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PTSD, DEPRESSION AND QUALITY OF LIFE IN POST-WAR KOSOVO

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Introduction:Kosovo war had a devastating effect in the country as evident in the increasing prevalence of depression and post-traumatic stress disorders in the population.

Objectives: To investigate levels of Quality of Life and the presence of PTSD and Depression thirteen years after war at the most war-affected region of Kosovo-Drenica.

Aims: The study aimed to measure the levels of Quality of Life and explore correlations with the presence of PTSD and Depression.

Methods: The purposeful sample of general population of Drenica region have filled out PTSD questionnaires (adapted from DSM-IV), Beck Depression Inventory and The Quality of Life Scale. In the sample of 249 respondents (17-70yr, Mage=36, 6) 2/3 of them were males; 88 % lived in rural regions; 18, 65 % ex-soldiers; 66. All data was analyzed by SPSS 21.0 and Microsoft Excel 2007.

Results: Results showed that 27 % of the sample declared experiencing war trauma. We found PTSD in 17, 9 % cases; depression at clinical level in 10, 7 %. 38, 1 % of the sample has perception of low level of Quality of Life. PTSD was significantly positively related with depression (r=.562; p<.01) and significantly negatively related with the level of Quality of Life (r=-.39; p<.01). Presence of PTSD predicted low level of Quality of Life while controlling for depression (r=-.26; p<.01)

Conclusions: The prevalence of PTSD in the specific region is still high and is obviously related to poor quality of life and depression. More effective programs are needed both to identify and treat PTSD and depression.