

PREVALENCE OF POST-TRAUMATIC STRESS DISORDER AND
DEPRESSION AMONG ADULT WOMEN WHO HAVE EXPERIENCED
SEXUAL VIOLENCE: A CASE OF PROJECT TUSHINDE UJEURI IN THE
HEALTH ZONE OF KATANA IN SOUTH KIVU D. R. CONGO

by

Sarah Namegabe

A thesis presented to the School of Human and Social Sciences

of

Daystar University
Nairobi, Kenya

In partial fulfilment of the requirements for the degree of

MASTER OF ARTS
in Counselling Psychology

November 2021

APPROVAL

PREVALENCE OF POST-TRAUMATIC STRESS DISORDER AND DEPRESSION AMONG ADULT WOMEN WHO HAVE EXPERIENCED SEXUAL VIOLENCE: A CASE OF PROJECT TUSHINDE UJEURI IN THE HEALTH ZONE OF KATANA IN SOUTH KIVU D. R. CONGO

by

Sarah Namegabe
17-0488

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

Date:

Susan Muriungi, PhD,
1st Supervisor

Michael Kihara, PhD,
2nd Supervisor

Susan Muriungi, PhD,
HOD, Counseling Psychology Department

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

DAYSTAR UNIVERSITY

Copyright©2021 Sarah Namegabe

DECLARATION

PREVALENCE OF POST-TRAUMATIC STRESS DISORDER AND DEPRESSION AMONG
ADULT WOMEN WHO HAVE EXPERIENCED SEXUAL VIOLENCE: A CASE OF
PROJECT TUSHINDE UJEURI IN THE HEALTH ZONE OF KATANA IN SOUTH KIVU D.
R. CONGO

I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

Signed: _____
Sarah Namegabe
17-0488

Date: _____

ACKNOWLEDGEMENTS

I thank the Almighty God for giving me the strength to accomplish this work. I would like to express my gratitude to my supervisors, Prof Michael Kihara and Dr. Susan Muriungi, for their guidance and encouragement throughout the journey of writing this thesis. Special thanks to my parents, Namegabe Mulanga and Mandundu Elisabeth; and my siblings, Lisa, Bertin, Biibi, Dany, Felicite, Benjamin, and Esther, for the tireless encouragement and support they accorded to me. I am thankful to my friends Armelle, Laetitia, and Chistele for their encouragement and moral support. I highly appreciate my lecturers and my colleagues at Daystar University for their support throughout the academic period and the Tushinde Ujeuri Project for allowing me to carry out my research in their institutions. Many thanks to my respondents who took their time to participate in the research.

DAYSTAR UNIVERSITY

TABLE OF CONTENTS

APPROVAL	ii
DECLARATION	iv
ACKNOWLEDGEMENTS	v
TABLE OF CONTENTS	vi
LIST OF TABLES	viii
LIST OF FIGURES	ix
LIST OF ABBREVIATIONS AND ACRONYMS	x
ABSTRACT	xi
DEDICATION	xii
CHAPTER ONE	1
INTRODUCTION AND BACKGROUND TO THE STUDY	1
Introduction	1
Background to the Study	3
Statement of the Problem	8
Purpose of the Study	9
Objectives of the Study	9
Research Questions	9
Justification for the Study	10
Significance of the Study	11
Assumptions of the Study	12
Scope of the Study	12
Limitations and Delimitations of the Study	12
Definition of Terms	13
Summary	14
CHAPTER TWO	15
LITERATURE REVIEW	15
Introduction	15
Theoretical Framework	15
General Literature Review	19
Empirical Literature Review	24
Conceptual Framework	34
Summary	36
CHAPTER THREE	37
RESEARCH METHODOLOGY	37
Introduction	37
Research Design	37
Population	37
Target Population	38
Sample Size	38
Sampling Techniques	39
Data Collection Instruments	40
Data Collection Procedures	41
Pretesting	42
Data Analysis Plan	43

Ethical Considerations	43
Summary	45
CHAPTER FOUR	46
DATA PRESENTATION, ANALYSIS AND INTERPRETATION	46
Introduction	46
Analysis and Interpretation	46
Summary of Key Findings	63
Summary	64
CHAPTER FIVE	66
DISCUSSIONS, CONCLUSIONS, AND RECOMMENDATIONS	66
Introduction	66
Discussions of Key Findings	66
Conclusion	70
Recommendations	70
Recommendations for Further Research	70
REFERENCES	72
APPENDICES	87
Appendix A: Letter of Information	87
Appendix B: Consent Form	89
Appendix C: Questionnaire	91
Appendix D: Researcher’s Letter of Introduction from Daystar University	96
Appendix E: Ethical Clearance	97
Appendix F: Research Authorization Letter	98
Appendix G: Ministry of Education Research Certificate	99
Appendix H: Plagiarism Report	100

DAYSTAR

LIST OF TABLES

<u>Table 4.1: Respondents' Age</u>	47
<u>Table 4.2: Respondents' Marital Status</u>	48
<u>Table 4.3: Respondents' Education Level</u>	49
<u>Table 4.4: Symptoms of Intrusion in PTSD</u>	50
<u>Table 4.5: Association between Demographic Factors and PTSD</u>	51
<u>Table 4.6: Avoidance Characteristics of PTSD</u>	52
<u>Table 4.7: Association between Demographic Factors and PTSD</u>	53
<u>Table 4.8: Negative Alteration in Cognitions and Mood Characteristics in PTSD</u>	54
<u>Table 4.9: Association between Demographic Factors and PTSD</u>	55
<u>Table 4.10: Reactivity Characteristics of PTSD</u>	56
<u>Table 4.11: Association between Demographic Factors and PTSD</u>	57
<u>Table 4.12: Prevalence of PTSD among Sexual Violence Survivors</u>	58
<u>Table 4.13: Prevalence of Depression among the Sexual Violence Survivors</u>	60
<u>Table 4.14: Relationship between Demographic Factors and Depression</u>	61
<u>Table 4.15: Comorbidity of PTSD and Depression</u>	62
<u>Table 4.16: Comorbidity of PTSD and Depression</u>	62

DAYSTAR UNIVERSITY

LIST OF FIGURES

[Figure 2.1: Conceptual Framework](#)..... 35
[Figure 4.1: Response Rate](#)..... 47
[Figure 4.2: Religious Affiliation of the Respondent](#)..... 49

DAYSTAR UNIVERSITY

LIST OF ABBREVIATIONS AND ACRONYMS

DSM-V	Diagnostic and Statistical Manual of Mental Disorders
DRC	Democratic Republic of the Congo
GBV	Gender-Based Violence
HIV	Human Immunodeficiency Virus
IRIN	Integrated Regional Information Networks
PHQ-9	Patient Health Questionnaire-9
PTSD	Post-Traumatic Stress Disorder
SPSS	Statistical Package for the Social Sciences
STI	Sexually Transmitted Infections
UN	United Nations
UNICEF	United Nations Children's Fund
WHO	World Health Organisation

DAYSTAR UNIVERSITY

ABSTRACT

Women exposed to gender-based violence (GBV) have high rates of lifetime mood and anxiety disorders. Post-traumatic stress disorder (PTSD), depression, and anxiety are the major mental disorders that affect them. Panzi Foundation's Tushinde Ujeuri Project has been registering over 500 survivors of sexual violence every year. The purpose of this study was to determine the prevalence of depression and PTSD among adult women who have experienced sexual violence, a case of Tushinde Ujeuri Project in the health zone of Katana in the South Kivu Province of DRC. The objectives of this study were to determine the prevalence of PTSD, the prevalence of depression, and assess the comorbidity of PTSD and depression among adult women survivors of sexual violence at Katana in the South Kivu of DRC. The study adopted the emotional processing theory to explain PTSD development and the hopelessness theory of depression to explain the occurrence of depression. The study used a descriptive research design. From a total of 913 victims of violence from August 2020 to February 2021, the researcher selected 116 respondents using simple random sampling. Data was collected using standardized questions comprising of patient health questionnaire-9 (PHQ-9) and Diagnostic and Statistical Manual of Mental Disorders (DSM-V). The obtained data was analysed in Statistical Package for the Social Sciences (SPSS). The prevalence of depression among victims of sexual violence was 73.5% while the prevalence of PTSD among victims of sexual violence was 71.12%. The study found that depression had a significant association with PTSD at $\alpha=0.05$. The comorbidity between depression and PTSD was implied by $r=0.800$. The study concluded that survivors of sexual violence suffered high levels of PTSD and depression. The study recommends the development of other facilities in the DRC, other than the Panzi Foundation, to help survivors of GBV.

DEDICATION

This work is dedicated to me. Being a sexual violence survivor, writing this thesis has been a healing journey for me. It is also dedicated to my younger sister Esther, to my nieces Claudia, Elisabeth, Zoe, and Isabelle, and to all the Congolese women who have been going through a tough time for more than two decades now.

DAYSTAR UNIVERSITY