

Timor-Leste Study



The impact of maternal depressive symptoms and traumatic events on early childhood mental health in conflict-affected Timor-Leste

Susan J Rees, Mohammed Mohsin, Louis Klein, Zachary Steel, Wietse Tol, Mark Dadds, Valsamma Eapen, Zelia da Costa, Elisa Savio, Natalino Tam, Derrick Silove. The impact of maternal depressive symptoms and traumatic events on early childhood mental health in conflict-affected Timor-Leste. **BJPsych Open**. Feb 24 2022;8(2):e51

Longitudinal studies are needed to examine the association between maternal depression, trauma and childhood mental health in conflict-affected settings.

Maternal depressive symptoms were longitudinally associated with child mental health, and traumatic events played a role. Maternal depression symptoms were also affected by child mental health.

Findings suggest the need for skilled assessment for depression, trauma-informed maternity care and parenting support in a post-conflict country such as Timor-Leste.



Estudu longitudinal nesesáriu hodi analiza asosiasaun entre depresaun maternal, trauma, no saúde mental infantiu iha ambiente afetadu konflitu. Sintoma depresaun maternal iha estudu longitudinal asosia ho saúde mental infantiu, no eventu traumaticu hamosu influénsia. Sintoma depresaun maternal mos afetadu husi saúde mental infantiu. Rezultadu sinaliza presiza atendimento ne'ebé preparadu ba avaliaçao depresaun, kuidadu maternidade informadu kona-ba trauma no apoio ba parentálidade iha nasaun pós-konflitu hanesan Timor-Leste.

Longitudinal path analysis of depressive symptoms and functioning among women of child-rearing age in postconflict Timor-Leste

Derrick Silove, Mohammed Mohsin, Louis Klein, Natalino De Jesus Tam, Mark Dadds, Valsamma Eapen, Wietse A Tol, Zelia da Costa, Elisa Savio, Rina Soares, Zachary Steel, Susan J Rees. Longitudinal path analysis of depressive symptoms and functioning among women of child-rearing age in postconflict Timor-Leste. **BMJ Glob Health.** 2020;5(3):e002039.

This longitudinal study indicates that exposure to the traumas of mass conflict and subsequent depressive symptoms play an important role in pathways leading to functional impairment among women of child-rearing age. Our study involved 1292 women recruited at antenatal clinics in the capital and its surrounding. The prevalence of predefined clinically significant depressive symptoms diminished from 19.3% to 12.8%. Nevertheless, there was a tendency for depressive symptoms to persist over time ($\beta=0.20$; $p<0.001$). Follow-up depressive symptoms were associated with functional impairment ($\beta=0.35$; $p<0.001$).

Reported conflict-related trauma occurring a minimum of 6 years earlier ($\beta=0.23$; $p<0.001$) and past-year physical intimate partner violence ($\beta=0.26$; $p<0.001$) were each associated with depressive symptoms at baseline and at follow-up. A measure of poverty contributed to depressive symptoms.

The findings highlight the association between ongoing trauma-related depressive symptoms and functioning. Recognition of these relationships is important in the formulation and implementation of contemporary international recovery and development policies applied to postconflict countries.



Estudu longitudinal ne'e hatudu katak ekspozisaun ba trauma iha konflitu masimu no sintoma depresaun subsequenti joga papel importante iha estrada ne'ebé dadaun ba imprezaun funzionamentu iha feto sira iha idade atu kria-anak. Ami-nia estudu inklui feto 1292 ne'ebé rekruta iha klinika antenatal iha kapitál no sira nia área hamutuk.

Prevalénsia ba sintoma depresaun klinikamente signifikante ne'ebé hahu husi 19.3% to'o 12.8%. Tuir mai, iha tendénsia ba sintoma depresaun atu kontinua durante tempu ($\beta=0.20$; $p<0.001$). Sintoma depresaun iha segundu tempu asosia ho imprezaun funzionamentu ($\beta=0.35$; $p<0.001$).

Trauma relasionadu ho konflitu ne'ebé deskobre iha mínimu tinan 6 liu ba ($\beta=0.23$; $p<0.001$) no violénsia intimu husi parseiru iha tinan kotuk ($\beta=0.26$; $p<0.001$) kada ida asosia ho sintoma depresaun iha inísio no iha segundu tempu. Medida ba kiak kontribui ba sintoma depresaun.

Rezultadu sinaliza asosiasaun entre sintoma depresaun ne'ebé relasiona ho trauma kontinua no funzionamentu. Reconetementu ba relasaun sira ne'e importante iha formulasaun no implementasaun ba política rekuperasaun internasional no dezenvolvimentu kontemporáneu ne'ebé aplikadu iha nasaun pós-konflitu.

Cohort Profile: Maternal mental health and child development in situations of past violent conflict and ongoing adversity: the DILI birth cohort study

W A Tol, S J Rees, A K Tay, N Tam, A da Costa Saldanha Segurado, Z M da Costa, E S da Costa Soares, A da Costa Alves, N Martins, D M Silove. Cohort Profile: Maternal mental health and child development in situations of past violent conflict and ongoing adversity: the DILI birth cohort study. *Int J Epidemiol*. Feb 1 2018;47(1):17-17h.

Key strengths of the DILI birth cohort study include the inclusion of a difficult-to-reach and understudied population in a low-resource setting; the focus on a country exposed to recent past violent conflict; the high response rate; the longitudinal design with the potential to follow up women and children over an extended period of time; and the cultural adaption and psychometric testing of our measures through detailed qualitative and quantitative preparatory studies. In addition, our collaboration with key governmental and non-governmental stakeholders in Timor-Leste will offer the potential for timely translation of study findings into national health and social policy.



Pontu forsa importanti sira husi estudu kohór DILI inklui inkluzon ba populasaun ne'ebé difisil atinje no ne'ebé iha estudu ki'ik liu rekursu iha nasaun ne'e; enfóke iha nasaun ne'ebé hetan eksposizaun ba konflitu violensia iha tempu uluk; razaun resposta ne'ebé ki'ik; desenhamentu longitudinal ho potensial atu hetan informasaun kona-ba feto sira no labarik sira durante tempu ne'ebé boot liu; no adaptasaun kultura no teste psikométriku ba ami-nia medida sira liu husi estudu preparatóriu detalhadu qualitativu no quantitativu. Além disso, kolaborasaun ami-nia ho organizasaun governu no não-governu iha Timor-Leste sei fó potensial atu tradusaun rezultadu estudu ba política saúde no sosial nasional iha tempu oportunu.

Associations between bride price stress and intimate partner violence amongst pregnant women in Timor-Lest

Susan Rees, Mohammed Mohsin, Alvin , Kuowei Tay, Elisa Soares,Natalino Tam, Zelia da Costa, Wietse Tol & Derrick Silove. Associations between bride price stress and intimate partner violence amongst pregnant women in Timor-Leste. **Global Health.** Aug 28 2017;13(1):66.

Reducing violence against women is a global public health priority, particularly in low-income and conflict-affected societies. However, more needs to be known about the causes of intimate partner violence (IPV) in these settings, including the stress of bride price obligations.

This is the first large consecutively sampled study to demonstrate a strong association between the stressors of bride price and poverty with IPV. Notably, bride price stress had the strongest association with IPV. L

Revealing this hitherto unrecognized factor of bride price stress may prove pivotal in guiding policy and interventions aimed at reducing IPV, and thereby improve the health and psychosocial status of women in low income and conflict-affected settings.



Redusaun violénsia kontra feto sira mak prioridade global iha saúde pública, espesiálmente iha sosiedade rendimentu baixa no afetadu konflitu. Maibé, presiza liu tan atu hatene kona-ba kauza ba violénsia intimu entre parceiru (IPV) iha sira nia situasaun, inklui stress husi obriga bride price. Estudu ida ne'e, ho amosta konsekutivu boot ida, mak monstra asosiasaun forti entre stress husi bride price no povreza ho IPV. Importante atu hatudu katak stress husi bride price iha asosiasaun forti liu ho IPV. Revelasaun ba faktor ne'ebé to'o ohin loron nia laran, stress husi bride price, bele sai fator kritiku iha orientasaun polítika no intervensaun ne'ebé hare ba reduusaun IPV, no ho ida ne'e bele hadiak liu nafatin saúde no estadu psikossal feto sira iha situasaun rendimentu baixa no afetadu konflitu." Again, please note that Tetun may have regional variations, and it's a good practice to have a native Tetun speaker review the translation for accuracy and cultural appropriateness, especially for academic or formal documents.

The factor structures and correlates of PTSD in post-conflict Timor-Leste: an analysis of the Harvard Trauma Questionnaire

Alvin Kuowei Tay, Mohammed Mohsin, Susan Rees, Zachary Steel, Natalino Tam, Zelia Soares, Jessica Baker & Derrick Silove . The factor structures and correlates of PTSD in post-conflict Timor-Leste: an analysis of the Harvard Trauma Questionnaire. **BMC Psychiatry**. May 22, 2017;17(1):191.

Post-traumatic stress disorder (PTSD) is the most widely assessed form of mental distress in cross-cultural studies conducted amongst populations exposed to mass conflict and displacement. Nevertheless, there have been longstanding concerns about the universality of PTSD as a diagnostic category when applied across cultures.

One approach to examining this question is to assess whether the same factor structure can be identified in culturally diverse populations as has been described in populations of western societies. We examine this issue based on an analysis of the Harvard Trauma Questionnaire (HTQ) completed by a large community sample in conflict-affected Timor-Leste.



Distúrbio de stres pós-traumátiku (PTSD) mak forma maisu amplu avalia iha estudu interkultural ne'ebé hala'o iha populasaun sira ne'ebé hetan eksposizaun ba konflitu masimu no deslokamentu. Tuir mai, sempre iha preokupasaun akontese kona-ba universalidade PTSD nudar kategoria diagnóstiku bainhira aplikadu iha kultura sira ne'ebé diferentes.

Abordajen ida atu esamina pergunta ne'e mak avalia se estrutura fator ida ne'ebé hanesan bele identifika iha populasaun sira ho diversidade kultural hanesan iha populasaun sira husi sosiedade okidental hanesan iha deskrisaun. Ami hala'o analiza kona-ba ne'e bazeia ba analiza ba Questionário Trauma Harvard (HTQ) ne'ebé kompleta husi amostra komunidade boot iha Timor-Leste ne'ebé afetadu konflitu

Six-year longitudinal study of pathways leading to explosive anger involving the traumas of recurrent conflict and the cumulative sense of injustice in Timor-Leste

Derrick Silove, Mohammed Mohsin, Alvin Kuowei Tay, Zachary Steel, Natalino Tam, Elisa Savio, Zelia Maria Da Costa & Susan Rees. Six-year longitudinal study of pathways leading to explosive anger involving the traumas of recurrent conflict and the cumulative sense of injustice in Timor-Leste. **Soc Psychiatry Psychiatr Epidemiol.** Oct 2017;52(10):1281-1294.

Explosive anger may be a common reaction among survivors of mass conflict. However, little is known about the course of explosive anger in the years following mass conflict, or the psychosocial factors that influence the trajectory of that reaction pattern. We examined these issues in a 6-year longitudinal study (2004–2010) conducted among adult residents of a rural and an urban village in Timor-Leste ($n = 1022$).

Nevertheless, our data suggest that explosive anger may persist for a prolonged period of time following mass conflict and that the response pattern is initiated and maintained by recurrent trauma exposure associated with a sense of injustice.

Averting recurrence of mass violence and addressing persisting feelings of injustice may assist in reducing anger in conflict-affected societies. Whether explosive anger at the individual level increases risk of collective violence under conditions of social and political instability requires further inquiry.



Rai-dalan furak bele sai reasaun komun iha ema sobrevivente husi konflitu masivu. Tuir mai, ita sei la hatene buat barak kona-ba trajetória husi rai-dalan furak iha tinan sira tuir mai hafoin konflitu masivu, ka fatores psikossosial sira ne'ebé influénsia trajetória husi padrão reasaun ida ne'e. Ami hare sira nia asuntu sira iha estudo longitúdinal tinan 6 (2004–2010) ne'ebé realiza iha populasaun adulta residente iha suku rural no suku urbanu iha Timor-Leste ($n = 1022$).

Maske hanesan ne'e, dadus ami hatudu katak rai-dalan furak bele persiste durante tempu ne'ebé loke lalais tuir mai hafoin konflitu masivu no padrão reasaun ne'e sei hasai no manan ho eksposizaun trauma kontinua ne'ebé asosia ho sensasaun injustisaun. Prevenção ba rekorensia husi violénsia masivu no trata sentimentu ne'ebé persiste ba injustisaun bele ajuda iha redução rai-dalan iha sosiedade sira ne'ebé afetadu konflitu. Maibé hanesan rai-dalan furak iha nível individual aumenta risku ba violénsia kolektiva iha kondisaun sosial no política ne'ebé la estável nesesita konsiderasaun liu tan.

The Role of Trauma-Related Injustice in Pathways to Posttraumatic Stress Symptoms Among Conjugal Couples: A Multilevel, Dyadic Analysis in Postconflict Timor-Leste

Alvin Kuowei Tay, Susan J. Rees, Natalino Tam, Elisa Savio, Zelia Maria Da Costa, and Derrick Silove. The Role of Trauma-Related Injustice in Pathways to Posttraumatic Stress Symptoms Among Conjugal Couples: A Multilevel, Dyadic Analysis in Postconflict Timor-Leste. **SAGE Open**. 2017;7(3)

We examined the effects of trauma exposure in one member of conjugal couples on the post-traumatic stress symptoms (PTSS) of the other. The study involved 677 conjugal couples drawn from a community survey ($n = 1,354$) in postconflict Timor-Leste. We used culturally adapted and psychometrically tested measures of traumatic events (TEs), preoccupations with injustice, explosive anger, family conflict, and PTSS. A multilevel actor–partner interdependence model (ML-APIM) demonstrated individual pathways involving exposure to murder and atrocities, preoccupations with injustice, explosive anger, and family conflict, leading to PTSS in both men and women when examined separately, with minor variations in paths by gender.

Preoccupations with injustice in male survivors contributed to PTSS in the female partner, but not vice versa. Women may have a gender-specific propensity to identify with the male partner's preoccupations with injustice following exposure to murder and atrocities. Our findings offer novel clues to the possible factors contributing to the higher rates of PTSS among women.



Ami hala'o analiza ba efeitu husi eksposizaun trauma iha membru ida husi casal konjugal ba simptoma stres pós-traumátiku (PTSS) husi membru seluk. Estudu ne'e inklui casal konjugal 677 ne'ebé tiradu husi survey komunidade ($n = 1,354$) iha Timor-Leste pós-konflitu. Ami uza medida ne'ebé adaptadu kulturalmente no teste psikométriku ba eventu trauma (TEs), preokupasaun kona-ba injustisaun, rai-dalan furak, konflitu família, no PTSS. Modelu interdependénsia ator-parceiru multilivél (ML-APIM) hatudu kaminho individual inklui eksposizaun ba omesidio no atrocidade, preokupasaun kona-ba injustisaun, rai-dalan furak, no konflitu família, ne'ebé dadaun ba PTSS iha mane no feto bainhira analiza ho ema individuálmente, ho variazaun ki'ik iha kaminho ho jéneru.

Preokupasaun kona-ba injustisaun iha sobrevivente mane kontribui ba PTSS iha parteira feto, maibé laiha vice versa. Feto bele iha tendénsia jeneru-específiku atu identifika ho preokupasaun kona-ba injustisaun husi parteiru mane hafoin eksposizaun ba omesidio no atrocidade. Rezultadu ami nia hatene ofere indísio foun kona-ba possibilidade fator sira ne'ebé kontribui ba taxa boot liu PTSS iha feto.

The role of grief symptoms and a sense of injustice in the pathways to post-traumatic stress symptoms in post-conflict Timor-Leste

AK Tay, S Rees, Z Steel, B Liddell, A Nickerson, N Tam, D Silove. The role of grief symptoms and a sense of injustice in the pathways to post-traumatic stress symptoms in post-conflict Timor-Leste. *Epidemiol Psychiatr Sci.* Aug 2017;26(4):403-413.

Our study examined the contributions of grief and a sense of injustice to a model of PTSD symptoms that included the established determinants of trauma events, ongoing adversity and severe psychological distress. The study involved a large population sample ($n = 2964$, response rate: 82.4%) surveyed in post-conflict Timor-Leste.

In the final model, strong associations were evident between grief and injustice ($\beta = 0.34$, S.E. = 0.02, $p < 0.01$) and grief and PTSD symptoms ($\beta = 0.14$, S.E. = 0.02, $p < 0.01$). The sense of injustice exerted a considerable effect on PTSD symptoms ($\beta = 0.13$, S.E. = 0.03, $p < 0.01$). In addition, multiple indirect paths were evident, most involving grief and a sense of injustice, attesting to the complex inter-relationship of these factors in contributing to PTSD symptoms.

Our findings support an expanded model of PTSD symptoms relevant to post-conflict populations, in which grief symptoms and a sense of injustice play pivotal roles.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6998498/#:~:text=In%20addition%20to%20the%20sense,a%20grief%20and%20PTSD%20reaction.>

Ami-nia estudu hala'o analiza ba kontribuisaun husi laran-laran no sensasaun injustisaun ba modelo simptoma PTSD ne'ebé inklui determinante estabelesidu husi eventu trauma, adversidade kontinua no aflição psikolójika gravu. Estudu ne'e inklui amostra populasaun boot ($n = 2964$, razaun resposta: 82.4%) ne'ebé entrevista iha Timor-Leste pós-konflitu.

Iha modelo finál, asosiasaun forti evidénsia entre laran-laran no injustisaun ($\beta = 0.34$, S.E. = 0.02, $p < 0.01$) no laran-laran ho simptoma PTSD ($\beta = 0.14$, S.E. = 0.02, $p < 0.01$). Sensasaun injustisaun halo efetu konsiderável iha simptoma PTSD ($\beta = 0.13$, S.E. = 0.03, $p < 0.01$). Além disso, asosiasaun indiretu múltiplu evidénsia, masa maioria ne'ebé inklui laran-laran no sensasaun injustisaun, hatudu relasaun komplexu entre faktór sira ne'e iha kontribuisaun ba simptoma PTSD. Rezultadu ami nia hatene apoia ba modelo ampi ba simptoma PTSD ne'ebé relevante ba populasaun pós-konflitu, iha ne'ebé simptoma laran-laran no sensasaun injustisaun joga papel importante.

Identifying a combined construct of grief and explosive anger as a response to injustice amongst survivors of mass conflict: A latent class analysis of data from Timor-Leste

Susan J. Rees ,Alvin Kuowei Tay,Elisa Savio, Elia Maria Da Costa,Derrick Silove.Identifying a combined construct of grief and explosive anger as a response to injustice amongst survivors of mass conflict: A latent class analysis of data from Timor-Leste . **PLoS One** 2017 Apr 21;12(4):e0175019

We sought to test whether explosive anger was integrally associated with symptoms of grief amongst the Timorese, a society that has experienced extensive conflict-related losses. In 2010 and 2011 we recruited adults ($n = 2964$), 18-years and older, living in an urban and a rural village in Timor-Leste. We applied latent class analysis to identify subpopulations based on symptoms of explosive anger and grief. occupation and the later internal conflict)

Compared to the reference class, only the grief-anger class reported greater exposure to extreme deprivations during the conflict, ongoing family conflict, and preoccupations with injustice for contemporary times; and compared to the grief class, greater exposure to traumatic losses, poverty, family conflict and preoccupations with injustice for both the internal conflict and contemporary times.

A substantial number of adults in this post-conflict country experienced a combined constellation of grief and explosive anger associated with extensive traumatic losses, deprivations, and preoccupations with injustice. Importantly, grief-anger may be linked to family conflict in this post-conflict environment.



Ami buka atu testa se rai-dalan furak hanesan parte integral asosia ho simptoma laran-laran iha Timor oan, sosiedade ne'ebé hetan perda konflitu extensu. Iha tinan 2010 no 2011, ami rekruta adultos ($n = 2964$), idade 18 no liu, residente iha suku urbanu no suku rural iha Timor-Leste. Ami uza análise klas latente atu identifika subpopulasaun sira bazeia ba simptoma rai-dalan furak no laran-laran.

Kompara ho klas referénsia, klas grief-anger deit ne'ebé hatudu eksposizaun boot ba privasaun ekstremu iha konflitu, konflitu família kontinua, no preokupasaun kona-ba injustisaun iha tempu kontemporáneu; no kompara ho klas grief, eksposizaun boot ba perda traumátiku, kiak, konflitu família no preokupasaun kona-ba injustisaun iha konflitu internu no tempu kontemporáneu.

Numru boot adultos iha nasau pós-konflitu ne'e hasai kombinasaun simptoma grief no rai-dalan furak ne'ebé asosia ho perda traumátiku extensu, privasaun, no preokupasaun kona-ba injustisaun. Importante atu hatene katak rai-dalan furak ho grief bele asosia ho konflitu família iha ambiente pós-konflitu ida ne'e.

A high-risk group of pregnant women with elevated levels of conflict-related trauma, intimate partner violence, symptoms of depression and other forms of mental distress in post-conflict Timor-Leste

S J Rees, W Tol, M Mohammad, A K Tay, N Tam, N dos Reis, E da Costa, C Soares & D M Silove . A high-risk group of pregnant women with elevated levels of conflict-related trauma, intimate partner violence, symptoms of depression and other forms of mental distress in post-conflict Timor-Leste **Transl Psychiatry** 2016 Feb 2;6(2):e725

Women in post-conflict, low-income, post-conflict (LI-PC) countries are at risk of exposure to the traumatic events (TEs) of war and intimate partner violence (IPV), forms of stress that are known to lead to depression and other adverse mental health outcomes. We aimed to assess exposure to these two forms of trauma to identify pregnant women attending antenatal clinics in conflict-affected Timor-Leste at high risk of depression and other forms of stress.

Composite categories of conflict-related TEs and severity of IPV showed a dose-response relationship with depressive symptoms. 11% of the sample who reported ≥ 4 TEs and either physical abuse alone or in combination with severe psychological abuse, 78 (42%) reached threshold for depressive symptoms and 93 (51%) for any mental distress, a 10-fold increase in depressive and other mental health symptoms.

Priority should be directed to providing urgent mental health and social interventions for this group of women. Our findings offer a framework for a tiered approach to detection, guiding prevention and intervention strategies for IPV and associated mental health problems in low-income post-conflict countries.



Feto sira iha nasaun pós-konflitu, ki'ik rendimentu, ne'ebé hetan ristu ba eksposizaun ba eventu trauma (TEs) husi konflitu no violénsia íntimu husi parseiru (IPV), sira ne'ebe forma stres ne'ebé hatudu katak bele hasai ba depressaun no resulta mental saúde adversu seluk. Ami nia objetivu atu avalia eksposizaun ba sira trauma rua ne'e atu identifika feto sira ne'ebé hetan risku boot ba depressaun no forma stres seluk iha tempu feto hala'o kontrolu antenatal iha Timor-Leste ne'ebé afetadu konflitu.

Kategoria kompostu husi TEs relasionadu konflitu no severidade IPV hatudu relasaun dose-resposta ho simptoma depressaun. 11% husi amostra ne'ebé hatudu ≥ 4 TEs no violénsia física deit ka kombinadu ho abuzu psikolójiku gravi, 78 (42%) hetan limiaun ba simptoma depressaun no 93 (51%) hetan limiaun ba distress mental, aumentu 10-beses iha simptoma depressaun no problema mental seluk.

Prioridade tenki atu ba tenkey intervensaun saúde mental no sosial ne'ebé urjente ba grupu feto sira ne'e. Rezultadu ami nia ofere estrutura ba abordajen ho nível ne'ebé atu deteta, orienta estratégia prevensaun no intervensaun ba IPV no problema mental sira ne'ebé asosia iha nasaun ki'ik rendimentu pós-konflitu.

Six-year trajectories of post-traumatic stress and severe psychological distress symptoms and associations with timing of trauma exposure, ongoing adversity and sense of injustice: a latent transition analysis of a community cohort in conflict-affected Timor-Leste

AK Tay, S Rees, Z Steel, N Tam, Z Soares, C Soares, DM Silove Six-year trajectories of post-traumatic stress and severe psychological distress symptoms and associations with timing of trauma exposure, ongoing adversity and sense of injustice: a latent transition analysis of a community cohort in conflict-affected Timor-Leste **BMJ Open** 2015-010205

- To identify the 6-year trajectories of post-traumatic stress symptoms (PTSS) and psychological distress symptoms, and examine for associations with timing of trauma exposure, ongoing adversity and with the sense of injustice in conflict-affected Timor-Leste.
- 1022 adults were followed up over 6 years (retention rate 84.5%). Interviews were conducted by field workers applying measures of traumatic events (TEs), ongoing adversity, a sense of injustice, PTS symptoms and psychological distress.
- Our findings suggest that the timing of both trauma event exposure and the focus of a sense of injustice may differentiate those with persisting and new-onset mental health morbidity in settings of recurrent conflict.



Atu identifika trajetóriu simptoma stres pós-traumátiku (PTSS) no simptoma distressu psikolójiku durante tinan 6, no hodi analiza asosiasaun entre momentu eksposisaun trauma, adversidade kontinua, no sensasaun injustisaun iha Timor-Leste ne'ebé afetadu konflitu.

Ami halo seguimentu ba adultos 1022 durante tinan 6 (razaun retensaun 84.5%). Entrevista sira hala'o husi trabalhadores iha terenu ne'ebé aplika medida sira ba eventu trauma (TEs), adversidade kontinua, sensasaun injustisaun, simptoma PTS no distressu psikolójiku.

Rezultadu ami nia hatene katak momentu eksposisaun ba eventu trauma no fokus sensasaun injustisaun bele diferenśia entre sira ne'ebé iha persisténsia no sira ne'ebé iha morbilidade saúde mental hanesan na'in-ruin iha ambiente sira ne'ebé konflitu kontinua.

Associations between bride price obligations and women's anger, symptoms of mental distress, poverty, spouse and family conflict and preoccupations with injustice in conflict-affected Timor-Leste

Savion Elisa, Tay Alvin Kuowei, Thorpe Rosamund, Murray Samantha, Fonseca Mira, Silove Derrick, Tol Wietse, Rees Susan, Mohsin Mohammed. Associations between bride price obligations and women's anger, symptoms of mental distress, poverty, spouse and family conflict and preoccupations with injustice in conflict-affected Timor-Leste **BMJ Global Health** 2016

Bride price is a widespread custom in many parts of the world, including in most countries in sub-Saharan Africa and parts of Asia.

1193 married women participated in the household survey and a structured subsample of 77 women participated in qualitative interviews.

Problems with bride price showed a consistent dose–effect relationship with sudden episodes of explosive anger, excessive anger and severe psychological distress. Women with the most severe problems with bride price had twice the poverty scores as those with no problems with the custom. Women with the most severe problems with bride price also reported a threefold increase in conflict with their spouse and a fivefold increase in conflict with family. They also reported heightened preoccupations with injustice.



Bride price mak prákrika ki'ik seluk iha mundu tomak, inklui iha nasaun barak iha rejiaun sub-Sahara Afrika no parte sira iha Ázia.

Feto maneira 1193 ne'ebé kontraí matrimóniu partisipa iha peskiza kazu família, no subamostra estruturadu ho feto maneira 77 partisipa iha entrevista kualitativa.

Problema ho bride price hatudu relasaun konsistente entre dose no efeitu ho espézies sudden episodes of explosive anger (raiva furak iha momentu), excessive anger (raiva iha quantidade boot) no severe psychological distress (aflição psikolójika gravu). Feto maneira ho problema severe liu ho bride price hetan pontu kiak duplu liu husi sira ne'ebé la enfrenta problema ho práтика ne'e. Feto maneira ho problema severe liu ho bride price mos informa katak iha aumentu tolu iha konflitu ho sira nia parseiru no aumentu lima iha konflitu ho família. Sira mos hatudu sira nia preokupasaun boot kona-ba sensasaun injustisaun.

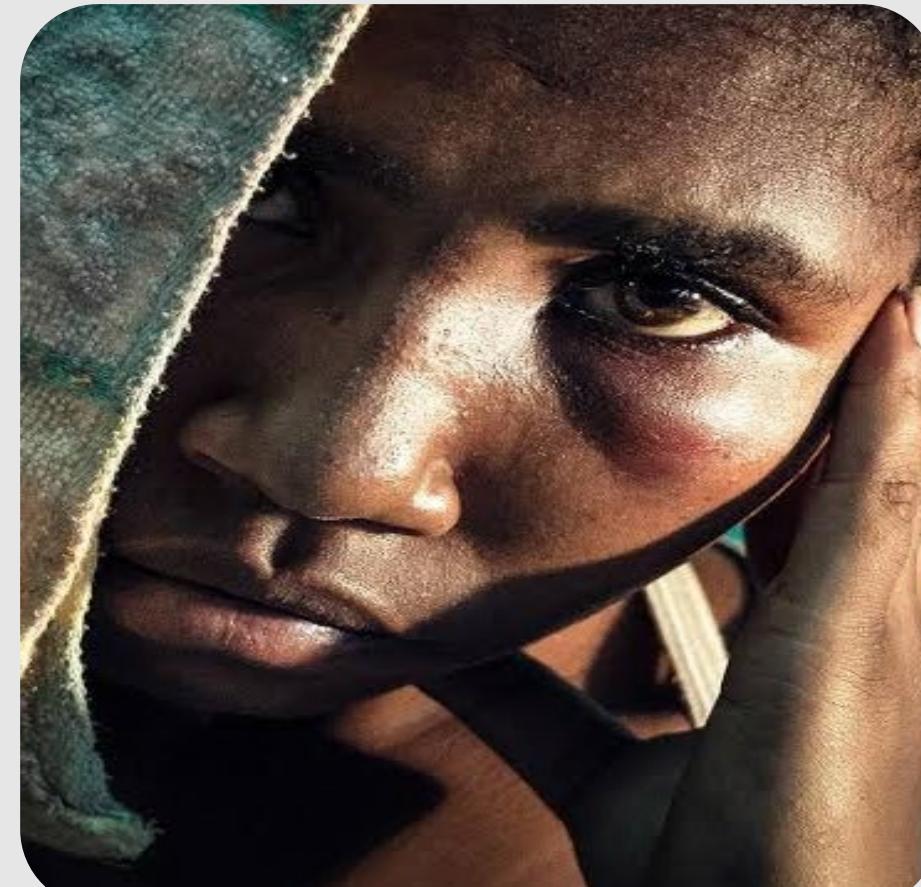
Risk of perpetrating intimate partner violence amongst men exposed to torture in conflict-affected Timor-Leste

Susan Rees, Mohammed Mohsin, Alvin Kuowei Tay, Zachary Steel, Natalino Tam, Zelia da Costa, Cesariana Soares, Wietse Tol, Valsamma Eapen, Mark Dadds and Derrick Silove. Risk of perpetrating intimate partner violence amongst men exposed to torture in conflict-affected Timor-Leste. **Glob Ment Health (Camb)**. 2018;5:e23.

A key issue in need of empirical exploration in the post-conflict and refugee mental health field is whether exposure to torture plays a role in generating risk of intimate partner violence (IPV), and whether this pathway is mediated by the mental health effects of torture-related trauma. In examining this question, it is important to assess the impact of socio-economic hardship which may be greater amongst survivors of torture in low-income countries.

Our data provide the first systematic evidence of an association between torture and IPV in a low-income, post-conflict country, confirming that low socio-economic status, partly related to being a torture survivor, adds to the risk.

The high prevalence of IPV in this context suggests that other structural factors, such as persisting patriarchal attitudes, contribute to the risk of IPV. Early detection and prevention programs may assist in reducing the risk of IPV in families in which men have experienced torture.



Asuntu ne'ebé importante atu esplora liu husi emperika iha área saúde mental iha nasaun sira pós-konflitu no refujau mak se eksposizaun ba tortura joga papel iha risku husi violénsia íntimu husi parseiru (IPV), no se trajetória ida ne'e influénsia husi efeitus saúde mental husi trauma relasionadu ho tortura. Iha analiza asuntu ne'e, importante atu avalia impaktu husi difikuldade sósiu-ekonómika ne'ebé bele makas liu iha sobreviventis husi tortura iha nasaun ki'ik rendimentu.

Ami nia dadus fó evidénsia sistematika ba asosiasaun entre tortura no IPV iha nasaun ki'ik rendimentu, ne'ebé iha konfirma katak estatús sósiu-ekonómika ki'ik, parte husi ser sobrevivente husi tortura, aumenta risku.

Prevalénsia boot husi IPV iha kontestu ne'e hatudu katak fatores estruturais seluk, hanesan atitudes patriarkal sira ne'ebé persiste, kontribui ba risku husi IPV. Programa deteksaun no prevensaun iha fase inisial bele ajuda iha reduçao risku IPV iha famílias iha ne'ebé mane sira hetan eksperiénsia husi tortura.

Prevalence and correlates of explosive anger among pregnant and post-partum women in post-conflict Timor-Leste

Derrick Silove, Susan Rees ,Natalino Tam, Mohammed Mohsin, Alvin Kuowei Tay and Wietse Tol. Prevalence and correlates of explosive anger among pregnant and post-partum women in post-conflict Timor-Leste. *BJPsych Open*. Jun 2015;1(1):34-41.

- We aimed to investigate the prevalence and correlates of explosive anger among this population in Timor-Leste.
- We assessed traumatic events, intimate partner violence, an index of adversity, explosive anger, psychological distress and post-traumatic stress disorder among 427 women (257 in the second trimester of pregnancy, 170 who were 3–6 months postpartum) residing in two districts of Timor-Leste (response >99%).
- Two-fifths (43.6%) had explosive anger. Levels of functional impairment were related to frequency of explosive anger episodes. Explosive anger was associated with age (>35 years), being married, low levels of education, being employed, traumatic event count, ongoing adversity and intimate partner violence.
- A combination of social programmes and novel psychological therapies may assist in reducing severe anger among pregnant and post-partum women in conflict-affected countries such as Timor-Leste.



Ami nia objetivu mak atu investiga prevalénsia no asosiasaun ba rai-dalan furak iha populasaun ne'e iha Timor-Leste.

Ami avalia eventu trauma, violénsia íntimu husi parseiru, indeks adversidade, rai-dalan furak, aflição psikolójika no síndrome stres pós-traumátku iha feto maneiras 427 (257 iha trimestre daruak iha gravidez, 170 ne'ebé tinan 3-6 hafoin partu) ne'ebé moris iha distritu rua iha Timor-Leste (razaun resposta >99%).

Metade dahuluk (43.6%) iha rai-dalan furak. Nível impaired funsional relasiona ho frekuénsia husi episódiu rai-dalan furak. Rai-dalan furak asosia ho idade (>35 tinan), kazu matrimóniu, nível edukasaun ki'ik, ema ne'ebé emprega, kuantidade eventu trauma, adversidade kontinua no violénsia íntimu husi parseiru.

Kombinasaun husi programa sosial no terapias psikolójika inovadora bele ajuda iha reduçao rai-dalan furak gravu iha feto maneiras iha nasau sira afetadu konflitu hanesan Timor-Leste.

Testing a cycle of family violence model in conflict-affected, low-income countries: A qualitative study from Timor-Leste

Susan Rees, Rosamund Thorpe, Wietse Tol, Mira Fonseca, Derrick Silove. Testing a cycle of family violence model in conflict-affected, low-income countries: a qualitative study from Timor-Leste. *Soc Sci Med.* Apr 2015;130:284-91.

Our methodology included in-depth qualitative interviews followed by a focus group with a comprehensive array of service providers.

Our findings provide support for a link between intimate partner violence (IPV) and experiences of explosive anger amongst Timorese mothers. Furthermore, women commonly reported that experiences of explosive anger were accompanied by harsh parenting directed at their children. Women identified the role of patriarchy in legitimizing and perpetuating IPV.

Our findings suggest that empowering women to address IPV and poverty may allow them to overcome or manage feelings of anger in a manner that will reduce risk of associated harsh parenting.



Ami nia metodolojia inklui entrevista kualitativa iha profundi no seguida husi grupu fokusaun ho fornecedores servisu abrangente.

Ami nia rezultadu fó apoiu ba asosiasaun entre violénsia íntimu husi parseiru (IPV) no esperiénsia rai-dalan furak iha inan Timor-oan. Tanba ne'e, feto maneiras komunmente relata katak esperiénsia rai-dalan furak la'o hamutuk ho edukasaun ki'ik ba sira nia labarik sira. Feto maneiras identifika papél patriarkia iha legalizasaun no perpetuasaun ba IPV.

Ami nia rezultadu hatudu katak fortalese feto sira atu enfrenta IPV no kiak bele permite sira atu halibur ka hanorin sentimento rai-dalan iha maneira ne'ebé sei reduz risku ba labarik sira ne'ebé hetan edukasaun la'u ne'ebé asosia ho ne'e.

Clustering of symptoms of mental disorder in the medium-term following conflict: an epidemiological study in Timor-Leste

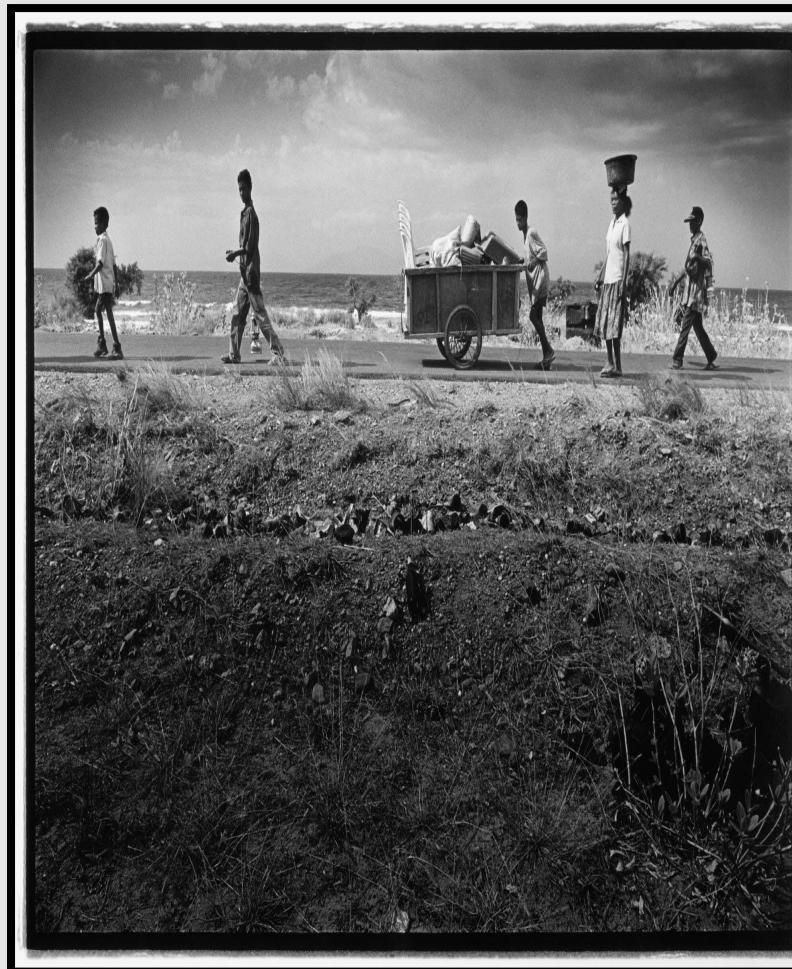
Derrick Silove, Lorraine Ivancic, Susan Rees, Catherine Bateman-Steel, Zachary Steel. Clustering of symptoms of mental disorder in the medium-term following conflict: an epidemiological study in Timor-Leste. **Psychiatry Res.** Oct 30, 2014;219(2):341-6.

It is important to define subpopulations with mental health and psychosocial reactions to ensure that an appropriate array of services are provided to meet the diversity of needs.

We conducted a latent class analysis (LCA) on epidemiological data drawn from an urban and rural sample of 1221 adults (581 men and 640 women, response 82%) in post-conflict Timor Leste 4 years after the cessation of violence. The prevalence of PTSD was 4.9%; severe distress 4.8%; anger attacks 38.3%; and paranoid-like symptoms 10.9%.

The comorbid mental disorder class had an over-representation of men, the unemployed, residents in the urban area and persons with the greatest exposure to human rights trauma, murder and health stress. The anger-paranoia class experienced moderate levels of trauma and had an over-representation of urban dwellers, women, and those with higher levels of education.

The analysis assists in clarifying the populations with mental disorder and adverse psychosocial reactions in need of intervention in the medium-term following conflict.



Importante atu defini subpopulasaun sira ho reasaun saúde mental no psikossal hodi asegura katak nia servisu ida ne'ebé apropriadu fo sai atu koalia ba diversidade nesesidade sira.

Ami hala'o análise klas latente (LCA) iha dadus epidemiolójiku ne'ebé tiradu husi amostra urbanu no rural husi adultos 1221 (581 mane no 640 feto, razaun resposta 82%) iha Timor-Leste pós-konflitu hafoin tinan 4 husi lakon violénsia. Prevalénsia PTSD (Síndrome Stres Pós-Traumátiku) mak 4.9%; aflição grave 4.8%; atake raiva 38.3%; no simptoma hanesan paranoid 10.9%. Klas komorbidu desordem mental iha sira ne'ebé hanesan mane ne'ebé dominante, ema laiha servisu, rezidente iha área urbanu, no ema ho eksposizaun boot ba trauma direitus humanus, omesidio no stres saúde. Klas rai-dalan furak-paranoia hetan nível trauma moderadu no ema ne'ebé dominante mak sira ne'ebé rezidente iha área urbanu, feto mane, no sira ho nível edukasaun ki'ik.

Analiza ne'e ajuda esplika katuas populasaun sira ho desordem mental no reasaun psikossal adversu ne'ebé presiza intervensaun iha tempu medio hafoin konflitu.

Achieving convergence between a community-based measure of explosive anger and a clinical interview for intermittent explosive disorder in Timor-Leste

J. Liddell, Derrick Silove, Kuowei Tay, Natalino Tam, Angela Nickerson, Robert Brooks, Susan Rees, Anthony B. Zwi, Zachary Steel . Achieving convergence between a community-based measure of explosive anger and a clinical interview for intermittent explosive disorder in Timor-Leste. **J Affect Disord.** Sep 25, 2013;150(3):1242-6

The aim of this study was to test the convergence of a culturally-sensitive community measure of explosive anger with a structured clinical interview diagnosis of intermitted explosive disorder (IED) in Timor-Leste, a country with a history of significant mass violence and displacement.

The focus on explosive forms of anger in post-conflict societies such as Timor-Leste expands the scope of research on mental health outcomes in these settings beyond the current confines of assessing PTSD and depression.

The findings suggest that it is possible to develop a culturally and linguistically appropriate measure of IED in a setting where literacy is low and the indigenous language has a limited lexicon for emotional terms.



Objetivu husi estudu ne'e atu testa konverjénsia husi medida komunidade sensível ba kultura kona-ba rai-dalan furak ho diagnóstiku estruturadu husi entrevista klinika ba desordem intermitente husi rai-dalan furak (IED) iha Timor-Leste, nasaun ho historia violénsia masivu no deslokamentu signifikativu.

Enfase ba forma rai-dalan furak iha sosiedade pós-konflitu hanesan Timor-Leste aumenta peskiza iha área saúde mental iha ambiente sira ne'e liu husi limitasaun sira oinsá atu avalia PTSD no depressaun.

Rezultadu hatudu katak possivel atu dezenvolve medida apropriada ba kultura no lingwistika ba IED iha ambiente ne'ebé literasia ki'ik no língua indijéna iha léksiku limitadu ba termu sira kona-ba emosaun.

Timor-Leste Study

