

# Post Terrorism Psycho Trauma and Domains of Medical Research

Mohan Lal Bhootrani, Moin A. Ansari

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The prevailing terrorist attacks and law & order situation in many countries of the world specially in Pakistan not merely effects economy, peaceful working and sense of security among nations but also produce psychological trauma leading to psychiatric, emotional and behavioral disorders, particularly, post-traumatic stress disorder. Mostly sufferers are women, children and elder age group of population.

To be given a diagnosis of PTSD, a person has to be exposed to an extreme stress or traumatic event to which he or she responded with fear, helplessness, or horror and to have three distinct types of symptoms consisting of re-experiencing of the event (or reliving the traumatic event), avoidance of reminders and cues of the event, and hyper arousal for at least one month. Re-experiencing of the event refers to unwanted recollections of the incident in the form of distressing images, nightmares, or flashbacks. Symptoms of avoidance consist of attempts to avoid reminders of the event, including persons, places, or even thoughts associated with the incident. Symptoms of hyper arousal refer to physiological manifestations, such as insomnia, irritability, impaired concentration, hyper vigilance, and increased startle reactions.<sup>1,2</sup>

Suicidal attack, target killing, kidnapping, hijacking, street crime at gun point are not issues to be addressed only by law enforcing agencies, civil society, NGO's, religious scholars, politicians but medical professionals specially psychologist and clinical psychiatrist have to determine their role and must input their efforts to identify causes of terror, bring best research and practical application to cope up with the mass psycho-trauma keeping in mind our cultural values, social norms and religious practices. Thus it is very important to have our own research on the subject rather than fully depending on others but collaboration with international researchers can't be ignored.

In the first five years after the 9/11 attacks, it highlights a number of positive trends which can be seen in this initial period after 9/11. To begin with, it is clear that more researchers are working on the subject than before and there has been a real increase in collaborative studies.<sup>3</sup>

Electronic and print media has vital role and impact on public. Question is how media presents situation which may affect public minds adversely. After analyzing the situation media may leave a positive message of encouragement to public or increase the sense of

insecurity. In fact process of selecting news is based on depiction of events into words and illustration. The whole process of selecting the coverage or detail of any event or eradication of some information regarding any event is called the "role of gate keeping".<sup>4</sup>

In April 2006, public of three countries Japan, US and Russia were interviewed, to see the concept of terror and terrorism. In general, the two are not distinguished. Terror can be defined as actions. Terrorism can be defined as ideology or claim. Terrorism utilizes fear in order to deliver or to enforce ideology or claim. There might be different ideologies behind terrorism. They might derive from political reasons such as the defeat of political rivalries or pursuit of terrorists' desire. The causes vary. They include religious fanaticism, pursuit of political goals, ethnic hatred, and poverty.<sup>5</sup>

The Global Terrorism Index (GTI) is an attempt to systematically rank the nations of the world according to terrorist activity. The 2014 Global Terrorism Index is the second edition of the index following a 2012 edition ("GTI 2014". p. Vision of Humanity. Retrieved 18 November 2014). Pakistan is ranked 3<sup>rd</sup> after Iraq and Afghanistan,<sup>6</sup> and just marginally below Afghanistan. On the other hand another measure called Global peace index (vision of humanity 6 August 2013), ranks Pakistan in red (154<sup>th</sup>).<sup>7</sup>

Before end we suggest that more researches should be encouraged on the topic so that more data is available to deal with the issue. As the terrorist involves all aspects of human life and affects body, mind and soul, multidisciplinary researches are to be conducted to address the effects of terror, first aid including psychological first aid, and on longer term consequences. Not only the consequences, but the studies should be carried out on the factors leading to such acts, and psychological make-up and development of the people involved in it. The last one is of utmost importance to design primary prevention strategy and trend more psychiatrist in this area to manage post-traumatic stress disorder (PTSD), and many other psychiatric and emotional disturbances, caused by terrorism.

## ACKNOWLEDGMENT

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*AUTHOR AFFILIATION:*

**Dr. Mohan Lal Bhootrani**

Department of Pharmacology  
Liaquat University of Medical & Health Sciences  
(LUMHS), Jamshoro, Sindh-Pakistan.  
Email: bhootrani@gmail.com

**Dr. Moin A. Ansari**

Professor, Department of Psychiatry  
LUMHS, Jamshoro, Sindh-Pakistan.