

Abstract

This study examined whether Post-Traumatic Stress Disorder (PTSD) and Depression are significant predictors of readiness for community reintegration (Cognitive, occupational, and social) among in (IDPs) in Nigeria. This was a cross-sectional study of 248 adult IDPs (victims of Fulani herdsmen-farmers' clashes) aged 18 years and above were selected through systematic random sampling conducted in a camp in Jos, north-central Nigeria. The PTSD-8 inventory scale for DSM-IV structured questionnaire and Beck's Depression Inventory-II scale (BDI-II) were used to identify participants with key PTSD symptoms and depression respectively. A self-developed questionnaire was utilized to assess cognitive, occupational, social, and overall readiness for community reintegration among IDPs. Regression analyses were performed using the Statistical Package for Social Sciences (SPSS) version 22 to test the study hypotheses. Overall, results revealed that PTSD significantly, predicted cognitive, occupational, social and overall readiness for community reintegration ($\beta = -.695$, $t = -11.216$, $p < .001$, $\beta = -.088$, $t = -2.526$, $p = .012$, $\beta = -.118$, $t = -5.069$ and $\beta = -.901$, $t = -10.366$, $p < .001$) respectively. Similarly, the result revealed that depression significantly predicted readiness for community reintegration in the three domains of community reintegration readiness among IDPs (Cognitive readiness $\beta = -.346$, $t = -13.74$, $p < .001$, Occupational readiness, $\beta = -.061$, $t = -4.089$, $p < .001$, Social readiness $\beta = -.058$, $t = -5.765$, $p < .001$ and overall readiness $\beta = -.465$, $t = 13.351$, $p < .001$). The results further revealed that depression did not moderate the relationship between PTSD and cognitive, occupational, social, and overall readiness for community reintegration among IDPs. The results of this study point to the fact that IDPs with symptoms of PTSD and depression are likely to experience physical and cognitive difficulties that interfere with their readiness for community reintegration. It is therefore recommended that regular mental health services be provided to IDPs by the Federal Ministry of Health in Nigeria as part of their medical services routine duty. Also, government at all levels should take concrete steps in resolving the re-occurring crisis between farmers and herdsmen and ensure that IDPs with severe PTSD and depression are reintegrated into their communities.