

RESEARCH ARTICLE

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Trauma and posttraumatic stress disorder in South Africa: analysis from the South African Stress and Health Study

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Abstract

Background: South Africa's unique history, characterised by *apartheid*, a form of constitutional racial segregation and exploitation, and a long period of political violence and state-sponsored oppression ending only in 1994, suggests a high level of trauma exposure in the general population. The aim of this study was to document the epidemiology of trauma and posttraumatic stress disorder (PTSD) in the South African general population.

Methods: The South African Stress and Health Study is a nationally representative survey of South African adults using the WHO's Composite International Diagnostic Interview (CIDI) to assess exposure to trauma and presence of DSM-IV mental disorders.

Results: The most common traumatic events were the unexpected death of a loved one and witnessing trauma occurring to others. Lifetime and 12-month prevalence rates of PTSD were 2.3% and 0.7% respectively, while the conditional prevalence of PTSD after trauma exposure was 3.5%. PTSD conditional risk after trauma exposure and probability of chronicity after PTSD onset were both highest for witnessing trauma. Socio-demographic factors such as sex, age and education were largely unrelated to PTSD risk.

Conclusions: The occurrence of trauma and PTSD in South Africa is not distributed according to the socio-demographic factors or trauma types observed in other countries. The dominant role of witnessing in contributing to PTSD may reflect the public settings of trauma exposure in South Africa and highlight the importance of political and social context in shaping the epidemiology of PTSD.

Keywords: Posttraumatic stress disorder, Trauma, South Africa

Background

South Africa is a developing country with a history characterised by past constitutional racial segregation and exploitation in the form of *apartheid* that gave way to a non-racial democracy only in 1994 [1]. This transition was achieved by a protracted liberation struggle, characterised by political violence and state-sponsored oppression. After *apartheid*, high levels of often criminal interpersonal violence continued, fuelled by rapid urbanization and ongoing socioeconomic disparities,

that resulted in a high level of trauma exposure, over 80% in some studies [1-5].

The present study reports on the prevalence of trauma exposure and risk of PTSD associated with potentially traumatic events (PTEs) in the South African Stress and Health Survey (SASH), the first nationally representative study of mental disorders in Africa [7]. Although two prior reports on trauma and PTSD using the SASH data have been published [8,9], this is the first report using the random event method to describe the full range of PTE exposure and PTSD in the South African general population.

The previous reports either focussed only on non-specific psychological distress [8] rather than posttraumatic stress disorder, or on interpersonal violence [9] rather than the

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Traumatic Stress In South Africa

Christopher J. Colvin



Traumatic Stress In South Africa:

Traumatic Stress in South Africa Debbie Kaminer, Gillian Eagle, 2010-10-01 Traumatic Stress in South Africa deals with the topic of traumatic stress from a number of angles Traumatic stress and posttraumatic stress more particularly has gained international prominence as a condition or disorder that affects people across the globe in the wake of exposure to extreme life events be these collective or individual Given the history of political violence in South Africa extremely high levels of violence against women and children and the prevalence of violent crime South Africa has the unfortunate distinction of being considered a real life laboratory in which to study traumatic stress Taking both a historical and contemporary perspective the book covers the extent of and manner in which traumatic stress manifests including the way in which exposure to such extremely threatening events impacts on people's meaning and belief systems Therapeutic and community strategies for addressing and healing the effects of trauma exposure are comprehensively covered as well as the particular needs of traumatised children and adolescents Illustrative case material is used to render ideas accessible and engaging The book also provides a comprehensive and up to date overview of theory and practice in the field of traumatic stress studies incorporating both international and South African specific findings The particular value of the text lies in the integration of global and local material and attention to context related challenges such as how trauma presentation and intervention is coloured by cultural systems and class disparities The book highlights both psychological and sociopolitical dimensions of traumatic stress

Traumatic Stress in South Africa Debra Kaminer, Gillian Eagle, 2010 Traumatic stress and post traumatic stress more particularly has gained international prominence as a condition or disorder that affects people across the globe in the wake of exposure to extreme life events be these collective or individual Given the history of political violence in South Africa extremely high levels of violence against women and children and the prevalence of violent crime South Africa has the unfortunate distinction of being considered a real life laboratory in which to study traumatic stress Taking both a historical and contemporary perspective the title covers the extent of and manner in which traumatic stress manifests including the way in which exposure to such extremely threatening events impacts on people's meaning and belief systems Therapeutic and community strategies for addressing and healing the effects of trauma exposure are comprehensively covered as well as the particular needs of traumatised children and adolescents Illustrative case material is used to render ideas accessible and engaging Traumatic stress in South Africa provides a comprehensive and up to date overview of theory and practice in the field of traumatic stress studies incorporating both international and South African specific findings The particular value of the text lies in the integration of global and local material and attention to context related challenges such as how trauma presentation and intervention is coloured by cultural systems and class disparities The text would be of particular interest to scholars and practitioners working with traumatic stress in developing countries or in settings in which assessment and intervention resources are limited The book highlights both psychological and

sociopolitical dimensions of traumatic stress and emphasises insights derived from working in the South African context that have potential relevance for shaping the direction of traumatic stress studies Bookseller s website [Trauma, Memory, and Narrative in the Contemporary South African Novel](#) ,2012-01-01 The contributions to this volume probe the complex relationship of trauma memory and narrative By looking at the South African situation through the lens of trauma they make clear how the psychic deformations and injuries left behind by racism and colonialism cannot be mended by material reparation or by simply reversing economic and political power structures Western trauma theories as developed by scholars such as Caruth van der Kolk Herman and others are insufficient for analysing the more complex situation in a postcolony such as South Africa This is because Western trauma concepts focus on the individual traumatized by a single identifiable event that causes PTSD Post Traumatic Stress Disorder What we need is an understanding of trauma that sees it not only as a result of an identifiable event but also as the consequence of an historical condition in the case of South Africa that of colonialism and more specifically of apartheid For most black and coloured South Africans the structural violence of apartheid s laws were the existential condition under which they had to exist The living conditions in the townships pass laws relocation and racial segregation affected great parts of the South African population and were responsible for the collective traumatization of several generations This trauma however is not an unclaimed and unclaimable experience Postcolonial thinkers who have been reflecting on the experience of violence and trauma in a colonial context writing from within a Fanonian tradition have on the contrary believed in the importance of reclaiming the past and of transcending mechanisms of victimization and resentment so typical of traumatized consciousnesses Narration and the novel have a decisive role to play here [International Handbook of Traumatic Stress Syndromes](#) John P. Wilson,Beverley Raphael,2013-06-29 Over 100 researchers from 16 countries contribute to the first comprehensive handbook on post traumatic stress disorder Eight major sections present information on assessment measurement and research protocols for trauma related to war veterans victims of torture children and the aged Clinicians and researchers will find it an indispensable reference touching on such disciplines and psychiatry psychology social work counseling sociology neurophysiology and political science

Re-Authoring Life Narratives After Trauma: A Holistic Narrative Model of Care Charles B. Manda,2019-12-12 Re authoring Life Narratives after Trauma is an interdisciplinary specialist resource for traumatic stress researchers practitioners and frontline workers who focus their research and work on communities from diverse religious backgrounds that are confronted with trauma death illness and other existential crises This book aims to argue that the biopsychosocial approach is limited in scope when it comes to reaching a holistic model of assessing and treating individuals and communities that are exposed to trauma The holistic model must integrate an understanding of and respect for the many forms of religion and spirituality that clients might have Pargament 2011 It will not only bring a spiritual perspective into the psychotherapeutic dialogue but it will also assist in dealing with the different demands in pastoral ministry as related to

clinical and post traumatic settings The book makes several contributions to scholarship in the disciplines of although not limited to traumatic stress studies pastoral care and counselling psychology and psychiatry Firstly the book brings spirituality into the psychotherapeutic dialogue traditionally religious and spiritual topics have not been a welcome part of the psychotherapeutic dialogue Secondly it underscores the significance of documenting literary narratives as a means of healing trauma writing about our traumas enables us to express things that cannot be conveyed in words and to bring to light what has been suppressed and imagine new possibilities of living meaningfully in a changed world Thirdly it proposes an extension to the five stage model of trauma and recovery coined by Judith Herman

Traumatic Storytelling and Memory in Post-Apartheid South Africa Christopher J. Colvin, 2018-12-14 This book explores the practice of traumatic storytelling that emerged out of the South African Truth and Reconciliation Commission and came to play a key role in the lives of the members of the Khulumani Support Group for victims of apartheid era political violence Group members found traumatic storytelling both frustrating and yet also an important form of memory work that shaped how they saw themselves in the post apartheid era Drawing on ethnographic fieldwork the author examines how traumatic storytelling functioned not only as a kind of psychological healing and national political theatre but also as a potent form of social relation economic exchange political activism and expressive practice With emphasis on the personal social and political significance of the act of traumatic storytelling this volume asks why members of Khulumani despite their many disappointments continued to engage intensively in storying their experiences for themselves and others Examining what powers storytelling held for both group members and their witnesses and considering the ways in which storytelling enabled new senses of self and new understandings of what was possible in the years after the end of apartheid this book considers what we might learn more broadly from the experiences of Khulumani about the possibilities and limits of traumatic memory making as an instrument of personal social and political repair As such it will appeal to scholars of sociology anthropology and criminology with interest in justice and post conflict societies

International Handbook of Workplace Trauma Support Rick Hughes, Andrew Kinder, Cary Cooper, 2012-04-10 The International Handbook of Workplace Trauma Support provides a comprehensive overview of contemporary standards and best practices in trauma support that draws from the latest research findings and experience of international experts in the field Reviews the major contemporary post trauma intervention models in both theory and practice Includes Trauma Risk Management TRiM Support Post Trauma SPoT Eye Movement Desensitization and Reprocessing EMDR Mindfulness and Psychological First Aid PFA Incorporates multi cultural perspectives by reporting on the pervasive violence in South Africa constant threats in Israel and emerging developments in China Includes social psychosocial psychological and organizational dimensions to offer a detailed mapping of trauma support Provides latest thinking for supporting those in the military context

Substance Dependency, PTSD and Traumatic Incident Reduction (TIR) in South Africa: A Social Work Perspective Elca Erlank, 2013-01-01 This article briefly reflects the

extent to which substance dependency and traumatic events which may lead to a diagnosis of a post traumatic stress disorder are becoming a feature of life all over South Africa Many social workers are familiar with current evidence based approaches and are skilled at adapting them to local cultural and contextual conditions Exploring and continuing learning various evidence based approaches to render more effective services are an important aim of social work practice Metapsychology and Traumatic Incident Reduction TIR an Applied Metapsychology technique are introduced to challenge social workers to render more integrated and effective services The prevalence and comorbidity of substance dependency and PTSD Looking at statistics about substance dependency as well as the high tendency of being a victim of trauma in South Africa is it evident that social workers are confronted and challenged on a daily basis to improve their knowledge and skills in this regard In South Africa drug consumption is twice the world norm CDA 2011 and 15% of South Africa s population has a drug problem CDA 2011 Over 30% of the South African population have an alcohol problem or are at risk of having one and alcohol affects 17 5 million of South Africans Studies show that people who start drinking before the age of 15 are four times more likely to become alcoholics than people starting to drink later in their life The recently released United Nations World Drug Report had named South Africa as one of the drug capitals of the world When it comes to the abuse of alcohol and usage of dagga this country is rated to be one of the top ten narcotics and alcohol abusers in the world Addiction Drug Alcohol Statistics S A 2012 About the Author Elca Erlank Ph D became a TIR trainer in 2012 She has trained with both Gerald French and Yvonne Retief Elca is a social worker in South Africa with 22 years experience in various related fields of social work services She had specialized in the field of substance dependence and received her doctorate degree in 2003 From the Metapsychology Monographs Series at www.TIRBook.com **Post-Traumatic Stress Disorder** Charles B. Nemeroff, Charles Marmar, 2018-08-15 This volume brings together the leaders in the field of PTSD research to present an up to date summary and understanding of this complex disorder All of our current knowledge and controversies concerning the diagnosis epidemiology course pathophysiology and treatment are described in detail The evidence for efficacy for each of the different forms of psychotherapy and pharmacotherapy is reviewed Particular attention is paid to at risk groups including minorities and coverage of PTSD throughout the world is reviewed as well The authors present state of the art findings in genetics epigenetics neurotransmitter function and brain imaging to provide the most current and comprehensive review of this burgeoning field **Developmental Psychology** Jacki Watts, Kate Cockcroft, 2009 Offers a theory driven approach to understanding human development from two perspectives the psychoanalytic and the cognitive This book presents thoughts on the South African context and the impact it has on development It is suitable for undergraduates postgraduates and health professionals

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