

Introduction to Appendix A and B

Appendix A: Psychosocial stressors pertinent to disaster management.

Appendix A is designed with the aim of constructing a practical stress-assessment tool for use by health field workers to make early identification of cases in the evolution of Post-Traumatic Stress Disorder (PTSD). The severity of psychosocial stressors experienced by displacees is easily assessed and measured. Psychosocial stressor severity was rated by adapting a standardized scale (DSM III-R) to the type and occurrence of psychosocial stressors in emergencies and disasters.

The number of specialized articles in the disaster literature over the last twenty years is assumed to reflect the interest of researchers and operational agencies in the most problematic and stressful phases of disaster. Approximately forty-five specialized references were consulted. Results were tabulated in four graphs for women, followed by other four graphs for children and adolescents. The graphs are displayed below as Appendix B.

Appendix B: Graphs on psychosocial stressors for women and children and adolescents.

- Phases of Disaster Response and Severity of Behavioral Stress in Women
- Phases of Disaster Response and Severity of Emotional Stress in Women
- Phases of Disaster Response and Severity of Inter-Personal Family for Women
- Phases of Disaster Response and Severity of Inter-Personal Dyadic in Women

- Phases of Disaster Response and Severity of Behavioral Stress in Children and Adolescents
- Phases of Disaster Response and Severity of Emotional Stress in Children and Adolescents
- Phases of Disaster Response and Severity of Inter-Personal Family for Children and Adolescents
- Phases of Disaster Response and Severity of Inter-Personal Dyadic for Children and Adolescents

Appendix A

Types of Stressors Applied to Phases of Disaster

To pinpoint the psychosocial stressors caused by disasters, we analyzed pertinent disaster management literature on the basis of four categories (adapted from Mollica and Jalbert, 1989).

- **Emotional Stress:** events indicating loss of self-respect, helplessness and hopelessness, unemployment, unwanted pregnancy and loss of trust
- **Behavioral Stress:** events leading to alcohol abuse, criminal activity, gambling, sexual abuse, domestic violence, overcrowding and uncertainty about the future
- **Interpersonal Dyadic:** marital conflict, stress in the relationship between spouses, mother and child
- **Interpersonal Family:** effects on the relationship between families, friends, neighbours and peers

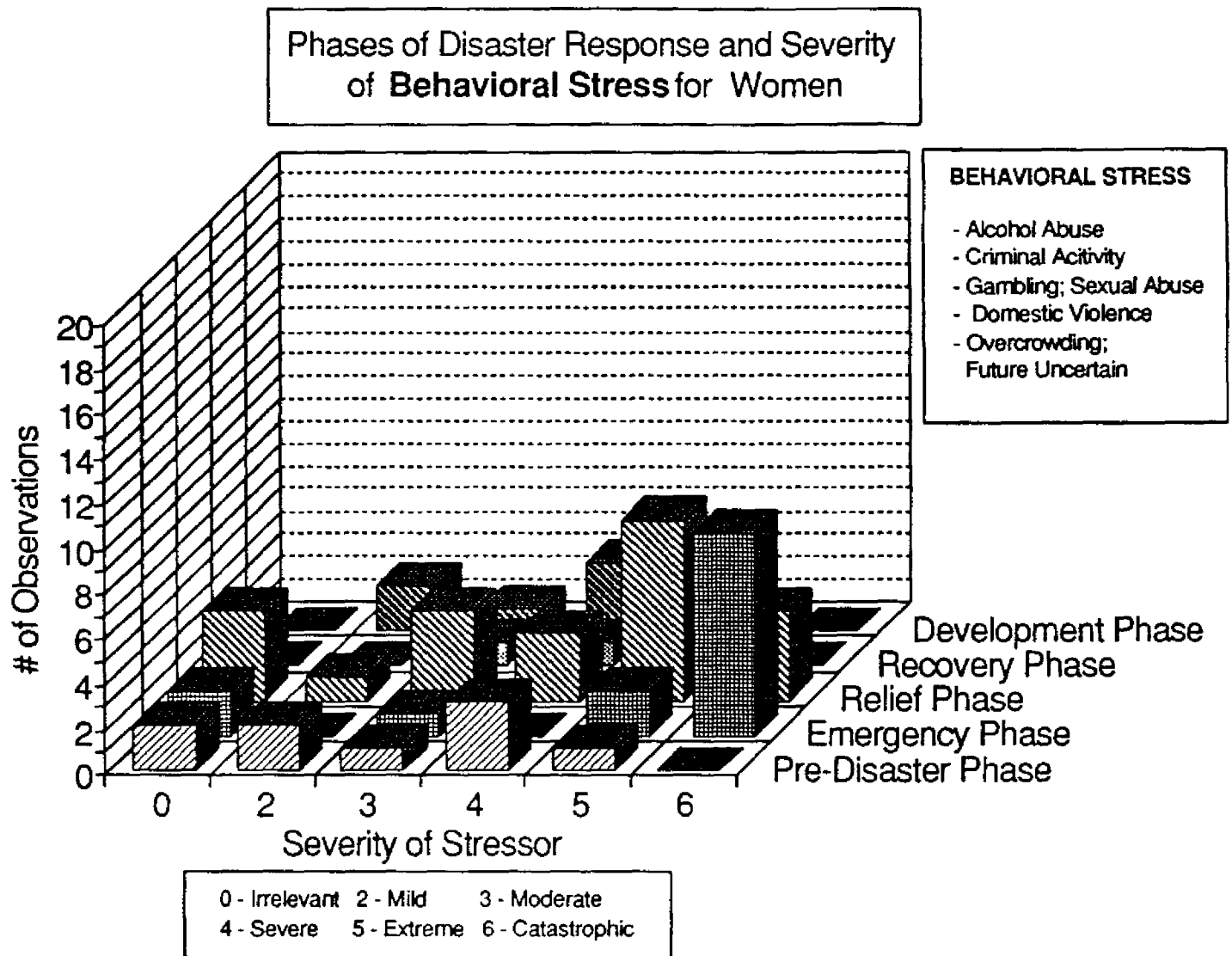
The number of specialized articles in the disaster literature over the last twenty years is assumed to reflect the interest of researchers and operational agencies in the most problematic and stressful phases of disaster. Approximately forty-five specialized references were consulted. Results were tabulated for women, and separately for children and adolescents. The severity of the psychosocial stressor was rated by adapting a standardized scale (DSM III-R, 1987) to the type and occurrence of psychosocial stressors in disasters. The scales are comprised of the following codes:

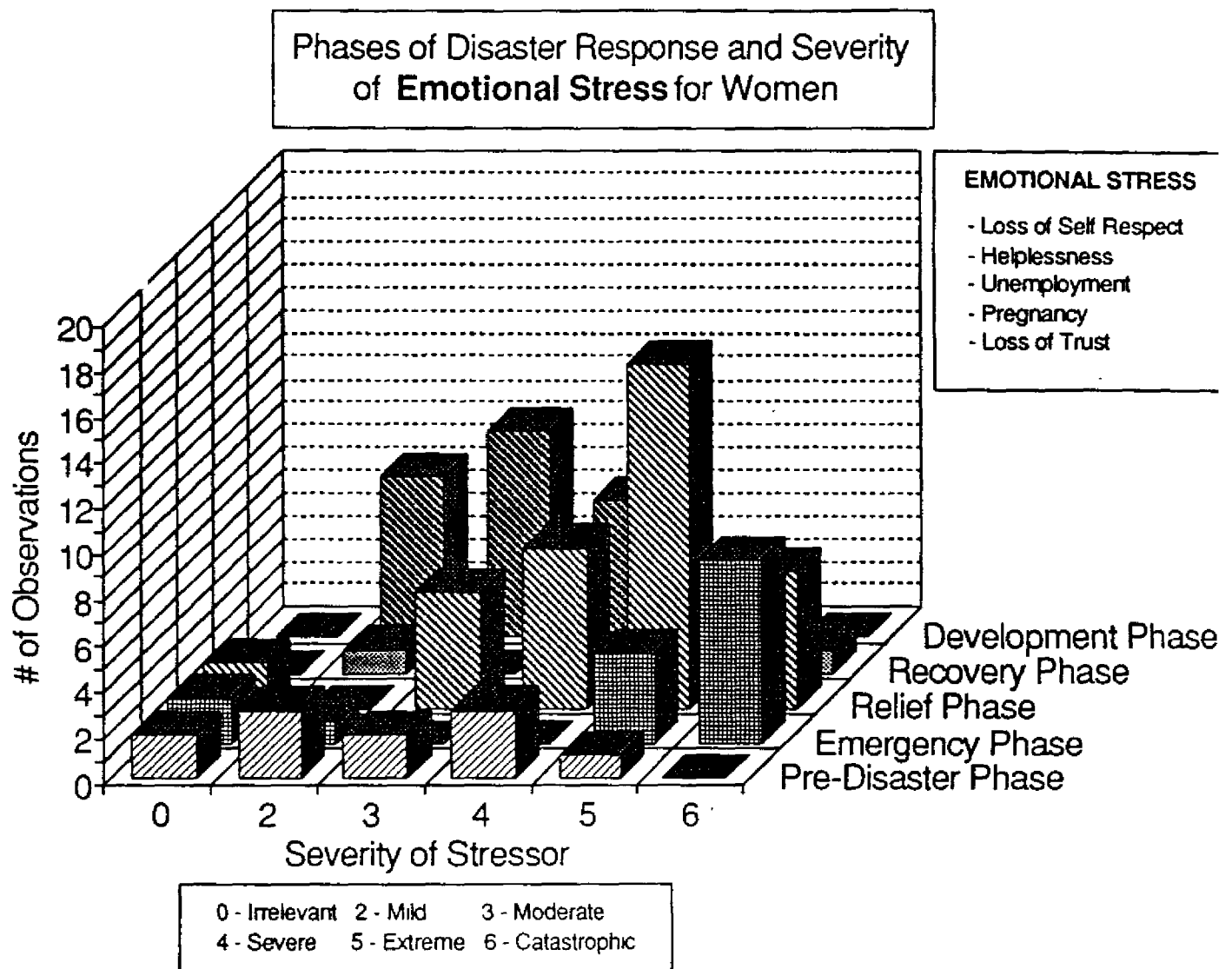
Severity of Psychosocial Stressors Scale: Women

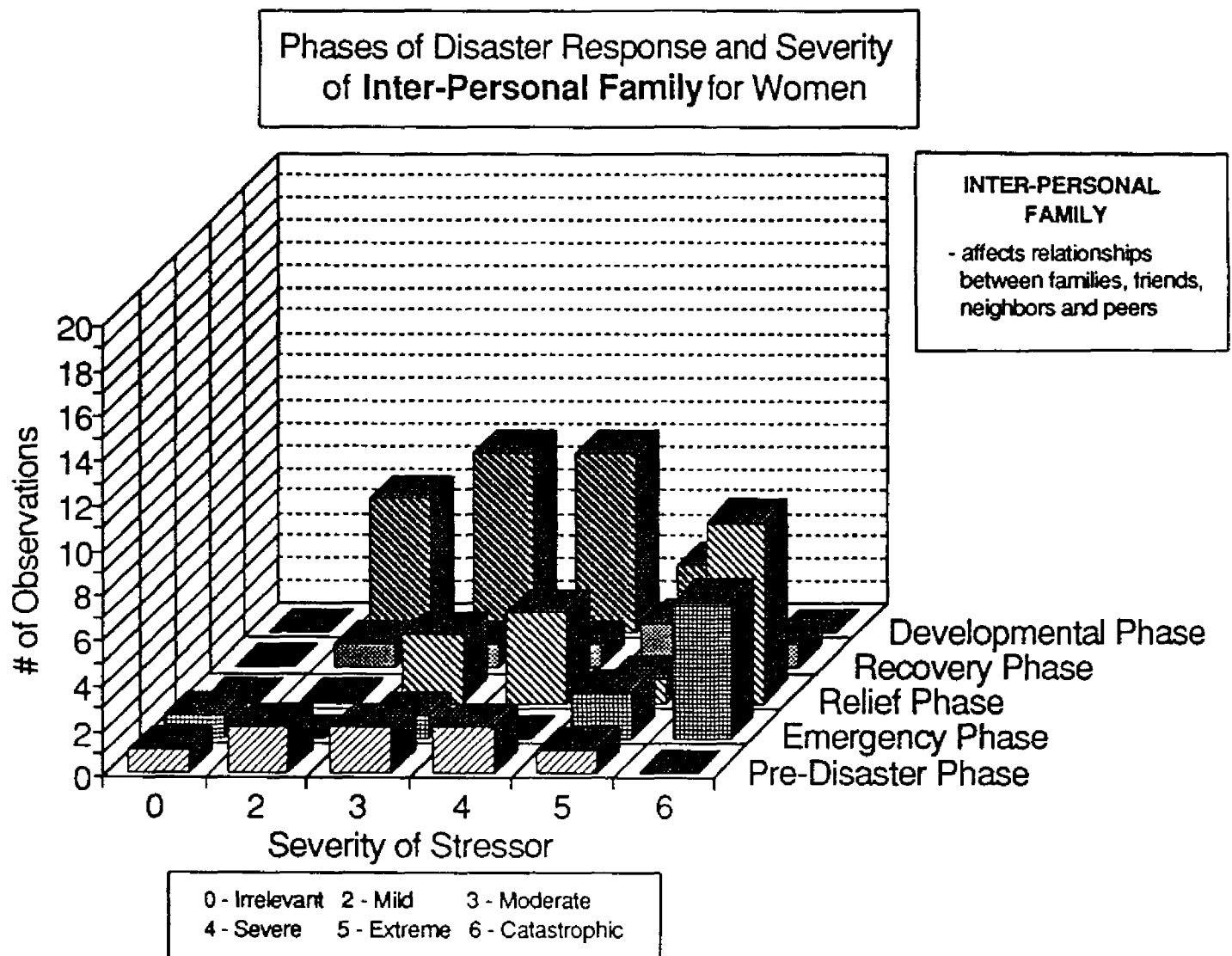
- 0 irrelevant information found in the literature
- 1 **none:** no acute events
- 2 **mild:** family arguments, job dissatisfaction, residence in high crime neighbourhood
- 3 **moderate:** marital separation, loss of a job, being a single parent, community disorganization
- 4 **severe:** divorce, unemployment, poverty, child birth, malnutrition
- 5 **extreme:** death of a spouse, victim of rape, serious illness on self or child, ongoing physical or sexual abuse
- 6 **catastrophic:** death of a child, suicide of spouse, suicide attempt, devastating natural disaster, captivity as hostage, concentration camp experience

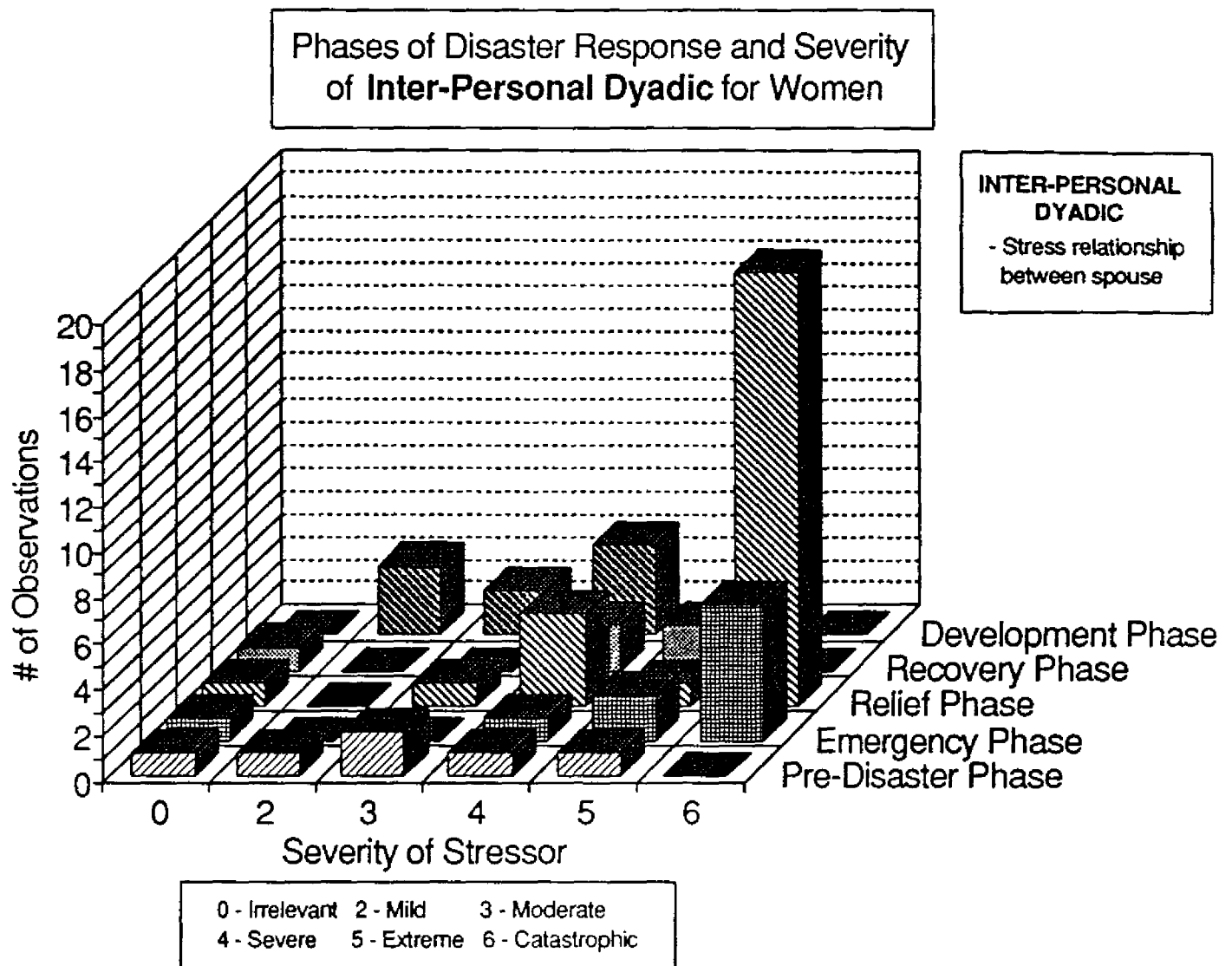
Severity of Psychosocial Stressors Scale: Children and Adolescents

- 0 irrelevant information found in the literature
- 1 **none:** no acute events
- 2 **mild:** family arguments, overcrowded living quarters
- 3 **moderate:** chronic disabling illness in parent, chronic parental discord, community disorganization
- 4 **severe:** divorce of parents, unwanted pregnancy, arrest, harsh or rejecting parents, multiple foster home placements, malnutrition
- 5 **extreme:** death of a parent, physical or sexual abuse
- 6 **catastrophic:** death of both parents, chronic life-threatening illness

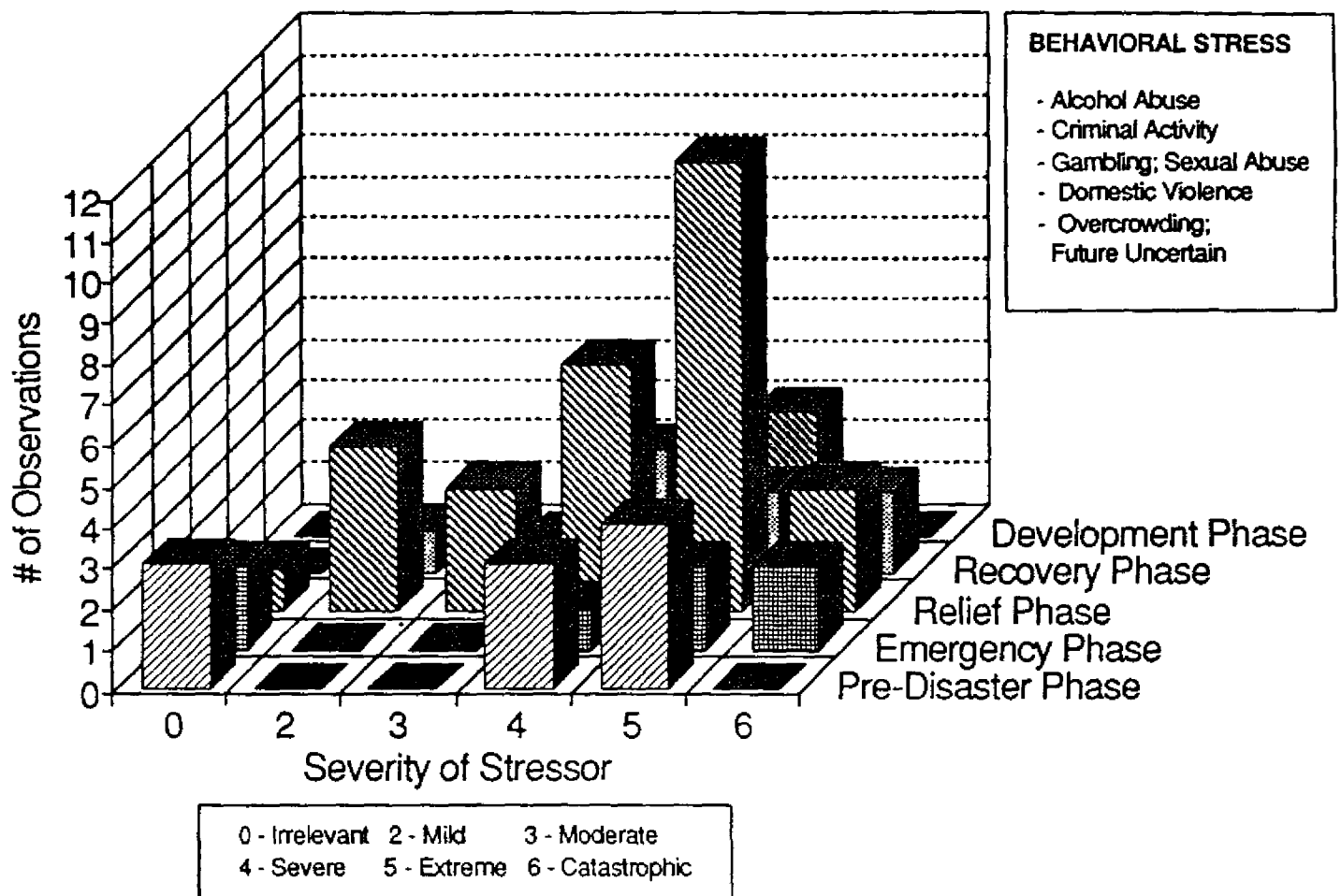


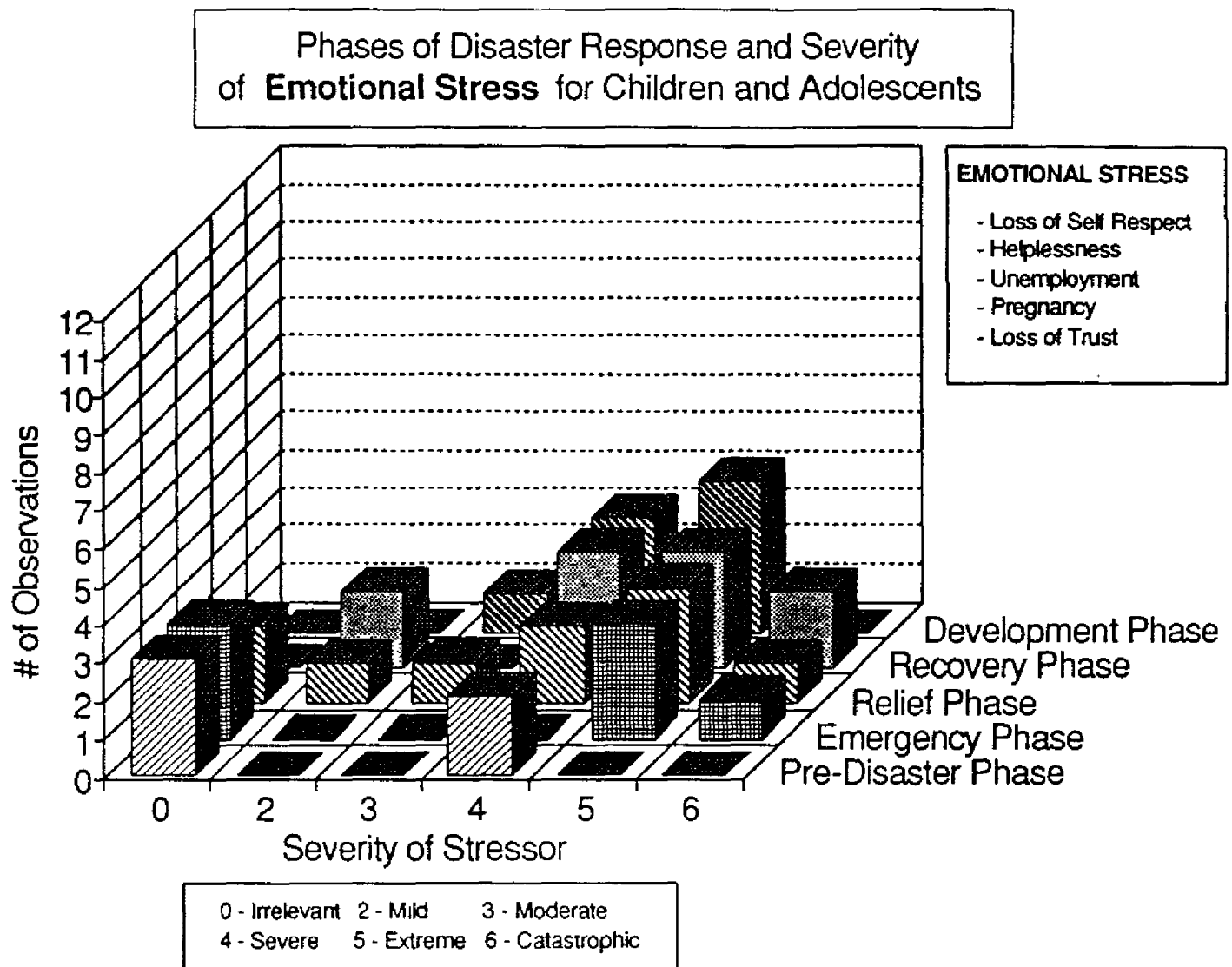




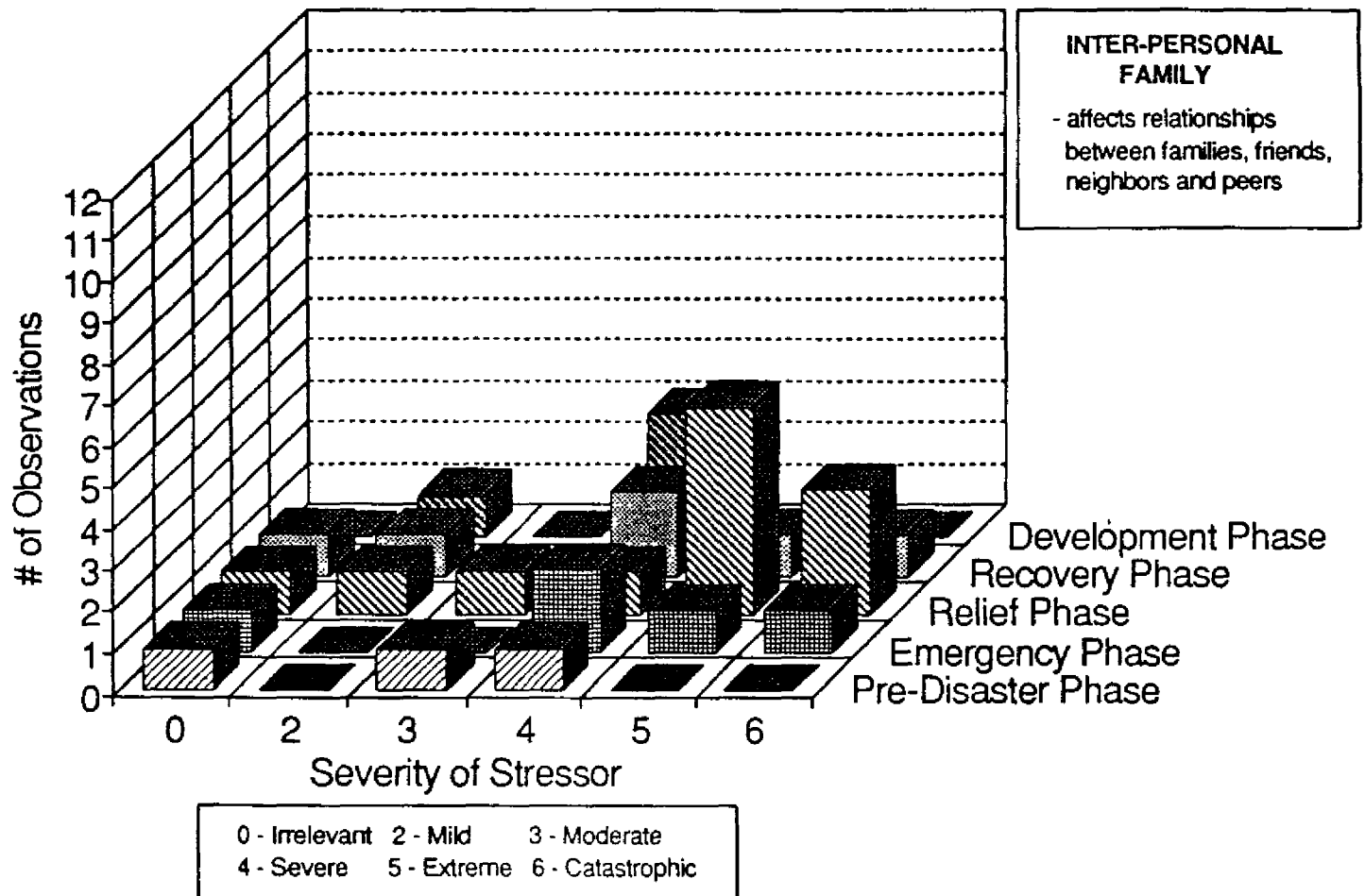


Phases of Disaster Response and Severity of Behavioral Stress in Children and Adolescents

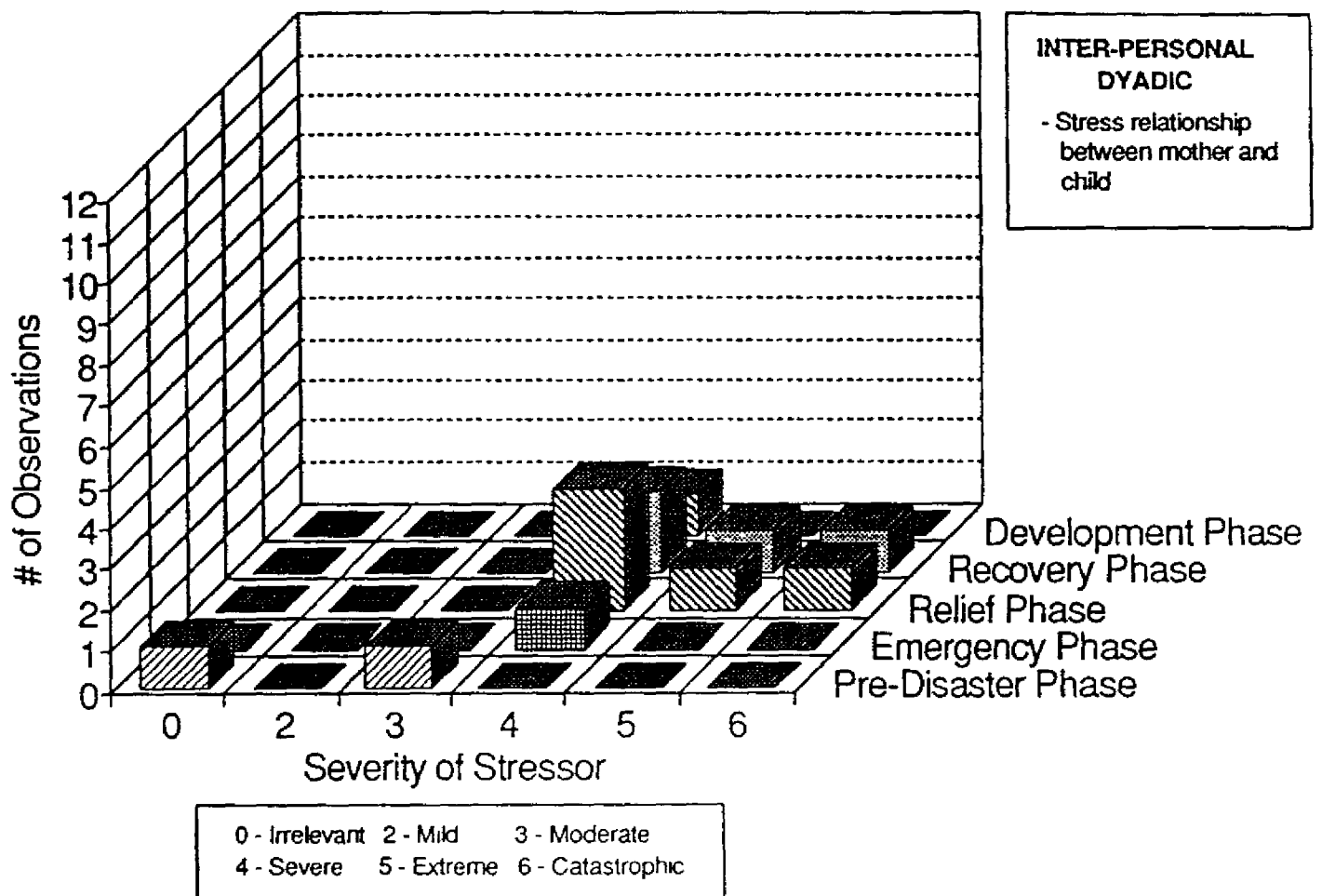




Phases of Disaster Response and Severity
of **Inter-Personal Family** for Children and Adolescents



Phases of Disaster Response and Severity
of **Inter-Personal Dyadic** for Children and Adolescents



Appendix C

Planning for Refugee Protection and Assistance Activities

Issue	Methodology for people-oriented planning/implementation
Socio-economic analysis and change	<ul style="list-style-type: none"> • analyze social and economic roles of women and men in refugee community • determine how these roles will affect and be affected by planned activities • understand that socio-economic roles have been disrupted and constantly changing through various stages of the refugee condition (departure, flight, arrival, asylum, durable solution) • follow trends in the socio-economic process of change and implications of changes in socio-economic role and the planning process
Long-term planning and durable solutions	<ul style="list-style-type: none"> • some stabilization in roles of refugee women and men may occur but may be regarded as temporary by refugees themselves • in-depth understanding of the dynamics of change working within society will influence acceptance and extent of success of project • durable solutions (e.g., voluntary repatriation) needs to encompass a socio-economic analysis of the country of origin and how refugees may be affected by the changed circumstances (where do they fit in)
Assistance programmes <ul style="list-style-type: none"> - food distribution - water - sanitation - agriculture - shelter - health - education - refugee participation 	<ul style="list-style-type: none"> • knowledge of socio-economic conditions and changes in refugee community are major factors • socio-economic background crucial in determining the ability of refugees to benefit from such activities • socio-economic analysis will help in determining settler-cooperation, i.e., willingness of refugees to participate voluntarily in development-oriented activities • knowledge of socio-economic arrangements and changes in these arrangements increase the capacity to build appropriate protection into all aspects of planned activities • major factor in determining success or failure of development projects • lack of adequate refugee participation will result in lethargy on the part of refugees, cost increases, decrease in communication • effective refugee participation at all levels (planning, implementation, monitoring and evaluation) will increase human development potential on the part of refugees and reduce their vulnerabilities

Source: Anderson, and UNHCR Senior Coordinator for Refugee Women, 1991:7-8.

Appendix D

Summary of Policies and Provisions for Women Refugees

Year	Policy document	Provisions covered
1985	Refugee Women and International Protection (36th Session)	<ul style="list-style-type: none"> stressed the need for UNHCR and host governments to give special attention to the international protection of refugee women
1987	General Conclusions on International Protection (38th Session)	<ul style="list-style-type: none"> refugee women had protection and assistance needs which necessitated special attention in order to improve existing protection and assistance programmes all states and concerned agencies called to support the efforts of the UNHCR in this regard need for reliable information and statistics about refugee women recognized, in order to increase awareness about their situation
1988	Refugee Women (39th Session)	<ul style="list-style-type: none"> elaborates further on the special vulnerability of refugee women and the particular problems they face, notably need for physical security need to promote the participation of refugee women as active agents as well as beneficiaries of programmes on their behalf need for an "active senior-level steering committee" on refugee women to coordinate, integrate and oversee the assessment, reorientation and strengthening of existing policies and programmes in favour of refugee women concerned ensuring such efforts were culturally appropriate and resulted in the full integration of the women concerned emphasized need for public information on refugee women issue and need for development of training modules on this subject, in order to increase awareness of the specific needs of refugee women and practical means of addressing these needs
1989	Conclusion on Refugee Women Physical Safety and Sexual Exploitation (40th Session)	<ul style="list-style-type: none"> a conclusion on reiterated concern over physical safety and sexual exploitation of refugee women UNHCR called for a policy framework for stages in mainstreaming women's issues within the organization highlighted particular need for women field workers to facilitate the participation of refugee women called for expanded training and development of a methodology to systematically address gender issues in refugee programmes adopted responsibility to implement Nairobi Forward-Looking Strategies for the Advancement of Women, more than half of the refugee population

Source: United Nations General Assembly (UNGA), 1990. UNHCR Policy on Refugee Women, 1990:1-2.