

TABLE OF CONTENTS

1. Effects of Psycho Education Intervention on Role Stress of Nurse Educators in Plateau State Nigeria Grace Onyejekwe; Eric Isaac Shockden & Beatrice Ahmadu Bahago	1
2. A Comparative Study of Post-Traumatic Stress Disorder among Women in Selected Internally Displaced People's Camps in Benue State Nigeria Leslie, Tabitha Amere; Aina, Joseph O.; Danlami Leslie T.; Aina Folasade Omowumi; Johnson Elohor Aghogho; Dalyop Kaneng Mary; Abaribe Chidinma E.; & Wennie Jummai Sa'a	14
3. Perception of Angwan Rukuba Residents towards Persons Living with Disabilities in Jos North Local Government Area, Plateau State, Nigeria. Godwin Achema & Precious Eze	25
4. Awareness, Perception and Perceived Factors Associated with Mental Illnesses among Secondary School Students of Dutse Local Government Jigawa State Haddad M. M.; Adamu Dalhatu; Alhaji Adamu; Sani Ahmad; Husaini Muhamad Aikawa; Usamatu. I. Z.; Ibrahim Haladu; Henrietta A. Okedo	32
5. Maternal Knowledge and Challenges in Exclusive Breastfeeding and Complementary Feeding Practices in Children Specialist Hospital Ilorin, Nigeria Umar N. Jibril; Olusegun Badaki; Kamal Abdulkadir; Baba Dare A.; Aliyu Umar; Imam Abubakar A.; & Babatunde Fatima O.	41
6. Knowledge, Perception and Utilization of Modern Contraceptives among Unmarried Adolescents in Ido Local Government Area, Ibadan, Nigeria Akinwale, Oladayo Damilola; Akinbowale, Busayo Temilola; Fafowora Rosemary Omolara; Afolalu, Olamide O.; & Aderogba Taiwo Oyenike	53
7. Effectiveness of Breast Self-Examination Health Education on Knowledge and Attitude among Women in Owerri Municipality in Imo State, Nigeria Grace Ukachi Ajoke Orunmuyiwa	70
8. Knowledge of Sexual Issues and Sexual Behaviours in Context of Displacement: A Survey of Young Internally Displaced Persons in Jos, Nigeria Daniel Grace; Afolaranmi Tolulope; Shikpup Nadyen; Udeh Peter; Wina Folashade; Ari Eunice; Daniel Cletus; Kumzhi Patience; & Onyejekwe Grace	93

- 9. Assessment of Depression Among Spinal Cord Injure Patients in National Orthopaedic Hospital Dala-Kano**
Haddad M. M.; Adamu Dalhatu; Alhaji A; Abubakar Salis; Usamatu Zango I.; Gambo Isa Muhammad; Munir Bello; Kuru Yunus; Okedo Henrietta A.; Tukur Mohd Ali.; & Ubaidu Muhammad, Abdulkadir 108
- 10. Educational Intervention for Improving Weaning Practices among Caregivers in Ogun State, Nigeria**
Aina, Folasade Omowumi, Sotunsa, John Obafemi, Nweke, Chigozie Ihuoma; & Afolabi Opeyemi Olanike 115
- 11. Knowledge of Learners towards Comprehensive Sexuality Education in Oyo State, Nigeria**
Makinde Olufemi Yinyinola; Million Bimerew; & Delwe Phetlhu 126

A COMPARATIVE STUDY OF POST TRAUMATIC STRESS DISORDER AMONG WOMEN IN SELECTED INTERNALLY DISPLACED PEOPLE'S CAMPS IN BENUE STATE NIGERIA

LESLIE, TABITHA AMERE, AINA, JOSEPH O., DANLAMI LESLIE T., JOHNSON ELOHOR AGHOGHO, AINA FOLASADE OMOWUMI, DALYOP KANENG MARY, ABARIBE CHIDINMA E. WENNIE JUMMAI SA'A

ABSTRACT

The prevailing issue of insecurity in Nigeria has had profound repercussions on the lives and properties of its residents, compelling many to seek refuge away from their homes in search of safety. Unfortunately, the extended exposure of women to unfavorable living conditions in internally displaced persons' (IDP) camps has left them vulnerable to psychosocial and mental disorders, particularly post-traumatic stress disorder (PTSD), an anxiety disorder experienced after life-threatening events. This study employs a descriptive survey design, utilizing a multi-stage sampling method to select 847 participants from Abageena and Daudu. A sample size of 262 respondents was determined using Cochran's formula through. Simple random sampling was used to select 262 respondents from the total population. Questionnaires were administered, with 246 properly filled and utilized for the study. SPSS version 25.0 was employed for data analysis, presenting results in descriptive and inferential statistics. Demographic findings indicated the mean age for respondents in Abageena (36.73±11.40) and Daudu (32.17±10.08), 60 (71.43%) in Abageena and 76 (46.91%) in Daudu had non-formal education, while majority were farmers, in Abageena, 78 (92.86%) and Daudu, 126 (77.78%), 73 (86.90%) in Abageena and 136 (83.95%) were married, respectively. The study observed a very high prevalence of post-traumatic stress disorder among women in both camps are very high, Abageena (97.08%) and Daudu (83.36%). Further results indicated that the level of Post Traumatic Stress Disorder among women in selected internally displaced people's camps in Benue State, Nigeria, is very high in Abageena (71.69) and average in Daudu (57.21). Additionally, a higher severity level of Post Traumatic Stress Disorder was noted in Abageena (95.2%) compared to Daudu (67.3%) in IDP camps in Benue State, Nigeria. Lastly, the result of the hypothesis revealed a statistically significant difference between the prevalence rates of Post Traumatic Stress Disorder in the IDP camps in Benue State, Nigeria ($t = 5.064, p = 0.05$). This study underscores a high prevalence of Post

Traumatic Stress Disorder in the selected internally displaced people's camps in Benue State, Nigeria. Consequently, the incorporation of mental health and psychosocial support services (MHPSS) into pre-existing health services in the camps may enhance the functioning and psychological well-being of displaced individuals.

Keywords: Internal Displaced Persons, Post-Traumatic Stress Disorder, Women in IDP camp

INTRODUCTION

Natural and man-made disasters frequently occur in Nigeria, compelling affected individuals to abandon their homes and livelihoods in search of safety within various internally displaced persons (IDPs) camps. The prevalence of internally displaced people (IDP) in the country has led to the establishment of Internally Displaced Camps (IDCs) in unaffected regions. In the north-central part of Nigeria alone, approximately 969,757 individuals have been displaced, with 157,519 households affected. The primary causes of this insecurity in Northern Nigeria include community clashes (53%), armed banditry, and kidnapping (36%), natural disasters (7%), and insurgency (4%). Notably, Benue, Plateau, and Nasarawa recorded the highest percentages of IDPs leaving their places of origin due to communal clashes, with 99%, 89%, and 62% respectively (DTM, 2021). According to the United Nations High Commissioner for Refugees (UNCHR) 2015 Annual Global Trends report, the number of forcibly displaced people reached 59.5 million at the end of 2014, compared to 51.2 million a

year earlier and 37.5 million a decade ago. Additionally, a Global Report on Internal Displacement (IDMC, 2018) indicates that displacement resulting from conflict and violence in 2017 reached an estimated 11.8 million persons, almost double the 2016 figure of 6.9 million. With 5.5 million, Sub-Saharan Africa accounted for most of these displacements, with the Middle East and North Africa accounting for over 4.5 million. According to a report by Human Rights Watch (2018), there have been over 20,000 civilian deaths and about 2.1 million internal displaced persons (IDPs) in Nigeria because of violence (UNHCR 2020); over 3.9 million people have also been displaced (UNHCR, 2021; IOM, 2021).

Nearly 2.6 million people have been compelled to seek refuge in displacement camps in Somalia due to frequent conflicts exacerbated by climate change disasters (Ali et al., 2023). Insecurity remains a persistent issue in Nigeria, adversely affecting lives and properties and resulting in long-term physical, psychological, emotional, and mental health consequences. The recurring conflicts involve incidents such as maiming, killing, burning of houses, bombing, destruction of motor vehicles, and other properties. The aftermath of these crises includes injuries, emotional trauma, disabilities, loss of homes and livelihoods, and even loss of life. The most prevalent mental health disorders identified among internally displaced persons (IDPs) and refugees are post-traumatic stress disorder (PTSD), depression, and anxiety disorders. In recent times, the activities of Boko Haram and Fulani herders have displaced numerous people in Maiduguri. Approximately 96.1 percent (1,153) of the respondents exhibited signs of depression, while 78 percent (936) showed symptoms of PTSD (Aluh et al., 2020). These disorders are experienced by both men and women after a traumatic occurrence; nevertheless, women are far more likely to suffer from PTSD than males, with a rate of 60.8% against 39.2% (Madoro et al., 2020). In addition, women in Nigerian IDP camps face a

variety of difficulties, such as malnourishment, forced and underage marriage, rape, sexual exploitation, molestation, movement restrictions, sexual and gender-based violence, and corrupt camp procedures. All of these difficulties increase the risk of recurrent psychological trauma and make it more difficult to deal well with new challenges in life (Adekeye et al., 2019; Akuto, 2017; Owoaje et al., 2016).

Similarly, a variation in the prevalence rate of PTSD was observed between Uikpiam (16.3%) and Daudu (4.3%) according to a study conducted by Edeh et al. in 2023. Bisson et al. (2015) define posttraumatic stress disorder (PTSD) as a mental condition that may manifest after exposure to exceptionally threatening or horrifying events. To diagnose PTSD in adults, all the following criteria must be met for at least 1 month: at least one re-experiencing and avoidance symptom, and at least two arousal and reactivity and cognition and mood symptoms. These symptoms include re-experiencing, avoidance, arousal, and reactivity, as well as cognition and mood symptoms. The abnormal reaction to extremely threatening, frightening, highly traumatic, or stressful events or situations can result in significant distress or impairment in functioning, leading to mental health problems, long-term behavioral issues, loss of employment, interpersonal problems, substance abuse, physical behavioral problems, and even suicide attempts (Edeh et al., 2023; Murad, 2020; Taha & Sijbrandij, 2021). Consequently, there is a pressing need for a comparative study to assess the prevalence of post-traumatic stress disorder among women in selected internally displaced people's camps in Benue State, Nigeria.

OBJECTIVES OF THE STUDY

1. Evaluate the prevalence of posttraumatic stress disorder (PTSD) among women residing in selected internally displaced people's camps in Benue State, Nigeria.
2. Examine the extent of posttraumatic stress

disorder experienced by women in the chosen internally displaced people's camps in Benue State, Nigeria.

3. To compare analysis in the variations of the prevalence of posttraumatic stress disorder among women residing in Abageena and Daudu camps in Benue State, Nigeria.

METHODOLOGY

A descriptive survey design was utilized. The total population of women in the two selected camps was 874. Cochran's formula was used to determine 262 respondents. A multistage sampling approach was employed in this study. Stage 1, it encompassed selection at the Local Government level. Stage 2, followed by the council ward level, and finally, the identification of registered internally displaced people's (IDPs) camps. Stage 3, at the Local Government level, the two with the highest number of IDPs camps, Markudi and Guma, were chosen through a simple random method of balloting. Stage 4, stratification of the IDPs camps was carried out and one registered IDP was selected from each camp directly affected in Markudi LGA (Abageena) and Guma (Daudu), both located in Benue state. Stage 5, the total population of women in the two selected camps was selected through simple random sampling, with 88 respondents from Abageena and 174 from Daudu, respectively.

In this study, the instrument used was a questionnaire incorporating socio-demographic variables and the PTSD Checklist-Civilian Version (PCL-C), a 17-item self-report checklist, was administered to assess the presence of PTSD symptoms and their severity. Prior to data collection, the tool underwent pre-testing to ensure accuracy, clarity, and consistency. A high level of internal consistency was confirmed by obtaining a

Cronbach's alpha value of 0.89 for the PCL-5 checklist. The collected data from the completed instruments were organized, computed, and analyzed using the Statistical Package for Social Science (SPSS) version 25.0. The findings were presented using both descriptive and inferential statistics. Ethical approval was secured from the Babcock University Health Research Ethics Committee (BUHREC) and the State Emergency Management Agency, Benue State. Participants were briefed that their involvement was voluntary, and they were provided with a consent form outlining the study's nature, purpose, and the rights of participants, including confidentiality and the right to withdraw from the study. Names were excluded from the findings, and no financial incentives were offered to any participant. To uphold ethical standards, a psychiatrist, two psychiatric nurses, and a social worker were available throughout the study to offer medical advice if needed. Participants experiencing significant distress were referred to a specialist psychiatric hospital for appropriate management at the conclusion of the study.

RESULTS

Table 1 presents the demographic characteristics of respondents in Abageena and Daudu. In the age category of 21–30 years, 44.04% and 38.89% of respondents were recorded in Abageena and Daudu, respectively. Regarding education, the majority in both Abageena (71.43%) and Daudu (46.91%) had nonformal education. The occupation distribution indicated that 92.86% in Abageena and 77.78% in Daudu identified themselves as farmers. Furthermore, a significant proportion of respondents were married, constituting 86.90% in Abageena and 83.95% in Daudu.

Table 1. Socio-Demographic Characteristics in IDPs Camp Benue State, Nigeria

Demographics	Category	Abaagena F (%)	Daudu F (%)
Age	Below 20 years	11(13.10%)	28(17.28%)
	21 to 30 years	37(44.04%)	63(38.89%)
	31 to 40 years	4(4.76%)	9(5.56%)
	41 to 50 years	23(27.38%)	52(32.10%)
	51 and above	9(10.71%)	10(6.17%)
		N=84 (100%)	N=162 (100%)
Educational Attainment	Non-Formal	60(71.43%)	76(46.91%)
	Primary	17(20.24%)	55(33.95%)
	Secondary	7(8.33%)	31(19.14%)
	Tertiary	0(0.00%)	0(0.00%)
		84(100%)	162(100%)
Occupation before coming to the IDP	Farmer	78(92.86%)	126(77.78%)
	Trader	2(2.38%)	24(14.81%)
	Others (Please specify)	4(4.76%)	12(7.41%)
		84(100%)	162(100%)
Marital Status	Single	8(9.52%)	13(8.02%)
	Married	73(86.90%)	136(83.95%)
	Divorced	1(1.19%)	1(0.62%)
	Widowed	2(2.38%)	12(7.41%)
		84(100%)	162(100%)

Source: Field study, 2023

The data from Abageena reveals that approximately 46.43% of respondents reported experiencing quite a bit of repeated, disturbing memories, thoughts, or images of a stressful experience. In Daudu, 28.40% of respondents expressed a similar experience. Additionally, 48.81% of respondents in Abageena mentioned that they experienced extremely disturbing dreams of a stressful experience, whereas 25.31% in Daudu reported having quite a bit of repeated, disturbing dreams of a stressful experience along with an extreme occurrence. Furthermore, the table indicates that 45.24% of respondents in Abageena and 26.54% in Daudu reported an extreme level of suddenly acting or feeling as if a stressful experience were happening again. In terms of feeling very upset when reminded of past events, 48.81% of respondents in Abageena and 30.25% in Daudu reported experiencing quite a bit of this

reaction. Additionally, about 38.10% of respondents in Abageena acknowledged having quite a bit of stress from the past, while 29.01% of those in Daudu reported experiencing a little bit of this stress from the past.

In Abageena, approximately 40.48% of respondents reported experiencing quite a bit of physical reactions (such as heart pounding, trouble breathing, or sweating) when reminded of a stressful experience. On the other hand, 25.93% of respondents in Daudu indicated having moderate physical reactions in response to reminders of a stressful experience. Moreover, 35.53% of respondents in Abageena mentioned that they are quite a bit avoided thinking about or talking about a stressful experience or avoided having feelings related to it. In Daudu, 32.10% of respondents reported

avoiding thinking about or talking about a stressful experience or avoiding related feelings to a little bit of an extent.

The table further showed that about 40.48% and 29.63% of the respondents in Abageena and Daudu indicated that they Avoided activities or situations because they remind you of a stressful experience from the past quite a bit and a little bit respectively, they also with 38.10% and 29.01% respectively indicated that they had Trouble remembering important parts of a stressful experience from the past quite a bit and a little bit. About 34.94% in Abageena said they had loss of interest in things that you used to enjoy quite a bit while 25.47% in Daudu stated they did a little bit. About 39.29% of the respondents and 38.10% in Abageena indicated they extremely had a Feeling of being distant or cut off from other people, they felt emotionally numb or being unable to have loving feelings for those close to you and they had a feeling as if their future will somehow be cut off while 22.84%, 33.33% and 31.48% in Daudu indicated that they had Feeling of being distant or cut off from other people a little bit as well as Feeling emotionally numb or being unable to have loving feelings

for those close to you and moderately felt as if their future will somehow be cut off respectively.

More so, the table showed that about 51.19% of the respondents in Abageena stated they had Trouble falling or staying asleep quite a bit and 38.27% in Daudu stated they had the same feeling moderately, about 46.43% in Abageena stated they a feeling of irritability or angry outburst quite a bit while 32.72% stated they moderately had the same feeling. The respondents in Abageena and Daudu with about 36.90% had difficulty concentrating quite a bit also 44.05% of the respondents in Abageena indicated they became extremely watchful on guard while 35.80% in Daudu stated that they are moderately being watchful or on guard and 50.00% in Abageena indicated they feel extremely startled while 32.10% in Daudu are moderately startled. This study indicates that the prevalence rate of post-traumatic stress disorder in both IDP camps, among women Benue State, Nigeria are very high. In Abageena it is 97.08% and Daudu 83.36%.

Leslie, Tabitha Amere, Aina, Joseph O., Danlami Leslie T., Johnson Elohor Aghogho, Aina Folasade Omowumi, Dalyop Kaneng Mary, Abaribe Chidinma E. Wennie Jummai Sa'a

2a. Prevalence of post-traumatic stress IDPs camps, Disorder among women at Abaagena and Daudu, Benue State, Nigeria

	Abaagena					Daudu				
	Not at All %	A Little bit %	Moderately %	Quite a bit %	Extremely %	Not at All %	A Little bit %	Moderately %	Quite a bit %	Extremely %
Repeated, disturbing memories, thoughts, or images of a stressful experience from the past?	2(2.38%)	6(7.14%)	12(14.29%)	39(46.43%)	25(29.76%)	17(10.37%)	37(22.84%)	37(22.84%)	46(28.40%)	25(15.43%)
Repeated, disturbing dreams of a stressful experience from the past?	0(0.00%)	5(5.95%)	16(19.05%)	22(26.19%)	41(48.81%)	12(7.41%)	36(22.22%)	32(19.75%)	41(25.31%)	41(25.31%)
Suddenly acting or feeling as if a stressful experience were happening again?	1(1.19%)	5(5.95%)	18(21.43%)	22(26.19%)	38(45.24%)	21(12.96%)	24(14.81%)	39(24.07%)	35(21.60%)	43(26.54%)
Feeling very upset when something reminded you of a stressful experience from the past	3(3.57%)	6(7.14%)	10(11.90%)	41(48.81%)	24(28.57%)	25(15.43%)	38(23.46%)	26(16.05%)	49(30.25%)	24(14.81%)
Having physical reactions (heart pounding, trouble breathing, or sweating) when something reminded you of a stressful experience from the past?	0(0.00%)	4(4.76%)	15(17.86%)	34(40.48%)	31(36.90%)	20(12.34%)	24(14.81%)	42(25.93%)	45(27.78%)	31(19.14%)
Avoid thinking about or talking about a stressful experience from the past or avoid having feelings related to it?	2(2.38%)	11(13.10%)	20(23.81%)	29(34.52%)	22(26.19%)	18(11.11%)	52(32.10%)	38(23.46%)	32(19.75%)	22(13.58%)
Avoid activities or situations because they remind you of a stressful experience from the past?	1(1.19%)	14(16.67%)	15(17.86%)	34(40.48%)	20(23.81%)	22(13.58%)	48(29.63%)	34(20.98%)	38(23.46%)	20(12.35%)
Trouble remembering important parts of a stressful experience from the past?	3(3.57%)	8(9.52%)	19(22.62%)	32(38.10%)	22(26.19%)	30(18.52%)	47(29.01%)	28(17.28%)	35(21.60%)	22(13.58%)

Loss of interest in things that you used to enjoy?	4(4.76%)	8(9.52%)	17(20.24%)	28(33.33%)	27(32.14%)	32(19.75%)	41(25.30%)	29(17.90%)	34(20.98%)	26(16.04%)
Feeling distant or cut off from other people?	1(1.19%)	9(10.71%)	15(17.86%)	26(30.95%)	33(39.29%)	29(17.28%)	36(22.84%)	35(21.60%)	29(17.90%)	33(20.37%)
Feeling emotionally numb or being unable to have loving feelings for those close to you?	1(1.19%)	12(14.29%)	13(15.48%)	26(30.95%)	32(38.10%)	29(17.90%)	49(30.24%)	23(14.19%)	29(17.90%)	32(19.75%)
Feeling as if your future will somehow be cut off?	2(2.38%)	5(5.95%)	25(29.76%)	20(23.81%)	32(38.10%)	19(11.73%)	35(21.60%)	51(31.48%)	25(15.43%)	32(19.75%)
Trouble falling or staying asleep?	0(0.00%)	2(2.38%)	14(16.67%)	43(51.19%)	25(29.76%)	0(0.00%)	25(15.43%)	62(38.27%)	50(30.86%)	25(15.43%)
Feeling irritable or having angry outbursts?	1(1.19%)	0(0.00%)	12(14.29%)	39(46.42%)	32(38.10%)	2(1.23%)	22(13.58%)	53(32.72%)	51(31.48%)	34(20.99%)
Having difficulty concentrating?	3(3.57%)	5(5.95%)	15(17.86%)	31(36.90%)	30(35.71%)	8(4.94%)	45(27.78%)	32(19.75%)	47(29.01%)	30(18.52%)
Being watchful on guard?	1(1.19%)	3(3.57%)	16(19.05%)	27(32.14%)	37(44.05%)	1(0.62%)	31(19.14%)	58(35.80%)	35(21.60%)	37(22.84%)
Feeling easily startled?	1(1.19%)	1(1.19%)	13(15.48%)	27(32.14%)	42(50.00%)	1(0.62%)	30(18.52%)	52(32.10%)	36(22.22%)	43(26.54%)

Source: Field study, 2023

Table 3. The Prevalence Level of post -traumatic stress disorder among women in Abaagena and Daudu, IDPs camps, Benue State Nigeria

	N	Minimum	Maximum	Mean	Std. Deviation
Abaagena PTSD	84	17	85.00	71.6867	10.71234
Valid N (listwise)	83				
Daudu PTSD	161	26.00	86.00	57.2112	18.33147
Valid N (listwise)	161				

Source: Field study, 2023

Table 3 indicates that the level of posttraumatic stress disorder among women in selected internally displaced people's camps in Benue

State, Nigeria, is reported as very high in Abaagena with a score of 71.69 and average in Daudu with a score of 57.21.

Table 4. Comparative Analysis of the Level of post - traumatic stress disorder among women Abaagena and Daudu, IDPs camps, Benue State Nigeria

Value	Abaagena			Daudu		
Value	Score	F	%	F	%	Remark
Mean Score = 71.68±10.71	(45-85)	80	95.2	109	67.3	High Severity
	(30-44)	2	2.4	41	25.3	Moderate
Min=17, Max=85	(17-29)	2	2.4	12	7.4	no severity
Total		84	100.0	162	100.0	

Source: Field study, 2023

The findings of the study presented in Table 4 indicate a comparative analysis of the level of post-traumatic stress disorder among women. The results show that a significant proportion of respondents in both Abaagena (95.2%) and Daudu (67.3%) exhibited a high severity of post-traumatic stress disorders.

The findings presented in Table 5 reveal a difference in the prevalence level of PTSD mean scores between the IDP camps, with Abaagena having a mean score of 62.6500 and Daudu with a mean score of 43.0000. The results also indicate a statistically significant difference in the prevalence rate of PTSD in the IDP camps in Benue State, Nigeria ($t = 5.064, p = 0.05$).

Table 5: T-test was used to ascertain the difference between prevalence of PTSD among IDP camps in Benue State Nigeria

	Mean	N	T	Df	Sig. (2-tailed)
Prevalence Abaagena	62.6500	84	5.064	19	.000
Prevalence Daudu	43.0000	162			

Source: Field study, 2023

DISCUSSION OF FINDINGS

The aim of our study was to compare the prevalence of post-traumatic stress disorder (PTSD) among women in selected internally displaced people's camps in Abaagena and Daudu of Benue State, Nigeria. Both camps share similar demographic characteristics, as evidenced by comparable age distributions, with 44.04% and 38.89% of respondents falling within the 21–30 years age range in Abaagena and Daudu, respectively. A higher percentage in Abaagena (71.43%) had non-formal education compared to Daudu (46.91%). Additionally, the majority of respondents in both camps identified themselves as farmers (92.86% in Abaagena and 77.78% in Daudu), and a significant proportion were married (86.90% in Abaagena and 83.95% in Daudu). The state's fertile environment predominantly supports agricultural activities, with farming being the primary occupation. Fishing also plays a significant role as the second-largest economic activity in the region. Notably, approximately 95% of the population in the state is Tiv. The area has witnessed prolonged Tiv-Fulani crises spanning over a decade, leading to disputes and the destruction of lives and properties. This volatile situation has resulted in the establishment of internally displaced persons (IDPs) camps across the state to provide refuge for those affected by the conflicts.

Furthermore, the findings of our study reveal a notable prevalence of posttraumatic stress disorder (PTSD) among women, assessed on an 85-point rating scale. The prevalence rates were 97.08% among women in the Abaagena IDP camp and 83.36% among women in the Daudu IDP camp in Benue State, Nigeria. This suggests a higher severity level of posttraumatic stress disorder in Abaagena. Comparatively, other studies by Agbir et al. (2018) and Sheikh et al. (2014) reported lower prevalence rates of PTSD at 42% and 57.8%, respectively, among internally displaced victims. Furthermore, our study contrasts with the prevalence rates reported in Uikpiam (16.3%) and Daudu (4.3%) in a study by Edeh et al. (2023). On the Plateau, where similar

armed conflict activities have occurred, a study by Taha and Sijbrandij (2021) found that about 55.5% of respondents in the conflict-exposed group received a PTSD diagnosis, while only 9.8% was reported among those in a zone not exposed to armed conflict. These variations underscore the complex and diverse nature of PTSD prevalence across different regions and conflict settings.

This study observes that the level of posttraumatic stress disorder among women in selected internally displaced people's camps in Benue state Nigeria is very high Abaagena and average in Daudu. The writers noted that women are more strongly affected by war/crises than men especially in the IDP camps in Nigeria due to hunger, sexual exploitation, rape, molestation, restricted movement, sexual and gender-based violence, forced and child marriage, poor sanitation, and corrupt practices within the IPCs these put together increases the incidences of recurring psychological trauma and reduces chances of coping positively with the new life challenge (Adekeye, et. al., 2019; Akuto, 2017; Owoaje, et. al., 2016). This study is similar to Ali, et.al., (2023) who observed the prevalence of PTSD among the respondents who were exposed to a traumatic event is 67.5%. The prevalence rate of PTSD is significantly higher in females (60.8%) compared to males (39.2%) with a higher ration of 2:1 in females to males, (Madoro, et. al., 2020; Farhood, Fares, & Hamady, (2018). Contrary to this, Taha, and Sijbrandij, (2021) states that PTSD prevalence rates of males (31.9%) is higher than that of females (29.1%).

Furthermore, this study showed that both IDPs had high severity level of PTDS Abageena (95.2%) and Daudu (67.3%). This is likely linked to the fact that care provided to the internally displaced persons is usually geared towards meeting their physical needs and seldom addressing the psycho-social and mental need. The severity level is way higher in Abegaana, than it is in Daudu, this could be link to the reoccurrence of attacks even while in the internally displcaed peoples' camps. This study agrees with Obilom and Thacher (2008) who

found that over two-thirds of participants (89.7%) experience symptoms of posttraumatic stress disorder following ethnoreligious conflict in Jos, North Central Nigeria. Also, among total samples of IDPs exposed to armed conflict in North-Central and North-Western Nigeria it was revealed that the prevalence of PTSD among IDPs was 63.7% (Maigari, et.al., 2018), which was similar to the rates reported among internally displaced victims in another study by Agbir, et. al., (2018) and Sheikh, et. al, (2014) found a 42% and 57.8% prevalence of PTSD respectively.

The comparative analysis of the Level of post-traumatic stress disorder among women reveals that respondents in both Abaagena and Daudu are on the high side. The result of the hypothesis indicates that there is a statistically significant difference between the prevalence rate of PTSD in the IDP camps in Benue State Nigeria ($t = 5.064, p = 0.05$). This study is not similar to a study by Tagurum, et. al., (2015), who revealed that experience of violence was found to be statistically significantly associated ($p < 0.001$) with the presence of symptoms of PTSD as 77.1 % of those with PTSD had witnessed violence compared with 57.4% of those without PTSD. The presence of PTSD was confirmed at a high level of severity of (95.2%; 67.30%), this is likely related to the reattacks in the IDPs camps, high risk of physical, sexual attacks, abduction, lack of adequate shelter, food, health services, unemployment, cumulative traumatic exposure, and frequency and duration of displacement and even death which are predictive factors for the development of psychiatric morbidity (Ali, et.al., 2023). The result further indicates that there is a statistically significant difference between the prevalence rate of PTSD at Abaagena and Daudu camps in Benue State Nigeria ($t = 5.064, p < 0.05$). Unfortunately, little is known about the PTSD as a mental health consequence of the crisis in these communities.

CONCLUSION AND RECOMMENDATIONS

The prevalence of PTSD is high among women especially in internally displaced people's camps in Benue state Nigeria. Therefore, psychoeducation intervention should be incorporated into pre-existing health services in the camps, healthcare providers in IDP Camps should receive training in trauma-informed care to better understand the unique needs of women with PTSD, there is a need to increase awareness and education about PTSD among women, their families, and their communities so as to improve displaced women's functioning and psychological well-being.

REFERENCES

- Ali, M., Mutavi, T., Mburu, J.M., & Mathai M., (2023). Prevalence of post-traumatic stress disorder and Depression Among Internally Displaced Persons in Mogadishu-Somalia. *Neuropsychiatric Disease and Treatment* 2023:19 469–478.
- Aluh, D.O., Okoro, R.N., & Zimboh, A (2020). The prevalence of depression and post-traumatic stress disorder among internally displaced persons in Maiduguri, Nigeria. *Journal of Public Mental Health*, Vol. 19 No. 2, pp. 159-168. <https://doi.org/10.1108/JPMH-07-2019-0071> ISSN: 1746-5729
- Bello, D.A., Afolaranmi, T.O., Hassan, Z.I., & Yilgwan, C., (2015). Prevalence of Violence and Symptoms of Post-Traumatic Stress Disorder among Victims of Ethno-Religious Conflict in Jos, Nigeria. *J Psychiatry* 2015, 18:1 DOI: 10.4172/2378-5756.1000178
- Bisson, J.I., Cosgrove, S., Lewis. C., et al. (2015). Post-traumatic stress disorder. *BMJ* 2015;351:h6161
- Edeh, A.N., Uwakwe, R., Obindo, T.J., Agbir, M.T. & Akanni, O.O., (2023). A comparative study of posttraumatic stress disorder in two post-conflict

- communities in Benue state Nigeria. *Dialogues in Health* 2: 100105
- Farhood, L.; Fares, S.; Hamady, C. PTSD and Gender: Could Gender Differences in War Trauma Types, Symptom Clusters and Risk Factors Predict Gender Differences in PTSD Prevalence? *Arch. Womens Ment. Health* 2018, 21, 725– 733. [CrossRef] [PubMed]
- Madoro, D. et al (2020). Post-Traumatic Stress Disorder and Associated Factors Among Internally Displaced People in South Ethiopia: A Cross-Sectional Study, *Dove Press journal, Neuropsychiatric Disease and Treatment* 2020:16 2317–2326
- Maigari, Y., Taru M, John D. (2017). Post-traumatic stress disorder in Dogonahawa and Zawan, North-Central Nigeria, four-years after communal violence: prevalence and risk factors prevalence of and risk factors for PTSD. *J Med Sci Clin Res.* 2 0 1 7 ; 0 5 : 1 7 2 3 1 – 4 0 . <https://doi.org/10.18535/jmscr/v5i2.02>.
- Makango, B., Alemu, Z.A., Solomon, T., Lemma, N., Girma, T., Mohammednur, T., Alayu, M., & Fufa, Y., (2023). Prevalence and factors associated with post-traumatic stress disorder among internally displaced people in camps at Debre Berhan, Amhara Region, Ethiopia: a cross-sectional study. *BMC Psychiatry* (2023) 23:81 <https://doi.org/10.1186/s12888-023-04570-w>
- Murad, Z.K., (2020). Assessment of Post-Traumatic Stress Disorder Among Shengalian Internally Displaced Persons *Journal of Archives of Nursing and Care.* Vol. 2. Issue 4.
- Sekoni, O., Mall, S., & Christofides, N., (2021). Prevalence and factors associated with PTSD among female urban slum dwellers in Ibadan, Nigeria: a cross-sectional study. *BMC Public Health* (2021) 21:1546 <https://doi.org/10.1186/s12889-021-11508-y>
- Tagurum YO, Chirdan OO, Obindo T, Bello DA, Afolaranmi OT, et al. (2015) Prevalence of Violence and Symptoms of Post-Traumatic Stress Disorder among Victims of Ethno-Religious Conflict in Jos, Nigeria. *J Psychiatry* 18: 178. doi:10.4172/2378-5756.1000178
- Taha, P.H.; Sijbrandij, M. (2021). Gender Differences in Traumatic Experiences, PTSD, and Relevant Symptoms among the Iraqi Internally Displaced Persons. *Int. J. Environ. Res. Public Health* 2021, 18, 9779. <https://doi.org/10.3390/ijerph18189779>
- Taru MY, Bamidele LI, Makput DM, Audu MD, Philip TF, John DF, et al. (2018). Post traumatic stress disorder among internally displaced victims of Boko Haram terrorism in NorthEastern Nigeria. *Jos J Med.* 2018; 12:8–15. <https://doi.org/10.4314/jjm.v12i1-2>
- Obilom RE, Thacher TD. Posttraumatic stress disorder following ethnoreligious conflict in Jos, Nigeria. *J Interpers Violence.* 2008; 23:1108–19. <https://doi.org/10.1177/>