phase of the study. The Walt and Gilson triangle model was used to analyze the programs, which includes four components or concepts, namely; content, context, process and actors. Also, the analysis of some components of this model, namely; Content, context and process were also done using other models, so that the content of the programs was compared and adapted to the principles of proposed by guideline of the inter-agency standing committee; The Leishter framework was used to analyze contextual factors. Lasswell cycle (including agenda setting, process, implementation and evaluation) was employed to analyze the process, and Kingdon multiple streams were used to analyze agenda setting. In the fourth phase of the study, in order to formulate corrective strategies, the proposed solutions were categorized and presented.

Result: The findings of the first phase of this study showed the pooled prevalence for overall PTSD was 55.6% (95% CI: 49.9-61.3). It was 60.2% (95% CI: 54.1- 66.3) and 49.2% (95% CI: 39.4-59) for Iranian and Pakistani survivors, respectively.

The prevalence of anxiety and depression post flood in Pakistan was almost the same (63%). The prevalence of anxiety and depression after the earthquake in Iran were 10% – 86.5% and 7.5% – 85.8%, respectively. The prevalence of anxiety and depression in survivors of earthquake in Pakistan were announced 63%–70.9% and 32%–77.3%, respectively.

The results of the second phase of the study showed that there are three programs related to psychosocial programs in disasters. These programs belonged to the Ministry of Health and the Welfare Organization and the Red Crescent.

The results of the third phase of the study showed that the content, development, implementation and evaluation of programs have faced some challenges; Also, some contextual factors affecting the programs were identified and finally it was found that there are challenges between the stakeholders.

In the fourth phase of the research, corrective solutions were presented . it divided into three categories: Strengthening the knowledge and awareness of different groups, creating a suitable structure for providing services and modifying the content of psychosocial support program. In the content modification of the program, a logical framework based on the principles proposed by the Inter-Organization Standing Committee for the provision of psychosocial support services in disasters was proposed. Services were established. This framework consisted of different parts, namely goals, activities and tasks, predictable results of activities and ethical principles for providing services.

Discussion and Conclusion : In Iran, disaster survivors suffer from a high prevalence of mental disorders. This prevalence is even higher compared to similar neighboring countries, including Pakistan. This shows that in order to prevent the prevalence of mental disorders, serious measures and interventions are needed, which should be done with the focus on vulnerable groups. Interventions and measures to prevent and reduce the prevalence of mental disorders require appropriate and accurate programs. Since many mental disorders have a social origin, the successful programs are those that pay enough attention to psychosocial issues.

Analysis of disasters psychosocial support programs, which was a kind of critique of past programs, was able to provide a picture of the contextual factors affecting the programs, Identified the different challenges in each part i.e., the content of the programs, policy process and finally identified the actors and introducing their challenges. These findings provide guidance for promoting policy formulation development and better implementation of programs to address the psychosocial problems of disaster survivors.

Keywords : Analysis of program, psychosocial Support, disasters



**KERMAN UNIVERSITY
OF MEDICAL SCIENCES**

Faculty of Management and Medical Informatics

In Partial Fulfillment of the Requirements for the Degree Ph.D

Title

**analysis of psychosocial Support programs related to disasters and providing
correction solution**

By

Maryam Hosseinnejad

Supervisors

1.Dr. Farzaneh Zolala 2. Dr. Vahid Yazdi-Feyzabadi

Advisors

1.Prof. Ali Bahramnejad 2. Dr. Ahmad Hajebi 2. Dr. Saied Hossein Sabari

Thesis No : **770.10.29**

Date : **September 2021**