

TRAUMATIC STRESS EFFECTS OF TERRORIST ATTACK: A CASE OF THE
TEACHERS SERVICE COMMISSION (TSC) BOMB BLAST SURVIVORS

by

Faith Kanana Mwirigi
((10-0063)

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APPROVAL

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Faith Kanana Mwirigi

In accordance with Daystar University policies, this thesis is accepted in partial fulfillment
of the requirements for the degree of Master of Arts degree.

Date

Lincoln Khasakhala, PhD,
1st Supervisor

Caroline Ayuya, PhD,
2nd Supervisor

_____ Susan
Muriungi, PhD,
HOD, Department of Counselling Psychology

Kennedy Ongaro, PhD,
Dean, School of Human and Social Sciences

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DECLARATION

TRAUMATIC STRESS EFFECTS OF TERRORIST ATTACKS: A CASE OF THE
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I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

Signed: _____
Faith Kanana Mwirigi
(10-0063)

Date: _____

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LIST OF ABBREVIATIONS AND ACRONYMS

AMISOM	African Union Mission to Somalia
APA	American Psychiatry Association
AUDIT	Alcohol Use Disorder Identification Test
BAI	Becks Anxiety Inventory
BB	Bomb Blast
BBC	British Broadcasting Corporation
BDI	Becks Depression Inventory
CEO	Chief Executive Officer
DK	Don't Know
DSM-5	Diagnostic and Statistical Manual of Mental Disorders
EMP	Emotional Memory Processing
KNH	Kenyatta National Hospital
MDD	Major Depressive Disorder
NASCOTI	National Commission for Science, Technology and Innovation
NSESSS	National Stressful Events Survey Short Scale
PTSD	Post Traumatic Stress Disorder
SPSS	Statistical Package for Social Sciences
TSC	Teachers Service Commission
USA	United States of America
WHO	World Health Organization

ABSTRACT

Most people exposed to trauma continue to experience psychological symptoms that are related to the critical event including trauma related disorders in the months and years following exposure.

The purpose of this study was to investigate the traumatic stress effects of the August 7th 1998 terrorist attack among bomb blast survivors deployed at the Teachers Service Commission (TSC) Headquarters. The study applied a cross-sectional research design and the target population was 232 survivors who were censused and filled in self-administered questionnaires through the socio-demographic, Beck's depression inventory-II (BDI-II), Beck's anxiety inventory-II (BAI-II), Trauma history and severity of post-traumatic stress symptoms-adult national stressful events survey (PTSD), short scale (NSESSS) and alcohol use disorder identification test (AUDIT). SPSS version 21 was used in data analysis. The results indicated that females (70.1%) had higher prevalence of medical conditions compared to males (54.6%) $p=0.012$, males had a lower prevalence of anxiety (37.9%), depression (31.6%) and Alcohol Use Disorder (AUD) (105% compared to females (62.0%) $p<0.001$, (48.9%) $p=0.006$ and (1.5%) $p=0.012$ respectively. PTSD scores were positively correlated with: BDI scores ($r=0.434$) $p<0.001$, AUD scores ($r=0.178$) $p=0.007$ and BAI scores ($r=0.629$) $p<0.001$ and predictors of persistent PTSD were: being female (OR=4.102; 95% CI: 1.761-7.018; $p=0.018$), having anxiety (OR=4.319; 95% CI: 1.109-16.819; $p=0.035$) and having depression (OR=4.419; 95% CI: 1.451 – 13.3569; $p=0.009$). The respondents received good care and support from their communities, believed in God and continued accessing both medical and psychological services.

DEDICATION

To my mother, mentor and venerated ally, the late Zipporah Mungania: my very first Teacher (1928 – 2014).

To my cherished father, Ayub M'Mungania, I could not come this far without your support. I remember you each day with a difference and fondness

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