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The Impact of Parenting Support on Post Traumatic Stress Disorder Among Palestinian Children in Gaza Strip

Submitted by

Ibrahim Hassan Hashem Abu-Nada

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The Impact of Parenting Support on Post Traumatic Stress Disorder Among Palestinian Children in Gaza Strip

A thesis

Submitted in Partial Fulfillment of the Requirements for the Degree of Master in Community Mental Health

**Through
Al-Quds University**

By

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Submitted:

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CMH

Deanship of Graduates Studies

The Impact of Parenting Support on Post Traumatic Stress Disorder Among Palestinian Children in Gaza Strip

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Al-Quds University

September 2003

Declaration

I certify that this thesis submitted for the degree of Master is the result of my own research, except where otherwise acknowledged, and that this thesis (or any part of the same) has not been submitted for a higher degree to any other university or institution.

Signed 

Ibrahim Hassan Abu Nada

Date:

Dedication

In the memory of my parents, whom their souls give me the courage for
improvement and antecedence
and to the memory of all martyrs of
Palestine and Al - Aqsa Intifada

Acknowledgment

I would like to express my acknowledgment and sincere gratitude to those who helped me in putting this essay into practice.

I would like to express my sincere gratitude and thanks to Dr. Abdel - Aziz Mousa Thabet (Assistant professor of psychiatry), my supervisor who was in close contact and was involved in all the steps of this research, for his help and for his contribution to health research in general.

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Of course, I will not forget my family members, my wife and my kids, my mother in law, my brothers and my sisters who supported me all over the period of study.

Abstract ✓

When the children are exposed to traumatic events they might develop a lot of physical and psychological symptoms that need immediate intervention in order to prevent further adverse consequences of the traumatic events, the first and the immediate useful intervention can play an important role is the parenting support to their traumatized children. The overall aim of this study is to assess the impact of parenting support on post-traumatic stress disorder among Palestinian children in the Gaza strip. Descriptive cross-sectional study was carried out on a sample of 450 Palestinian children aged from 12 - 16 years (Primary school) living in Gaza Strip were assessed during the second scholar trimester using structured self-report questionnaire for the possible types of traumatic event, questionnaire for possible post traumatic stress disorder symptoms, and questionnaire for perceiving parenting support. The results indicated that, the Palestinian children are exposed to different types of war traumatic events, (girls 22.7%, boys 12.6%), many of them are vulnerable to develop post traumatic stress disorders reactions, (girls 41.1%, boys 36.8%), parenting support is very vital and important factor to be provided by the parents to their traumatized children at the time of traumatic events. These may highlight the problem as a public in nature that need community-based intervention programs integrated to school health and health education programs. Also these results are similar to those identified by other studies regionally and worldwide.

ملخص الدراسة

هدفت هذه الدراسة إلي اختبار مدى تأثير التدعيم الوالدى على ظهور أعراض ما بعد التعرض للخبرة الصادمة علي طلاب وطالبات المرحلة الإعدادية في قطاع غزة.

الأهداف الخاصة :

- دراسة أهم الخبرات الصادمة التي يتعرض لها الأطفال
- دراسة تأثير الصدمة علي الأطفال
- دراسة الأعراض التي تظهر على الأطفال بعد تعرضهم للإحداث الصادمة
- دراسة العلاقة بين الصدمة و أعراض ما بعد الخبرة الصادمة
- دراسة العلاقة بين التدعيم الوالدى للأطفال وأثره علي ظهور أعراض ما بعد الخبرة الصادمة

منهجية الدراسة :

هذه الدراسة هي دراسة وصفية تحليلية درست تلاميذ المرحلة الإعدادية بصورة مقطعية

عينة الدراسة:

تكونت العينة النهائية من 434 طالب وطالبة تم اختيارهم بصورة عشوائية متعددة المراحل من ستة مدارس إعدادية موزعة علي ثلاث مناطق من قطاع غزة وهي بيت حانون، م. جباليا ، الرمال.

كيفية جمع المعلومات :

جمعت المعلومات بطريقة مباشرة من الطلاب بواسطة إستبانة تم تصميمها لجمع المعلومات الاجتماعية والشخصية ولقد تم فحص صدق وثبات الاستبانة من الناحية العلمية والعملية من قبل محكمين بالإضافة إلي تطبيقها علي عينة أولية.

النتائج :

أظهرت الدراسة أن الأطفال يتعرضون إلي العديد من أنواع الخبرات الصادمة (22.7% بنات ، 12.6% أولاد) وأن الكثير منهم يطورون أعراض ما بعد الخبرة الصادمة (41.1% بنات ، 36.6% أولاد) ، كما أظهرت وبشكل إيجابي أن التدعيم الوالدى يقلل من ظهور أعراض ما بعد الخبرة الصادمة.

التوصيات :

- من أهم التوصيات التي خرجت بها هذه الدراسة ما يلي:
- تشجيع الوالدين بأن يهتموا بأبنائهم أثناء وبعد التعرض للإحداث الصادمة
- أن يشجع الوالدين الأبناء لتفريغ مشاعرهم وعدم كبتها
- التركيز علي توعية الوالدين وتعريفهم بالاضطرابات النفسية والأعراض النفسية
- العمل علي زيادة التوعية والتثقيف المجتمعي
- فتح المجال أمام الاهتمام لمعالجة الحالات التي طورت أعراض ما بعد الخبرة الصادمة
- زيارة أماكن الأحداث للتدخل في الأزمات والحد من عدد الإصابات بالإضرابات النفسية
- تكثيف العمل بين المؤسسات الطبية والمختصة والعمل معا من خلال برامج موحدة لمساعدة المتضررين

توصيات بحثية :

- القيام بدراسة لمعرفة مدى إمكانية تقديم تدعيم والذى بواسطة والدين تعرضوا لخبرات صادمة
- القيام بمسح شامل لتحديد مدى انتشار اضطراب ما بعد الخبرة الصادمة
- القيام بدراسة مستوى التحصيل الدراسي لدى الأطفال الذين يعانون من خبرات صادمة
- القيام بدراسة متابعة التغيرات والآثار الناجمة عن التعرض لخبرات صادمة لدى الأطفال

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