PERU: TRAUMA RESEARCH

What was done, what else is needed?

Outline

- Avenues of research
- Research Topics
- Methods and Ethics
- Establishing partnership
- Capacity building and KTE
- Studies
- Future research directions
- Future actions

Avenues of Research

- Development of screening tools for mental disorders and alcohol dependence disorders

- Design and evaluation of communitarian interventions targeted at adults, adolescent and children's exposed to organized violence

- Strategies for coping and healing of mental health problems

- Assessments of mental health in population exposed to organized violence

Topics of research

- Follow up of people who scored positive for PTSD ten years ago
- Sexual violence against women exposed to armed conflict
- Resilience: meanings/local idioms and characteristics that foster resilience
- Evaluation of an on line course for capacity building on MH and a intervention to strengthening social networks of communities exposed to internal war
- Validation of the AUDIT
- Environment and well-being
- Domestic violence

Methods and Ethics

- Most of them were carried out in Ayacucho (71%)
  - According to CVR report, 40% of affected people by the armed conflict lived in Ayacucho
- Qualitative, quantitative and mixed methodologies
- Quechua translator/ Quechua speaking researcher
- IRB approval: UPCH and HNCH
- Respect of the principles of autonomy, beneficence (access to care) and justice.
  - confidentiality

Establishing partnerships

- Partnerships were established with governmental institutions or organizations to conduct research:
  - To obtain authorization (i.e. school principals)
  - To get the commitment from authorities in the research process and in future interventions
  - To recruit participants
  - To promote the strengthened of organizations
  - To provide health care to participants

Capacity building and KTE

- Researchers (training, feedback)
- Development of interventions based on research results (resilience) and previous diagnosis (observatory on violence)
- Research as a tool for advocacy and promoting healing (i.e. sexual violence study)
- Some of the studies were showed as oral presentations in the TGH program courses
- Results of studies were presented in meetings with authorities, and research participants
- Poster or oral presentations at scientific meetings, and APEC Conference -Japan
- Editing of a book with the results of the research activities of the program, that will be published
- Preparation of manuscripts for the Peruvian NIH journal. Issue: Violence and Drugs, 2012

Political violence, life trajectories and long-term sequelaes: Follow-up study of cases

Longitudinal study carried out in communities of Huanta, Ayacucho, based on a previous evaluation on sequelaes of political violence (Pedersen, Tremblay, Errázuriz y Gamarra)

Objective

☐ Realice a follow-up on 92 cases which scored positive for PTSD two decades after being exposed to political violence

- ◻ Evaluate presence and persistance of sequelaes
- ◻ Verify the original diagnostic
- ◻ Coping and resilience

Methods

Following the cultural validation of the interview guideline (focus groups), in-depth interviews were carried out to elicit narratives on the experiences of distress, mental illness, coping and resilience of the participants. Questionnaires (i.e. Hopkins)

Case study of community-based interventions for the strengthening of social networks in two Puquio communities

Objective

☐ Assess community-based program impact and level of participation of different organizations and community groups (women and the young) in municipal and health sector activities in two sites in the province of Puquio, Ayacucho (Lucanas and Santiago de Vado)

☐ Determine community empowerment levels after the intervention.

☐ To determine if collaboration and partnership between groups and organizations has developed.

☐ To examine the social processes that had facilitated/undermined community support networks.

☐ To identify unexpected outcomes from the community-based intervention

Case study of community-based interventions for the strengthening social networks in two Puquio communities

Actors

☐ Municipalidades, comunidades campesinas.

Methods

☐ Interviews to key-informants

☐ Focus discussion groups

☐ Review of secondary sources and community-based documentation

☐ In-depth interviews to key informants

Results

☐ Women valued their role within the community

☐ Population expressed concern about adolescents' mental health problems and interest to realice joint interventions

Traumatic Memory and Sexual Violence among Quechua Women of the Andes

Objective

☐ To contribute to the reconstruction of the collective memory regarding sexual violence against Quechua women during the internal armed conflict 1980 – 2000, in the district of Morocuchos, Ayacucho.

Method

☐ The study uses participatory research and in-depth interviews to key-informants.

Preliminary results

Access to traumatic memories and resilience resources was achieved, leading to the foundation of a self-support group. Furthermore memories are processed in a conjoint process of expressing them by weaving a Andean blanket.

Resilience and Political Violence in Educational Institutions in Two Andean Contexts

Objective

Explore the characteristics that foster resilience in students, parents and teachers in two Andean cities, one that was the most affected by the armed conflict in Peru (Ayacucho), and another one that was less affected (Cusco).

Methods

☐ Cross-sectional study (Sample of secondary school students, their parents and teachers) using in-depth interviews to each of the groups, complemented by a Questionnaire

Resilience and Political Violence in Educational Institutions in Two Andean Contexts

Results

☐ Violence is identified as a persistent problem, mainly in family settings

☐ Parents have difficulties to communicate with their children

☐ Social support and significant relationships are important

☐ Spiritual groups were the most significant supporting networks for students, parents and teachers

☐ The schools communities of Cuzco showed more resilient characteristics than the ones in Ayacucho

Evaluation of the distance "course on mental health in population: Promotion and prevention"

Objective

☐ Explore the quality of the process of learning and teaching of the mental health course from the perspective of the students

☐ Know the perceptions of the students regarding what they learned

☐ Explore if the students transferred what they learned to their practice.

Methods

☐ Review of course documents (such as syllabus, evaluation forms, etc.), online surveys , interviews, and focus group discussions.

Results

☐ Interactive exchange was limited by technology and students' attitude towards

☐ The course was found to have impact on the praxis, with appreciation expressed concerning theoretical input.

☐ Advantage of distance course the access to education according to student's available resources (eg. time)

Validation of the AUDIT

Objective

☐ Validate Alcohol Use Disorders Identification Test (AUDIT) to be able to identify use disorder cases in primary care facilities

Methods

☐ Criteria validation process: Application of AUDIT and verification by additionally applying CIDI-SUD instrument (gold standard). Sensitivity and specificity.

Results

☐ Good process has been made in gathering cases to validate the instrument though not sufficient, as cases needed for validation are scarce (10% of persons interviewed)

Psychological Wellbeing and the Environment

□ **Objective**

- Explore how mental health and psychological wellbeing might be influenced by place of residence (high or low) within the district of Independencia

- Validate the use of research instruments (General Health Questionnaire, McGill Narrative Interview -MINI, Montgomery survey on living standards) in a sample of urban-poor women (18- 64 years) from a cultural perspective.

□ **Methods**

- GHQ-12 (mental illness), Living standards, MINI (illness experience)

□ **Results**

- The participants of the high area showed a lower tendency to manifest symptoms of mental problems due to stronger social cohesion, given the need to access services.

Workshop on data-mining of domestic violence-related data

Objectives

- Build capacities in analysis of information, to enable professionals of different disciplines and institutions interested in investigation in the field of violence to present descriptive and analysis' results and to author scientific articles.

- Promote intersectorial and interdisciplinary investigations in the field of violence and crime.

Methods

- A data base of about 6000 surveys was available to be analysed. Theory sessions were complemented by examining this data.

- Participants of the workshop prepared a scientific poster based on the analysis realized during the workshop and presented their findings in an inter-institutional event.

Workshop on data-mining of domestic violence-related data

Findings of secondary data analyses studies

☐ Predicting factors for being aggressor towards one's partner are:

  ☐ Having suffered violence during childhood

  ☐ Alcohol use

  ☐ Incomplete secondary school career

  ☐ Age (adolescents' [15-17 years of age] OR for being aggressor: 8.8)

☐ Predicting factors for violence-favourable behaviour are:

  ☐ Sex, as men are more likely to act favourable concerning violence than women do.

  ☐ Alcohol use

  ☐ Having suffered violence during childhood

Workshop on data-mining of domestic violence-related data

Findings of secondary data analyses studies

- Predicting factors for being victim of physical violence:
    - Having suffered violence during childhood
    - Alcohol use
    - Persons who show violence-favorable attitude
    - Age (mayor risk between 18 and 45 years of age)
    - Level of education

Peru: Mental Health on the Agenda

Objective 6 of National Health Plan (2007)

„Improve populations mental health as fundamental personal right, indispensable part of integral health and human development."

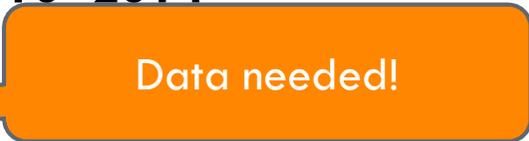**Top 5 National Priorities in Health Research: 2010 -2014**

1. Human resource

2. Mental Health

3. Impact evaluation of social programs to reduce infant malnutrition

4. Impact evaluation of strategies/interventions: maternal mortality

5. Research on communicable diseases

Data needed!

Future research directions

- A community trial of resilience intervention
- Equity, trauma and resilience
- Descriptive studies using data of the observatory for violence
- Alcohol use and violence
- Traffic accidents and alcohol use

Future actions

- Publishing manuscripts in peer-reviewed journals

- Presentation in research meetings

- Presentation in planning meetings (Ministry of Health, Ministry of education)