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ICD-11 disorders associated with stress in Africa: preliminary results and comparison to western societies

Abstract:

The Global Forum for Health Research, with the support of the World Health Organization, highlighted the need to prioritize mental health research in Africa. The recent release of the ICD-11 and the introduction of a new suite of stress-related disorders created the need for national level epidemiological studies. This study explored the current prevalence rates of four ICD-11 stress related disorders in national samples of 2,525 participants from three African countries (Nigeria, N = 1006; Kenya, N = 1018; Ghana, N = 500). Each participant completed a set of disorder specific measures for adjustment disorder (AjD), posttraumatic stress disorder (PTSD), complex posttraumatic stress disorder (CPTSD) and prolonged grief disorder (PGD). The prevalence of AjD across the whole sample was 8.4% (95% C.I. 0.074-0.096), PTSD was 18.6% (95% C.I. 0.172-0.202), Complex PTSD was 15.9% (95% C.I. 0.145-0.174) and PGD was 3.7% (95% C.I. 0.031-0.045). Results suggest that stress related disorders are highly prevalent in African countries. There is now a pressing need to develop culturally sensitive interventions to enable coping with these conditions and/or preventing the deterioration of the victims' well-being from these conditions.