Coping Mechanisms

## PTSD effects

| **PTSD Effect** | **Frequency (%)** |
| --- | --- |
| Loneliness |  |
| Agree | 253 (77%) |
| Disagree | 74 (23%) |
| Nightmares |  |
| Agree | 295 (90%) |
| Disagree | 32 (9.8%) |
| Difficulty in Coping and Adjusting |  |
| Agree | 290 (89%) |
| Disagree | 37 (11%) |
| Sadness |  |
| Agree | 270 (83%) |
| Disagree | 57 (17%) |
| Fearfulness |  |
| Agree | 259 (79%) |
| Disagree | 68 (21%) |
| Loss of confidence |  |
| Agree | 257 (79%) |
| Disagree | 70 (21%) |

### PTSD effects Across Genders

| **PTSD Effect** | **Male**, N = 131 | **Female**, N = 196 | **p-value** |
| --- | --- | --- | --- |
| Loneliness |  |  | 0.5 |
| Agree | 99 (76%) | 154 (79%) |  |
| Disagree | 32 (24%) | 42 (21%) |  |
| Nightmares |  |  | 0.4 |
| Agree | 116 (89%) | 179 (91%) |  |
| Disagree | 15 (11%) | 17 (8.7%) |  |
| Difficulty in Coping and Adjusting |  |  | 0.028 |
| Agree | 110 (84%) | 180 (92%) |  |
| Disagree | 21 (16%) | 16 (8.2%) |  |
| Sadness |  |  | 0.3 |
| Agree | 105 (80%) | 165 (84%) |  |
| Disagree | 26 (20%) | 31 (16%) |  |
| Fearfulness |  |  | >0.9 |
| Agree | 104 (79%) | 155 (79%) |  |
| Disagree | 27 (21%) | 41 (21%) |  |
| Loss of confidence |  |  | 0.8 |
| Agree | 104 (79%) | 153 (78%) |  |
| Disagree | 27 (21%) | 43 (22%) |  |

### PTSD effects Across Age

| **PTSD Effect** | **18-25**, N = 112 | **26-35**, N = 118 | **36-45**, N = 61 | **46-59**, N = 36 | **p-value** |
| --- | --- | --- | --- | --- | --- |
| Loneliness |  |  |  |  | 0.053 |
| Agree | 95 (85%) | 89 (75%) | 46 (75%) | 23 (64%) |  |
| Disagree | 17 (15%) | 29 (25%) | 15 (25%) | 13 (36%) |  |
| Nightmares |  |  |  |  | 0.9 |
| Agree | 103 (92%) | 105 (89%) | 54 (89%) | 33 (92%) |  |
| Disagree | 9 (8.0%) | 13 (11%) | 7 (11%) | 3 (8.3%) |  |
| Difficulty in Coping and Adjusting |  |  |  |  | 0.6 |
| Agree | 100 (89%) | 101 (86%) | 56 (92%) | 33 (92%) |  |
| Disagree | 12 (11%) | 17 (14%) | 5 (8.2%) | 3 (8.3%) |  |
| Sadness |  |  |  |  | 0.3 |
| Agree | 95 (85%) | 97 (82%) | 52 (85%) | 26 (72%) |  |
| Disagree | 17 (15%) | 21 (18%) | 9 (15%) | 10 (28%) |  |
| Fearfulness |  |  |  |  | 0.7 |
| Agree | 88 (79%) | 93 (79%) | 47 (77%) | 31 (86%) |  |
| Disagree | 24 (21%) | 25 (21%) | 14 (23%) | 5 (14%) |  |
| Loss of confidence |  |  |  |  | 0.2 |
| Agree | 93 (83%) | 90 (76%) | 50 (82%) | 24 (67%) |  |
| Disagree | 19 (17%) | 28 (24%) | 11 (18%) | 12 (33%) |  |

### PTSD effects Across marital status

| **PTSD Effect** | **single**, N = 74 | **married**, N = 233 | **widow or widower**, N = 20 | **p-value** |
| --- | --- | --- | --- | --- |
| Loneliness |  |  |  | 0.11 |
| Agree | 53 (72%) | 187 (80%) | 13 (65%) |  |
| Disagree | 21 (28%) | 46 (20%) | 7 (35%) |  |
| Nightmares |  |  |  | 0.9 |
| Agree | 66 (89%) | 211 (91%) | 18 (90%) |  |
| Disagree | 8 (11%) | 22 (9.4%) | 2 (10%) |  |
| Difficulty in Coping and Adjusting |  |  |  | 0.041 |
| Agree | 66 (89%) | 210 (90%) | 14 (70%) |  |
| Disagree | 8 (11%) | 23 (9.9%) | 6 (30%) |  |
| Sadness |  |  |  | >0.9 |
| Agree | 62 (84%) | 191 (82%) | 17 (85%) |  |
| Disagree | 12 (16%) | 42 (18%) | 3 (15%) |  |
| Fearfulness |  |  |  | 0.075 |
| Agree | 62 (84%) | 185 (79%) | 12 (60%) |  |
| Disagree | 12 (16%) | 48 (21%) | 8 (40%) |  |
| Loss of confidence |  |  |  | 0.2 |
| Agree | 63 (85%) | 177 (76%) | 17 (85%) |  |
| Disagree | 11 (15%) | 56 (24%) | 3 (15%) |  |

### PTSD effects across education level

| **PTSD Effect** | **None**, N = 102 | **Primary school**, N = 154 | **secondary**, N = 68 | **university**, N = 3 | **p-value** |
| --- | --- | --- | --- | --- | --- |
| Loneliness |  |  |  |  | 0.7 |
| Agree | 82 (80%) | 118 (77%) | 51 (75%) | 2 (67%) |  |
| Disagree | 20 (20%) | 36 (23%) | 17 (25%) | 1 (33%) |  |
| Nightmares |  |  |  |  | 0.8 |
| Agree | 94 (92%) | 138 (90%) | 60 (88%) | 3 (100%) |  |
| Disagree | 8 (7.8%) | 16 (10%) | 8 (12%) | 0 (0%) |  |
| Difficulty in Coping and Adjusting |  |  |  |  | 0.9 |
| Agree | 90 (88%) | 138 (90%) | 59 (87%) | 3 (100%) |  |
| Disagree | 12 (12%) | 16 (10%) | 9 (13%) | 0 (0%) |  |
| Sadness |  |  |  |  | 0.9 |
| Agree | 82 (80%) | 127 (82%) | 58 (85%) | 3 (100%) |  |
| Disagree | 20 (20%) | 27 (18%) | 10 (15%) | 0 (0%) |  |
| Fearfulness |  |  |  |  | 0.4 |
| Agree | 86 (84%) | 117 (76%) | 53 (78%) | 3 (100%) |  |
| Disagree | 16 (16%) | 37 (24%) | 15 (22%) | 0 (0%) |  |
| Loss of confidence |  |  |  |  | 0.4 |
| Agree | 79 (77%) | 126 (82%) | 49 (72%) | 3 (100%) |  |
| Disagree | 23 (23%) | 28 (18%) | 19 (28%) | 0 (0%) |  |

## Coping Mechanisms

| **Coping Mechanism** | **Frequency (%)** |
| --- | --- |
| Educated on PTSD |  |
| No | 275 (84%) |
| Yes | 52 (16%) |
| Belong to a PTSD support group |  |
| No | 283 (87%) |
| Yes | 44 (13%) |
| Belong to a program on PTSD |  |
| No | 272 (83%) |
| Yes | 55 (17%) |
| Confidant |  |
| children | 13 (4.0%) |
| friends | 38 (12%) |
| others | 216 (67%) |
| Relatives | 40 (12%) |
| Spauses | 17 (5.2%) |
| Involved in a program |  |
| No | 286 (88%) |
| YES if yes which one | 39 (12%) |
| People Hanging |  |
| family | 51 (18%) |
| friend/fellow refugees | 239 (82%) |

## Coping Mechanisms Across Genders

| **Coping Mechanism** | **Male**, N = 131 | **Female**, N = 196 | **p-value** |
| --- | --- | --- | --- |
| Educated on PTSD |  |  | >0.9 |
| No | 110 (84%) | 165 (84%) |  |
| Yes | 21 (16%) | 31 (16%) |  |
| Belong to a PTSD support group |  |  | 0.6 |
| No | 112 (85%) | 171 (87%) |  |
| Yes | 19 (15%) | 25 (13%) |  |
| Belong to a program on PTSD |  |  | 0.8 |
| No | 110 (84%) | 162 (83%) |  |
| Yes | 21 (16%) | 34 (17%) |  |
| Confidant |  |  | 0.2 |
| children | 2 (1.5%) | 11 (5.7%) |  |
| friends | 20 (15%) | 18 (9.3%) |  |
| others | 86 (66%) | 130 (67%) |  |
| Relatives | 17 (13%) | 23 (12%) |  |
| Spauses | 6 (4.6%) | 11 (5.7%) |  |
| Involved in a program |  |  | 0.5 |
| No | 117 (89%) | 169 (87%) |  |
| YES if yes which one | 14 (11%) | 25 (13%) |  |
| People Hanging |  |  | 0.4 |
| family | 23 (20%) | 28 (16%) |  |
| friend/fellow refugees | 92 (80%) | 147 (84%) |  |

## Coping Mechanisms Across age groups

| **Coping Mechanism** | **18-25**, N = 112 | **26-35**, N = 118 | **36-45**, N = 61 | **46-59**, N = 36 | **p-value** |
| --- | --- | --- | --- | --- | --- |
| Educated on PTSD |  |  |  |  | 0.8 |
| No | 94 (84%) | 101 (86%) | 49 (80%) | 31 (86%) |  |
| Yes | 18 (16%) | 17 (14%) | 12 (20%) | 5 (14%) |  |
| Belong to a PTSD support group |  |  |  |  | 0.6 |
| No | 98 (88%) | 102 (86%) | 50 (82%) | 33 (92%) |  |
| Yes | 14 (12%) | 16 (14%) | 11 (18%) | 3 (8.3%) |  |
| Belong to a program on PTSD |  |  |  |  | 0.8 |
| No | 92 (82%) | 97 (82%) | 51 (84%) | 32 (89%) |  |
| Yes | 20 (18%) | 21 (18%) | 10 (16%) | 4 (11%) |  |
| Confidant |  |  |  |  |  |
| children | 2 (1.8%) | 7 (6.0%) | 2 (3.3%) | 2 (5.7%) |  |
| friends | 23 (21%) | 9 (7.7%) | 3 (5.0%) | 3 (8.6%) |  |
| others | 67 (60%) | 80 (68%) | 43 (72%) | 26 (74%) |  |
| Relatives | 13 (12%) | 17 (15%) | 8 (13%) | 2 (5.7%) |  |
| Spauses | 7 (6.2%) | 4 (3.4%) | 4 (6.7%) | 2 (5.7%) |  |
| Involved in a program |  |  |  |  | 0.12 |
| No | 100 (90%) | 107 (91%) | 50 (82%) | 29 (81%) |  |
| YES if yes which one | 11 (9.9%) | 10 (8.5%) | 11 (18%) | 7 (19%) |  |
| People Hanging |  |  |  |  | 0.5 |
| family | 15 (16%) | 22 (21%) | 11 (20%) | 3 (9.4%) |  |
| friend/fellow refugees | 81 (84%) | 84 (79%) | 45 (80%) | 29 (91%) |  |

## Coping Mechanisms Across marital status

| **Coping Mechanism** | **single**, N = 74 | **married**, N = 233 | **widow or widower**, N = 20 | **p-value** |
| --- | --- | --- | --- | --- |
| Educated on PTSD |  |  |  | 0.6 |
| No | 64 (86%) | 193 (83%) | 18 (90%) |  |
| Yes | 10 (14%) | 40 (17%) | 2 (10%) |  |
| Belong to a PTSD support group |  |  |  | 0.8 |
| No | 63 (85%) | 202 (87%) | 18 (90%) |  |
| Yes | 11 (15%) | 31 (13%) | 2 (10%) |  |
| Belong to a program on PTSD |  |  |  | 0.4 |
| No | 62 (84%) | 191 (82%) | 19 (95%) |  |
| Yes | 12 (16%) | 42 (18%) | 1 (5.0%) |  |
| Confidant |  |  |  |  |
| children | 1 (1.4%) | 12 (5.2%) | 0 (0%) |  |
| friends | 14 (19%) | 23 (10%) | 1 (5.0%) |  |
| others | 46 (62%) | 153 (67%) | 17 (85%) |  |
| Relatives | 11 (15%) | 27 (12%) | 2 (10%) |  |
| Spauses | 2 (2.7%) | 15 (6.5%) | 0 (0%) |  |
| Involved in a program |  |  |  | 0.4 |
| No | 64 (86%) | 206 (89%) | 16 (80%) |  |
| YES if yes which one | 10 (14%) | 25 (11%) | 4 (20%) |  |
| People Hanging |  |  |  | 0.5 |
| family | 11 (17%) | 39 (19%) | 1 (5.9%) |  |
| friend/fellow refugees | 55 (83%) | 168 (81%) | 16 (94%) |  |

## Coping Mechanisms Across education level

| **Coping Mechanism** | **None**, N = 102 | **Primary school**, N = 154 | **secondary**, N = 68 | **university**, N = 3 | **p-value** |
| --- | --- | --- | --- | --- | --- |
| Educated on PTSD |  |  |  |  | 0.3 |
| No | 82 (80%) | 131 (85%) | 60 (88%) | 2 (67%) |  |
| Yes | 20 (20%) | 23 (15%) | 8 (12%) | 1 (33%) |  |
| Belong to a PTSD support group |  |  |  |  | 0.5 |
| No | 88 (86%) | 132 (86%) | 61 (90%) | 2 (67%) |  |
| Yes | 14 (14%) | 22 (14%) | 7 (10%) | 1 (33%) |  |
| Belong to a program on PTSD |  |  |  |  | 0.7 |
| No | 85 (83%) | 127 (82%) | 58 (85%) | 2 (67%) |  |
| Yes | 17 (17%) | 27 (18%) | 10 (15%) | 1 (33%) |  |
| Confidant |  |  |  |  |  |
| children | 3 (3.0%) | 5 (3.3%) | 4 (6.0%) | 1 (33%) |  |
| friends | 10 (9.9%) | 18 (12%) | 10 (15%) | 0 (0%) |  |
| others | 70 (69%) | 105 (69%) | 40 (60%) | 1 (33%) |  |
| Relatives | 12 (12%) | 17 (11%) | 10 (15%) | 1 (33%) |  |
| Spauses | 6 (5.9%) | 8 (5.2%) | 3 (4.5%) | 0 (0%) |  |
| Involved in a program |  |  |  |  | 0.9 |
| No | 86 (86%) | 137 (89%) | 60 (88%) | 3 (100%) |  |
| YES if yes which one | 14 (14%) | 17 (11%) | 8 (12%) | 0 (0%) |  |
| People Hanging |  |  |  |  | 0.3 |
| family | 16 (18%) | 21 (15%) | 13 (22%) | 1 (50%) |  |
| friend/fellow refugees | 74 (82%) | 118 (85%) | 46 (78%) | 1 (50%) |  |