

NEAR EAST UNIVERSITY
GRADUATE SCHOOL OF SOCIAL SCIENCES
APPLIED (CLINICAL) PSYCHOLOGY MASTER PROGRAM

MASTER THESIS

**POST-TRAUMATIC STRESS DISORDER
AMONG TURKISH CYPRIOT FIGHTERS OF
ERENKOY EXCLAVE BATTLE:
ERENKOY SYNDROME**

ANJELIKA HÜSEYİNZADE ŞİMŞEK

20031967

SUPERVISOR

PROF. DR. MEHMET ÇAKICI

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NICOSIA

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Exclave Battle: Erenkoy Syndrome

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ÖZET

Erenköy Direnişi Mücahitlerinde Travma Sonrası Stres Bozukluğu:

Erenköy Sendromu

Hazırlayan: Anjelika HUSEYINZADE ŞİMŞEK

Ocak, 2015

Çalışmanın amacı Kıbrıs savaşında iştirak eden Erenköy mücahitlerinde ve diğer mücahitlerinde savaşa bağlı Travma Sonrası Stres Bozukluğunun varlığını ve şiddetini araştırmaktır.

Bu çalışma 1963-1974 yılları arasında Kıbrıs Harekâtında savaşmış 100 erkek mücahit ile yapılmıştır. 50 Erenköy Mücahit'i ve 50 Diğer Mücahit anketi doldurarak uygulamaya katılmışlardır. TSSB varlığını ve şiddetini ölçmek amacıyla hazırlanmış olan anket üç ayrı bölümden oluşmaktadır. Birinci bölümde; demografik bilgiler; ikinci bölümde savaş öncesi, savaş sırasında ve savaş sonrası ile ilgili bilgilere yer verilmiştir; üçüncü bölüm ise TSSB tanısının konulmasında kullanılan CAPS ölçeği yer almıştır.

Araştırma verileri, SPSS 21.0 programında çözümlenmiş, betimleyici istatistik yöntemlerinden, ki-kare, "t" testi ve lojistik regresyondan yararlanılmıştır.

Bu çalışmanın neticesinde Erenköy Mücahitlerinde kronik, geç başlangıçlı Travma Sonrası Stres Bozukluğu varlığı diğer Mücahitlere nazaran daha yüksek oranda tespit edilmiştir. Travma Sonrası Stres Bozukluğunu örseleyen faktörler ise: savaş sırasında ve sonrasında sosyal destek yetersizliği, alkol kullanımı, savaş sırasında ergenlik çağına olma, savaş öncesinde ruhsal bozukluklarının varlığı, zihinsel olarak savaşa hazırlıksız olma, yetersiz askeri eğitim olarak görülmüştür.

Bu çalışmanın sonucunda, savaşa bağlı TSSB'nin yıllar sonra da bulunabileceği tespit edilmiştir. Hatta bu çalışma bazı özel savaş koşullarının kendine özgü psikolojik yakınmalar ortaya çıkarabileceğini göstermiştir.

Anahtar Kelimeler: Travma Sonrası Stres Bozukluğu (TSSB), Savaş, , Savaş sonrası Travma Sonrası Stres Bozukluğu (TSSB) risk faktörleri

ABSTRACT

Post-Traumatic Stress Disorder Among Turkish Cypriot Soldiers of Erenköy Exclave Battle: Erenkoy Syndrome

Prepared by: Anjelika HUSEYINZADE ŞİMŞEK

January, 2015

The purpose of the present study is to determine combat related PTSD and severity occurrence rate among Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters whom participated in the Cyprus War.

Importance of the present study is based on absence of any study related to Cyprus War participants, and Erenkoy Turkish Cypriot Fihgters.

The sample taken consist of 100 male Turkish Cypriot Fighters, 50 of them battled in Erenkoy and 50 whom battled in other regions of Cyprus during Cyprus war in between 1963-1974. Structured interview for the present study was conducted, demographic information, pre-war, during war and post-war information was obtained.

Post-traumatic stress disorder (PTSD) was diagnosed using Clinician Administered PTSD Scale (CAPS).

As a result of the present study, it could be stated that Erenkoy Turkish Cypriot Fighters are more likely to have a chronic PTSD, with Delayed onset, than Turkish Cypriot Fighters who served in other regions of Cyprus within period of war. Factors found to be trigger PTSD in scope of the present study are: lack of social support during the war and post war period, alcohol use, being adolescent during the war, presence of psychological disorders in pre-war period. Being not prepared mentally, less of military education, and military skills.

Key words: Post-Traumatic Stress Disorder, War, Post War Risk Factors to Post Traumatic Stress Disorder (PTSD)

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Socio-Demographic Form Applied to Turkish Cypriot Fighters

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ABBREVIATIONS

PTSD – Post Traumatic Stress Disorder

CAPS - Clinician-Administered PTSD Scale

1. INTRODUCTION

Posttraumatic stress disorder (PTSD) is a chronic and disabling psychiatric disorder which leads to exposure to a traumatic incident. PTSD is often diagnosed in between veteran population, as example among those from Vietnam War period. (Kulka et al. 1990), according to National Vietnam Veterans Readjustment Study, it has been determined that 15% of Vietnam veterans will meet criteria for PTSD diagnosis. Lifetime figures will be twice as much. And only for Australian Vietnam veterans figures will be 12% current and 21% lifetime, which is lower when compared to the rest. (O'Toole et al., 1996, 331-339). Such result of studies reveal chronicity testament of disorder. Majority of Vietnam veterans with PTSD remain with such disorder currently as well (30 years after traumatic events). Eventually similar situation is applicable to Turkish Cypriot Fighters. The National Comorbidity Survey (Kessler, Sonnega, Bromet, Hughes, & Nelson, 1995, 1048-1060) have shown that over one third of persons with PTSD couldn't remit even after several years since trauma occurred.

Cyprus War differentiates from other wars, when considering effects of psychological traumas and related problems of veterans.

The Cyprus War – Erenkoy Battle could be called first war fought by adolescents. World War II soldiers were 26 years old in average, while Erenkoy Exclave fighters were 21 years old in average. Those individuals were in formative years, which made them extremely psychologically irresistible to combat terrors imprints. Morals and values learned at home soon become stripped and the ego structure built through years became impaired. Experience of the battle caused by experience of a first kill or friend killed in the battle resulted psychological “snap” (B. Goderez, 1985). Teenage years and related development of the personality were stolen which caused abrupt halt of the maturing process. Currently majority of veterans are still struggling to complete maturing process, trying to “make it up for the lost time”. Another issue is that parent role models were replaced by military officers.

Admonition to kill was highly contrasting with shalt not to kill. , which resulted in psychiatric disturbances.

Discredit of the Cyprus War – Erenkoy Battle led to an atmosphere of national confusion and antagonism. Campus demonstrations, draft card burnings, riots, and draft evaders represented the mood of the period.

Adverse feedback to the war was not restrained to Turkey. Turkish Cypriot fighters we were not welcomed enthusiastically, and therefore soon those young boys doubt what for they are risking their lives.

There were no battlefields or front lines defined which led to confusion whether territories are to be captured and held. Find and destroy became popular phrase among fighters, as during the war they searched for enemy who generally was unseen. Often enemy included children and women, also childhood friends, neighbours, teachers etc. under such circumstances it was hard to decide who the enemy is. Battle boundariess were extremely unclear. Surrounding nature and continuous heat worsen overall conditions. Experiencing and witnessing psychological conditions reigned moral confusion. (S. Huppenbauer, 1982, 1699-1703)

Fighters of Cyprus War had no chance of socialization while traveling to battlefields and back home in groups, no journey home for debriefing, processing the experience and assimilation into civilian life were more complicated for Cyprus War fighters.

Unit morale and support system necessary for soldiers in combat were missing. Absence of those resulted in post war barrage and anxiety instead of return trip filled with joy and anticipation.

If we could name single overriding factor of PTSD, no doubt home coming would be that one. There is no other example in this culture where country will turn its back to the soldiers who were laying their lives for.

As opposed to the World War II veterans who received cheers, welcomes and parades (Ozer, et.al., 2003, 52–73), the Erenkoy fighters weren't even allowed to get back to their home country, instead they were forced to live abroad and deal with being alienated. There was little or no support by the Government. In the face of such difficulty, veterans were left on their own to retrieve what was left of their

lives. They were not the same boys who used to fight for their country. They have done their duty, lost their friends, grow mature untimely, lost their own sense of self in the insanity of the war and were rejected at homeland, for which they had risked their lives.

Individual suffers from helplessness, depression, dejection, and severe grief with frequent thoughts of suicide. As seen in the study published in New England Journal of Medicine, men who served in Vietnam War were twice as much likely to commit suicide compared to those who didn't serve. That reveals that the number who died since returning home from war doesn't much differ from number of those who died at war 59.000 (Veteran, September, 1988). Among Erenkoy Exclave Battle Fighters suicides accrued during the war and in post-war period.

Many veterans are enclosed in a death immersion; they haven't forgot, they dream it, and the dreams are ever present. It is common for them to own and carry guns even in daily life during post-war period. As it seen in Turkish Cypriot population. According to data from Norther Cyprus Hunting and Shooting Federation there are 22.000 active members.

Probably the most difficult is to separate PTSD and alcohol/substance abuse. Eventually, for many, it is inseparable. "It is not just substance abuse. It is not just PTSD. It's both of them wrapped up in one another," says Steve Bently, Chairman of the VVA PTSD and Substance Abuse Committee. "Alcohol and other drugs have successfully aided Vietnam veterans in covering their feelings for years. The biggest problem ... is that alcohol quits working after a while". "Trauma tries to surface, though the individual sufferings and to keep it submerged".

A study of Centers for Disease Control stated that Vietnam veterans were more likely to form depression, anxiety and alcoholism, around 500,000 experienced intense PTSD symptoms. (Brinson and Treanor, September 1988).

Individuals with PTSD symptoms are likely to develop alcohol and substance abuse as those are trying to find relief from the symptoms related to trauma experience. But such addiction may cause more serious problem and addiction shall be treated. (Brady, K.T. et.al.2004, 206-209).

1.1. Northern Cyprus

Northern Cyprus (or North Cyprus), officially Turkish Republic of Northern Cyprus (TRNC), is a self declared state (Emerson et. al., 2004) that comprises northeastern portion of the Cyprus island. Recognized only by Turkey, Northern Cyprus is considered by international community as occupied territory of the Republic of Cyprus. (United Nations Security Council resolution 550 (1983)). Northern Cyprus extends from the tip of the Karpass Peninsula in the north east, westward to Morphou Bay and Cape Kormakitis (Kokkina/Erenkoy exclave marks the westernmost extent of the area), and southward to the village of Louroujina/Akıncılar. Since 1974, Cyprus is divided into a Turkish Cypriot north and a Greek Cypriot south, separated by a 180 km long UN-controlled buffer zone.

1.2. The Cyprus War

The 1974 coup d'état, an attempt to annex the island to Greece, was followed by Turkish invasion of Cyprus. This resulted in eviction of north's Greek Cypriot population majority, flight of Turkish Cypriots from the south, and partitioning of the island, leading to a unilateral declaration of independence by the North in 1983. (Leonard, 2006, 429).

1.3. Erenkoy Exclave Battle

Erenkoy is a village in Cyprus, administered by Turkish Republic of Northern Cyprus. It was one of the Turkish Cypriot enclaves prior to invasion of Cyprus in 1974. It is bordered on three sides by mountainous territory to the Greek part of the island, with the Mediterranean Sea (Morphou Bay) on its northern flank. The exclave sits several kilometers away from the mainland of TRNC and is a place, which has special symbolic significance for Cypriots, as per events of August 1964 (Sadrazam, 2013).

Since December 1963, thousands of Turkish Cypriots concentrated in enclaves, as a result of intercommunal fighting. Erenkoy was one of the last port areas under Turkish Cypriot control and a vital supply link with Turkey for Turkish Cypriot Fighters (Menguc, 2005).

In this year's approximately 700 students was studying in Turkey in Universities. More than half of them were male. 500 of them with a help of Turkish Resistance

Organization got unofficial military training at Ankara Zir village. Some of them got this training for 15 days, some for 3-4 days. After following those came to Cyprus (Erenkoy) to battle. They have not any equipment: tents for shelter, appropriate clothes. They had very weak and old weapons. Those “Solders” should always remain watchful, to avoid being noticed by Cyprus Solders, and keep an eye on weapons and other aid coming from motherland (Vurana, 2011, 179-355).

In these days leading up to the invasion, the Cypriot National Guard began to mobilize infantry, artillery and armored forces for an assault on Erenkoy. On 6 August 1964, the Cypriot National Guard commenced its attack (BBC 1964).

On 8 August 1964, after waiting for nearly two days, Turkey intervened, once it had become clear that Greek Cypriots would not withdraw from Erenkoy, but simply commit more and more siege forces until Turkish Cypriots ran out of supplies (Sadrazam, 2013).

On the morning of 8 August, Cypriot patrol boats Phaethon and Arion were attacked by Turkish Air Force jets, as they sailed close to Xeros Harbor, Morphou Bay. (Menguc, 2005, 560-578).

On the 8–9 August 1964, Turkish Air Force were given free rein to attack multiple targets within the Dillirga coastal warzone, including a number of Greek Cypriot villages. Cypriot civilian casualties were reported as a result of heavy air attacks against several populated locations, including Lower Pirgo. Turkish planes also attacked sites occupied by the Cypriot National Guard, killing a number of military personnel. (Oberling, 1982).

In the eyes of the Greek Cypriot authorities, Erenkoy was a threat to the nation's security posed by Turkish Cypriot paramilitaries, and cutting it off would have severed Turkish Cypriot armed groups from resupply and reinforcement.

During this battle Turkish Cypriot Fighters stay in enclave for 2 years. There was a lack of food, medical help because of weak intercommunication with executives. Within those 2 years they always were under pressure and blockade. Losses of Turkish Cypriot Fighters are: 12 martyr, 4 missing and 32 wounded.

When Turkish military staged their operation in Cyprus in 1974, Erenkoy was a specific objective. The exclave became part of the Turkish Federative State of North Cyprus in 1975, followed by UDI in November 1983. However, this

declaration of independence was condemned legally invalid by United Nations Security Council Resolution 541 (1983). (Henn, et. al., 2004, 240-360).

1.4. War

War is an organized and often prolonged conflict that is carried out by states or non-state actors. It is generally characterized by extreme violence, social disruption, and economic destruction. (American Heritage Dictionary), (Merriam Webster's Dictionary access date 25.01.2014).

War should be understood as an actual, intentional and widespread armed conflict between political communities, and therefore is defined as a form of political violence or intervention. The set of techniques used by a group to carry out war is known as warfare. An absence of war is usually called peace.

In 2003, Nobel Laureate Richard E. Smalley identified war as the sixth (of ten) biggest problem facing humanity for the next fifty years. (Smalley, et. al., 2008).

In 1832 in dissertation *On War*, Prussian military general and theoretician Carl von Clausewitz defined war as follows: "War is thus an act of force to compel our enemy to do our will." (Clausewitz et. al., 1984, 428-465).

While some scholars accept warfare as an inescapable and integral aspect of human nature, others argue that it is only inevitable under certain socio-cultural or ecological circumstances. Some scholars argue that practice of war is not linked to any single type of political organization or society. Rather, as discussed by John Keegan in his *History of Warfare*, war is a universal phenomenon whose form and scope is defined by the society that wages it. (Keegan, et. al., 1901).

Another argument suggests that since there are human societies where warfare does not exist, humans may not be naturally disposed for warfare, which emerges under particular circumstances. (Howell, et. al., 1989, 1-61).

1.5. Turkish Cypriot Fighters

Turkish Resistance Organization (TMT) armed organization was established in 1958, to fight against EOKA. Then in 1976 was renamed as Turkish Cypriot Security Forces. Its members called "mujahed" – Turkish Cypriot Fighter.

1.6. Post-Traumatic Stress Disorder

The actual term Post Traumatic Stress Disorder – PTSD - enters the nosology in 1980. Kraepelin tried to make a categorization of psychological disorders, he suggested the term ‘fright neurosis’ (schreckneurose): defining anxiety symptoms after accidents and injuries. During World War-I diagnoses for reaction to combat were shell shock, combat fatigue and operational fatigue during World War-II and Korean War. After World War-II and during Korean War, DSM-I included ‘gross stress reaction’. First DSM (American Psychiatric Association 1952) did not include list of detailed criteria, as now, but offered diagnosis for the people who were previously relatively normal, but experienced extreme stressors such as civilian catastrophe or combat, and had symptoms as a result of that stress. After in DSM-II (American Psychiatric Association 1968) this criterion was eliminated. This DSM-II was published during Vietnam War.

After, psychiatrists were unable to capture the symptoms of Vietnam soldiers. The official diagnosis of PTSD entered DSM-III (American Psychiatric Association 1980), after revision in 1980. (Friedman et. al., 2007).

Glass and Jones: PTSD symptoms can follow any serious psychological trauma, such as exposure to combat, accidents, torture, disasters, criminal assault and exposure to atrocities or to the sequelae of such extraordinary events. Prisoners of war exposed to harsh treatment are particularly prone to develop PTSD. In their acute presentation these symptoms, include subsets of a large variety of affective, cognitive, perceptual, emotional and behavioral responses which are relatively normal responses to gross psychological trauma. If persistent, however, they develop a life of their own and may be maintained by inadvertent reinforcement. (Glass, et. al., 2005).

The PTSD is an anxiety disorder that may develop following exposure to life-threatening or other inordinately distressing events. A diagnosis of PTSD requires that an individual experiences intense fear, helplessness, and horror in response to such an event, and that he or she experience pronounced symptoms of re-experiencing the traumatic event (e.g., nightmares or intrusive thoughts), avoidance of trauma-reminiscent cues and emotional numbing, and symptoms of increased arousal (e.g., exaggerated startle response or hypervigilance).

Finally, these symptoms must be present for at least one month following the traumatic event, and must be of sufficient intensity to impair social, occupational, or other important domains of functioning. (American Psychiatric 1994.) Although most trauma victims experience pronounced emotional distress immediately following a traumatic event, the majority of these individuals will not go on to develop chronic forms of psychopathology such as PTSD, even if they do not receive formal, secondary prevention intervention. For instance, on average 8–9% of trauma victims develop chronic PTSD. (Kessler RC et.al. 1995, 1048-1060) (Breslau N, et.al.1998, 626–632).

For most of them, the adage “time heals all wounds” is an apt characterization of post-traumatic adjustment. However, large-scale events such as the terrorist attacks of 11 September 2001 can impact thousands of people. Accordingly, large numbers of individuals may go on to develop chronic distress following such an event, despite the fact that most victims can be expected to exhibit tremendous resiliency. In light of this fact, effective, early interventions for trauma are critical.

1.6.1. PTSD and Chronicity

PTSD recurrence differs in accordance with trauma nature. Morbidity changes at similar severity cases for the same trauma prove that PTSD trend is not quite linear (Goenjian A.K. et. al., 1994, 895-901).

DSM III (American Psychiatric Association 1980) characterized PTSD by positive prognosis, non-chronic and convinced that most of cases are treatable. However evidence collected during subsequent years explicit the opposite. Although lasting studies of natural disasters and hence examination of the long term affects revealed chronic nature of PTSD in 87% of cases (Patrick V, Patrick WK. 1981, 210-216).

Study related to the war trauma, soldiers receiving treatment within acute stage proceeded to chronic form in 50% of cases (Solomon Z, Banbenisity R.,1986, 613-617).

Enduring researches of general population divulge that PTSD symptoms are trending to continue over long years. Kessler and his friends in their study illustrate that one third of cases which meet PTSD symptom requirements even after ten years are likely to appear present. (Kessler R.C. et.al. 1995, 1048-1060). Furthermore, Davidson and friends in their study pointed out that 46% of developed

PTSD had chronic nature (Davidson J.R.T., et.al.1991, 713-721), (Breslau N. et.al.1998, 626–632).

In a field study where 1007 individuals were scanned, 93% of the 394 persons who have filled questionnaires had PTSD. That research characterized disorder recurring after period of one year and over as chronic, and 53 individual founded to have chronic PTSD. Such figures meet over 50% of the cases. Concurrently given group had highest number of PTSD positive cases when compared to other groups. “Overreacting” was determined in a high rate, as well as comorbidity (Breslau N, Davis GC. 1992 671-675).

Study on individuals imprisoned during World War II revealed that PTSD determined in a rate of 59% during first assessment, was still present in proportion of 29% even 40 years after (Speed, N. et.al., 1989, 147-153).

Research of Vietnam War veterans have shown that 31% PTSD symptoms rate at male individuals after 15 years turned to appear as 15% (Kulka RA, et.al. 1990a.).

Prisoners of war were heavily exposed to torture and several other traumas. In studies related to war PTSD rates determined were in a range of 30-88%. In studies made with American soldiers who fought in World War II high levels of PTSD were determined. PTSD ranges were 29-50%. Even though when many years passed sense recovery did not happen. (Solomon Z, et.al., 1991, 1-7).

The most important limitations during the studies occur because of different types and severity of traumas. The main long term picture of reactions appearing related to related are enounced as PTSD. At individuals who lived through war in Lebanon PTSD stopped as 63% rate measured one year after the war. After one more year that rate decreased to 43%. Even though there is decrease in figures as time passes by, that seems to be very slow process (Solomon Z, et.al., 1991, 1-7).

In the study of soldiers who served in southeastern Anatolia in Turkey, PTSD rates revealed as 5%, however in 95% of cases symptoms occur within one or two months since trauma all and are getting chronic. (Sungur M.Z. et.al., 1995, 279-284).

Opinion on gradually disappearing acute symptoms lasting through numerous years became invalid as time passed by. Umpteen times studies have proven such an

illation. Common point of studies is based on idea that symptoms developed during acute stage will decrease over time, however such a process is very slow and vulnerable to secondary affecting. One of the most important evidences obtained in studies is that cases not meeting DSM IV (American Psychiatric Association 1994) diagnosis criteria exceed those diagnosed ones. At that point it can be said that there is parallel relation among the course of disorder and the course specified.

In the study made by Shore and friends (Shore JH, et.al.,1986, 76-83), study consist of three year observation after St. Helen's volcanic eruption, it has been determined that depression and anxiety symptoms are decreasing over the time, while PTSD symptoms were trending to have longer lifespan. A study made by Duggan and Gun revealed that one year after natural disaster PTSD rate is 39% and twenty six months after the event PTSD rate will fall to 23%. McFarlane (McFarlane AC, 1988, 30-39) indicated that 25 months after wildfire PTSD rates wouldn't change.

However in studies of personal injury, rape, war and assault PTSD would be chronic in a majority (Breslau N, et.al. 1991, 216-222) (Foa EB, 1997, 25-28) (Resnick HS, et.al. 1993, 948-991),(North CS, et.al.. 1997, 1696-1702).Over 50% of cases were chronic (Ehlers A, et.al. 1998, 508-519).

However other traumatic events effect is more variable and is generally dependent of such factors as level of life danger, presence of physical injury, seeing injured people, loss of loved ones or witnessing injury of loved ones or their exposure to toxic substances (such as nuclear or chemical reagents) (Ursano R.J. et.al., 1995b, 36-42). At the same time those are factors determining severity of the trauma. Besides, secondary factors such as attempts to rescue depending on trauma nature, timing and efficiency, establishment of safe living areas and organization of health care services are being influential in those periods. Deficiencies during those periods consisting of physical, psychological and social support would reinforce negative effects of the trauma and may cause disease chronicity.

1.6.2. PTSD With Delayed Onset

If at least six months pass between the traumatic event and the onset of sufficient symptoms so that the full diagnostic criteria are met, the condition is diagnosed as "PTSD with delayed expression." Symptoms disappear within three months for half

of adults, although some continue to experience symptoms over 50 years following the event (Solomon 1988, 323–329).

Concept of delayed post-traumatic stress was introduced in the early 1970's by a group of psychiatrists led by Robert Jay Lifton:

Delayed-onset PTSD describes a situation where a person does not develop a PTSD diagnosis until at least six months after a traumatic event. In some cases, the delayed onset of PTSD can be even longer. For example, some people may not begin to experience symptoms consistent with PTSD diagnosis until years after the experience of a traumatic event. Delayed-onset PTSD of this type has mostly been observed among the elderly, who may develop PTSD stemming from a traumatic event that occurred when they were much younger. (Andrews, B.et.al.2007, 748–766).

Studies have also looked at what factors might put fighters at greater risk for the development of PTSD with delayed onset. A number of risk among fighters have been identified. These include:

- Being previously in treatment for another disorder.
- Starting work as a firefighter at a younger age.
- Being unmarried
- Holding a supervisory rank in the fire service.
- Proximity to death during a traumatic event.
- Experiencing feelings of fear and horror during a traumatic event.
- Experiencing another stressful event (for example, loss of a loved one) after a traumatic event.
- Holding negative beliefs about oneself (for example, feeling as though you are inadequate or weak).
- Feeling as though you have little control over your life.

- Hostility. (Bryant, R.A., et.al., 1995, 267-271) (Zlotnic et.al. 2001, 404–406) (Gray et.al. 2004, 909–913).

PTSD ONSET

There are generally three different onset periods for PTSD . The types of onset are as follows:

- a. Immediate Onset
- b. Delayed Onset
- c. Intermittent Onset

Immediate Onset PTSD

This type of PTSD onset occurs immediately or shortly after a traumatic event.

Some soldiers I have spoken with have experienced immediate onset PTSD after they watched one of their buddies get killed in Iraq. When the fire fight is over, or when they make it back to their hootch, they suddenly begin to have PTSD symptoms, such as a crying fit, going silent, or making a suicide attempt.

The same can occur to survivors of sexual assaults. They immediately manifest PTSD symptoms such as sleeplessness, trust issues, and in some cases a suicide attempt.

Delayed Onset PTSD

Not every case of PTSD will manifest immediately after the traumatic event. It is not unusual for a period of time to go by before the symptoms surface. In many military cases we are seeing symptoms at 6, 9, and 12 months after returning from deployment. Many veterans who begin to show symptoms at the ten year mark after they left the service or after the traumatic exposure happened.

The first seven years of the Iraq war showed low reporting of PTSD for two reasons:

- a. The perception, and sometimes the reality, that to admit to PTSD will damage your military career.
- b. The military foolishly only asked about PTSD symptoms when soldiers and Marines were redeploying back to the States. Some soldiers reported that if you admitted to PTSD symptoms, then you had to stay two or three more weeks in Iraq

while your buddies shipped home. That created a major incentive to not report symptoms. For a deployed service member, two to three more weeks in Iraq is an eternity.

The military was not doing follow up studies to see how often PTSD came up at the 6, 9, and 12 month intervals.

These practices artificially lowered the reported rates of PTSD in returning service members.

Delayed onset of PTSD can also surface in rape, war and clergy abuse survivors. PTSD does not have to begin immediately; sometimes it simmers for years before breaking out and ruining people's lives.

Intermittent PTSD

This is a variant of sorts of Delayed Onset PTSD. In a nutshell it means that at times the PTSD symptoms and behaviors will bubble up and manifest themselves and then after a time subside again.

The periods of onset can be relatively brief, say a few hours, to a period of months.

Intermittent PTSD is associated with PTSD triggers that activate memories, fears, anxieties, and physical reactions to trauma. The sound of gunshots or screaming might bring a person back to when they were shot at or raped. The smell of a person's cheap cologne may remind someone of being assaulted.

As one learns what their PTSD triggers are, they are able to be in better control and not be as vulnerable to PTSD.

Various factors would affect incidents potential of being traumatic. Most important of those factors are age, genius and education level; nature and severity of trauma as well as meaning given to the incident by person; post-traumatic social, public and financial aid.

1.7. Post Vietnam Syndrome

Vietnam War, (1954–75), a protracted conflict that pitted the communist government of North Vietnam and its allies in South Vietnam, known

as the Viet Cong, against the government of South Vietnam and its principal ally, the United States. Called the “American War” in Vietnam. (Encyclopaedia Britannica).

The figure of the traumatized veteran has become a commonly depicted character in the Vietnam War. PTSD as a clinical diagnosis has evolved in a large part from Vietnam Veterans. Disapproval of the war from American citizens was an important environmental factor accounting for veteran’s post war stress. Prior to this time period veterans coming back from war were viewed as heroes, Vietnam War veterans came back home viewed as murderers. Normally these war heroes were encouraged to talk about their war experiences but in this case they were not and were shunned by a lot of the community.

More than 30 years after the end of the war in Vietnam, the effect of lingering stress on Americans who fought there continues to cause stress among researchers.

A new study finds that almost 19 percent of the more than three million U.S. troops who served in Vietnam returned with post-traumatic stress disorder (PTSD). It's a condition that left them with invasive memories, nightmares, loss of concentration, feelings of guilt, irritability and, in some cases, major depression. More than ten years after the war, 10 percent of them still could not leave the war behind. (Turner.F. 2001).

The term “Post Vietnam Syndrome” was developed by Dr. C.F. Shatan, past professor and Clinic Coordinator of the Post Doctoral Psychotherapy Training Program of New York University. Dr. Shatan was working with New York members of VVAW (Vietnam Veterans against the War).

The syndrome consist of nine different aspects, some or all of which can be relative to individual.

1. Guilt feelings
2. Self punishment
3. Feelings of being a scapegoat
4. Identification with the aggressor -- no outlet for bitterness and hatred

5. Dead place in oneself -- "psychic numbing"
6. Alienation -- xenophobia
7. Doubts about ability to love and trust other human beings again
8. Post Vietnam Syndrome is really distorted mourning arising out of active discouragement of open grief by the military in a climate of death
9. Need to account for apparent absence of similar syndrome in W.W.II vets. Two are of particular interest -- unusual group cohesion and counter-insurgency training (with habituation to Universal Terror as chief weapon) (Shatan 1973, as quoted in Scott, 1990, 294-310).

2. METHOD

2.1. Participants

The present study was held from April 2014 until July 2014. Population of the study include Turkish Cypriot Fighters and Erenkoy Turkish Cypriot Fighters, which were recruited by phone call invitation. List with names and telephone numbers of Turkish Cypriot Fighters were obtained from the Turkish Resistance Organisation, the numbers of Erenkoy Turkish Cypriot Fighters were obtained from Erenkoy Turkish Cypriot Fighters Organisation. Then numbers were randomly determined. Participants were contacted by telephone and agreed to participate in the current study. The sample consisted of 100 male Turkish Cypriot Fighters, 50 of them battled in Erenkoy (from total 562) and 50 comparison participants who battled in other regions of Cyprus during Cyprus war 1963-1974. All participants were given written informed consent. The structured interview for this study was conducted during 3 months period. Participants were interviewed on a voluntary basis by researcher of the present study.

Diagnosis of post-traumatic stress disorder (PTSD) were made with Clinician Administered PTSD Scale (CAPS) (Blake et al, 1995), a structured interview yielding PTSD diagnoses according to DSM-IV criteria (American Psychiatric Association, 1994). Participants first indicated their exposure to stressful life events on a standard life events checklist, a follow-up interview then assessed whether these events met criterion a (exposure to a traumatic event). The participant was then asked to choose the two most stressful of the events reported. The symptom

interview focused on the presence of any PTSD symptoms related to the two events, over the participant's life as well as in the past month. Symptoms were assessed regardless of whether the selected events met criterion a, but the disorder was only diagnosed if both criterion A and the symptom criteria were met. Participants could receive up to two diagnoses of PTSD associated with the two events; however, cases of PTSD in the time intervals discussed above were calculated per individual. We asked whether events were related to the Cyprus war. In assessing the presence of war-era onset PTSD 40 years after the war, we assured that PTSD diagnoses were linked by event (if a person had war-era onset PTSD from event 1, we checked the duration of the PTSD related to event 1 to determine whether it was present 40 years later).

2.2 Instruments

Data for study was obtained by means of a survey questionnaires. Demographic data collected using demographic information forms: separate form for Turkish Cypriot Fighters (Appendix A), separate form for Erenkoy Turkish Cypriot Fighters (Appendix B) and eventually CAPS scale form for both groups (Appendix C) in order to set diagnosis of post-traumatic stress disorder.

2.2.1. Socio Demographic Information Form

Socio demographic information forms were prepared in two variations in order to highlight specific aspects of the Erenkoy Turkish Cypriot Fighters. Both variants consist of three parts: pre-war, during war and post-war information.

Pre-war part of questionnaire includes information about: age, education, marital status, military education information, and presence of psychiatric disorders at pre-war period, participation in social groups and events related to pre-war political fluctuations. For Erenkoy Turkish Cypriot Fighters questionnaire additional questions took place, those are: national plans, local plans, group number, period of stay in Erenkoy.

Part of questionnaire about war period include following information: military rank, period of duty, presence of injuries, witnessing death or injury of another person,

mental readiness, unexpectancy level, commitment level, slogged impact, social support.

Post-war part of questionnarie includes information: present level of education, present marital status, level of income, feeling of guilt, impact of the war, social support after war, medical support, alcohol consumption, illegal psychoactive drugs consumption, presence of psychological problems in close relatives, whether difficulties during war have been reflected to the society, support and amends received and expected from government and information about social appreciation.

2.2.2 CAPS-1

CAPS-1 a clinician-administered PTSD scale (Blake, et. al. 1995, 15-27). Turkish form reliability and validity study (Aker et. al., 1999, 286-293).

The CAPS is the gold standard in PTSD assessment. It is a 30-item structured interview that corresponds to the DSM-IV (American Psychiatric Association 1994) criteria for PTSD. CAPS can be used to make a current (past month) or lifetime diagnosis of PTSD or to assess symptoms over the past week. In addition to assessing 17 PTSD symptoms, questions target the impact of symptoms on social and occupational functioning, improvement in symptoms since a previous CAPS administration, overall response validity, overall PTSD severity, frequency and intensity of five associated symptoms (guilt over acts, survivor guilt, gaps in awareness, depersonalization, and derealisation).

For each item, standardized questions and probes are provided. As a part of the trauma assessment (Criterion A), the Life Events Checklist (LEC) is used to identify traumatic stressors experienced. CAPS items are asked in reference up to three traumatic stressors.

The CAPS was designed in order to be administered by clinicians and clinical researchers who have a working knowledge of PTSD, but can also be administered by appropriately trained paraprofessionals. Full interview takes around 45-60 minutes.

2.2.3 Statistical Procedures

Differences between Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters on demographic variables were analysed using IBM SPSS Statistics Ver.21 software. Some of demographic data as an average \pm is given as a standard deviation. In the analysis data the number, percentage, chi-square, were used and a significance level of $p < 0.05$ was taken.

Discriptive statistical methods chi-square, t-test and binary logistic regression were used.

3. RESULTS

Study was based on data collected from 100 participants. The mean age of participants was determined as 72.3 ± 4.004 (60-90), $p = 0.40038$. Mean age of each group separately is as following: Erenkoy Turkish Cypriot Fighters mean age: 71.6 ± 2.76 (67-83). While mean age of Turkish Cypriot Fighters: 72.9 ± 4.9 (60-90).

Community membership rates among groups: Erenkoy Turkish Cypriot Fighters %63.5 were members of Turkish Cypriot Culture Association, those organizing protests and other activities. Those members attended all events of communities' %92.0.

Turkish Cypriot Fighters %36.5 members of Turkish Resistance Organisation. A quantity of evidence is %48.0.

Difference spotted between both groups revealed that Erenkoy Turkish Cypriot Fighters were more bound to their objectives and willing to fight for their country.

Takin into account local plans of Erenkoy Turkish Cypriot fighters when they were arriving to island: most of them wish to rescue their motherland %48, fight against Greek Cypriots %40, prevent events %4, fight and support %4, armament %4. And they have national plans like support their nation %44, rescue their family %36, if it is needed to become a martyr for their motherland %8, rescue their motherland %10, reunite with relative from South %2.

Erenkoy Turkish Cypriot Fighters arrive on island in groups, namely in 10 groups. Arrival times differ from group to group, and accordingly period of their stay in

Erenkoy Enclave, hereinafter period of exposure to battle. %44 stayed on island for 22 months, %26 stayed for 20 months, %12 stayed for 18 months, %10, 21 months, %8 23 months.

Table 1. Comparison of Pre-War Education Levels among Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters

Pre-War education levels	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Non educated	0	0,0	17	34,0	17	17,0
Primary-High School	0	0,0	33	66,0	33	33,0
University Student	50	100,0	0	0,0	50	50,0
Total	50	100,0	50	100,0	50	100,0

$\chi^2 = 96,222$, $df=2$, $p=0,000$, not answered= 0

As Erenkoy Turkish Cypriot Fighters were formed of University students, level of education of those was comparatively higher than Turkish Cypriot Fighters where one third were uneducated and majority were at Primary-High School level education. Pre-War education level of two groups was compared with Chi-square. A significant difference was found.

Table 2. Comparison Pre-War Marital Status among Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters

Marital Status	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Married	6	12,0	10	20,0	16	16,0
Single	35	70,0	38	76,0	73	73,0
Engaged	9	18,0	2	4,0	11	11,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 5,578$, $df=2$, $p=0,061$ not answered= 0

Majority of both groups members were signles. Marital status of groups was compared with Chi-square. No significant difference was found.

Table 3. Comparison Of Military Education Rates Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Educated	50	100,0	42	84,0	92	92,0
Non educated	0	0,0	8	16,0	8	8,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 8,696$, $df=1$, $p=0,003$ not answered=0

Military education of groups was compared by Chi-square, and significant differences was found.

Table 4. Comparison Of Military Education Periods Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No military education	6	12,00	8	16,00	14	14,00
1-10 weeks	44	88,00	15	30,00	59	59,00
10 and higher weeks	0	0,00	27	54,00	27	27,00
Total	50	100,00	50	100,00	100	100,00

$\chi^2= 41,230$, $df=2$, $p=0,000$ not answered=0

Military education periods for Erenkoy Cypriot Fighters were not exceeding 10 weeks, while majority of Turkish Cypriot Fighters had much longer period of military education.

Military education period before war among groups was compared with Chi-square. A significant difference was found.

Table 6. Comparison Of Military Ranks Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Enlisted	43	86,0	34	68,0	77	77,0
Commander	7	14,0	16	32,0	23	23,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 4,574$, $df=1$, $p=0,032$ not answered= 0

In regards with military rank distribution among groups, it could be fairly said that higher military ranks are more common among Turkish Cypriot Fighters.

Military ranks range among groups was compared with Chi-square. Little difference was found.

Table 7. Comparison Of Injury Rates During The War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Life threatening injury	11	22,0	4	8,0	15	15,0
Injury which required outpatient treatment	12	24,0	7	14,0	19	19,0
No injury	27	54,0	39	78,0	66	66,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 6,764, df=2, p=0,034 \text{ not answered}=0$$

Turkish Cypriot Fighter had higher rates of no injury as well as life threatening and other injuries.

Injury rate among groups was compared with Chi-square. Little difference was found.

Table 8. Comparison Of Friend Injury Witness During The War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Yes	49	98,0	47	94,0	96	96,0
No	1	2,0	3	6,0	4	4,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 1,042, df=1, p=0,307 \text{ not answered}=0$$

Both groups have witnessed high rate of friend being injured during the war.

Witness of friend injury among groups was compared with Chi-square. No any significant difference was found.

Table 9. Comparison of friend death witness during the war Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Yes	42	84,0	37	74,0	79	79,0
No	8	16,0	13	26,0	21	21,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 1,507, df=1, p=0,220 \text{ not answered}=0$$

Both groups have witnessed high rate of their friends being killed during the war, however rate of such is higher for Erenkoy Cypriot Turkish Fighters.

Witness of friend death among groups was compared with Chi-square. No any significant difference was found.

Table 10. Comparison Of Mental Readiness For War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Very prepared	2	4,0	20	40,0	22	22,0
Less prepared	2	4,0	12	24,0	14	14,0
Not prepared	46	92,0	18	36,0	64	64,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 34,120$, $df=2$, $p=0,000$ not answered=0

Mental readiness for war was comparatively true for Turkish Cypriot Fighters, while for Erenkoy Turkish Cypriot Fighters were not mentally prepared for war. Mental readiness for war data was compared with Chi-square. A significant difference was found.

Table 11. Comparison Of Degree Of Expectancy Of War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Expected	2	4,0	11	22,0	13	13,0
Less expected	1	2,0	12	24,0	13	13,0
Not expected	47	94,0	27	54,0	24	74,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 20,944$, $df=2$, $p=0,000$ not answered=0

While half of Turkish Cypriot Fighters were not expecting war, while almost every of Erenkoy Turkish Cypriot Fighters were not expecting the war.

Degree of expectancy of war data compared with Chi-square. A significant difference was found.

Table 12. Comparison of commitment Level Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
High commitment	48	96,0	37	74,0	85	85,0
Low commitment	2	4,0	13	26,0	15	15,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 9,757, df=2, p=0,008 \text{ not answered}=0$$

Level of commitment for Erenkoy Turkish Cypriot Fighters is about two times higher when compared to Turkish Cypriot Fighters.

Commitment level data were compared with Chi-square. A significant difference was found.

Table 13. Comparison Of How The War Slogged Impacted Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
It was easy to resist	1	2,0	8	16,0	9	9,0
It was not easy to resist	49	98,0	42	84,0	91	91,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 37,644, df=2, p=0,000 \text{ not answered}=0$$

War slogged impact rates are much higher for Erenkoy Turkish Cypriot Fighters. War slogged impact data was Compared with Chi-square. A significant difference was found.

Table 14. Comparison Of Social Support During The War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Plenty	45	90,0	33	66,0	78	78,0
None	5	10,0	17	34,0	22	22,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 8,392, df=1, p=0,004 \text{ not answered}=0$$

Obtained data have shown that Erenkoy Cypriot Turkish Fighters had more social support during the war period. Social support during the war data was compared with Chi-square. A difference was found.

Table 15. Comparison Of Social Support Sources During The War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No one	2	4,0	9	18,0	11	11,0
Relatives	4	8,0	27	54,0	31	31,0
Friends	44	88,0	14	28,0	58	58,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 37,036, df=2, p=0,000 \text{ not answered}=0$$

Erenkoy Turkish Cypriot Fighters received social support during the war mainly from their friends, whiel Turkish Cypriot Fighters received support mainly from their families. Social support sources during the war data was compared with Chi-square. A significant difference was found.

Table 16. Comparison Of Present Educational Level Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Non educated	0	0,0	14	28,0	14	14,0
Primary-High School	0	0,0	31	62,0	31	31,0
University	50	100,0	5	10,0	55	55,0
Total	50	100,0	50	100,0	50	100,0

$\chi^2= 78,119$, $df=2$, $p=0,000$ not answered=0

Present education of Erenkoy Turkish Cypriot Fighters at the present day is University \graduates at least, while only minority of Turkish Cypriot Fighters graduated from University. Current educational level data was compared with Chi-square. A significant difference was found.

Table 17. Comparison Of Present Marital Status Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

Marital Status	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Married	47	94,0	45	90,0	92	92,0
Widowed	3	6,0	5	10,0	8	8,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 0,543$, $df=1$, $p=, 461$ not answered= 0

Marital status among both groups did not vary a lot, as majority of both groups participants are married. Current marital status data was compared with Chi-square. Not any significant difference was found.

Table 18. Comparison Of Present Monthly Income Level Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

Monthly income level	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Medium	31	62,0	36	72,0	67	67,0
Good	19	38,0	14	28,0	33	33,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 1,131$, $df=1$, $p=0,288$ not answered= 0

Majority of both group participants have medium level of income, while difference among both groups does not differ dramatically. Current monthly income data was compared with Chi-square. Not any significant difference was found.

Table 19. Comparison Of Disturbing Regret Feelings After The War Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Yes	40	80,0	21	42,0	61	61,0
No	10	20,0	29	58,0	39	39,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 15,174$, $df=1$, $p=0,000$ not answered=0

Post war feeling of regret rate is twice higher among Erenkoy Turkish Cypriot Fighters when compared to Turkish Cypriot Fighters. Disturbing regret data was compared with Chi-square. A significant difference was found.

Table 20. Comparison Of War Impact Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No impact	0	0,0	15	30,0	15	15,0
Low impact	7	14,0	16	32,0	23	23,0
High impact	43	86,0	19	38,0	62	62,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 27,812$, $df=2$, $p=0,000$ not answered=0

Impact of war for Erenkoy Turkish Cypriot fighters is low impact for majority, while none said there is no impact of war. For Turkish Cypriot Fighters one third of group participants declared there was no war impact which significantly differ from Erenkoy Turkish Cypriot Fighters.

Impact of war data was compared with Chi-square. A significant difference was found .

Table 21. Comparison Of Increased Post-War Alcohol Consumption Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Yes	15	30,0	9	18,0	24	24,0
No	35	70,0	41	82,0	76	76,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 1,974$, $df=1$, $p=0,160$ not answered=0

Both groups participants stated that increase in alcohol consumption have arosed during post-war period, however figures for Erenkoy Turkish Cypriot Fighters is teice as much when compared to Turkish Cypriot Fighters. Increased post-war alcohol consumption level data was compared with Chi-square. Very little significant difference was found.

Table 22. Comparison of Illegal psychoactive drug consumption in post-war period Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Yes	1	2,0	0	0,0	1	1,0
No	49	98,0	50	100,0	99	99,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 1,010$, $df=1$, $p=0,315$ not answered=0

Illegal psychoactive drug consumption was true for minority of Ereknoy Tuksih Cypriot Fighters while it was not the case for Turkish Cypriot Fighters. Illegal

psychoactive drug consumption data was compared with Chi-square. No any significant difference was found.

Table 23. Comparison of Present alcohol consumption Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Yes	38	76,0	21	42,0	59	59,0
No	12	24,0	29	58,0	41	41,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 11,947$, $df=1$, $p=0,001$ not answered=0

Alcohol consumption rates at the moent of study was two times higher for Erenkoy Turkish Cypriot Fighters. Present alcohol consumption data was compared with Chi-square. A significant difference was found.

Table 24. Comparison Of PTSD Diagnosis Presence Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No	26	52,0	47	94,0	73	73,0
Yes	24	48,0	3	6,0	27	27,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 22,374$, $df=1$, $p=0,000$ not answered=0

Precense of PTSD diagnosis among participants is higher for Erenkoy Turkish Cypriot Fighters. PTSD diagnosis presence data compared with Chi-square. A significant difference was found.

Table 25. Comparison Of Professional Help During Post-War Period Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No	41	82,0	48	96,0	89	89,0
Physical Treatment	7	14,0	1	2,0	8	8,0
Psychiatry	2	4,0	1	2,0	3	3,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 5,384$, $df=2$, $p=0,068$ not answered=0

For Erenkoy Turkish Cypriot Fighters professional treatment during post war period was times higher than among Cypriot Turkish Fighters. Post-war professional help data compared with Chi-square. No significant difference was found .

Table 26. Comparison Of Post-War Social Support Levels Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Plenty	20	40,0	27	54,0	47	47,0
Medium	21	42,0	12	24,0	33	33,0
None	9	18,0	11	22,0	20	20,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 3,697$, $df=2$, $p=0,157$ not answered=0

Turkish Cypriot Fighter have received more social support compared to Erenkoy Turkish Cypriot Fighters. Post-war social support data compared with Chi-square. Very little significant difference was found.

Table 27. Comparison Of Post-War Social Support Sources Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No one	8	16,0	11	22,0	19	19,0
Relatives	13	26,0	35	70,0	48	48,0
Friends	16	32,0	4	8,0	20	20,0
Teachers	13	26,0	0	0,0	13	13,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 30,757$, $df=3$, $p=0,000$ not answered=0

While Turkish Cypriot Fighters received social support from relatives, while for Erenkoy Turkish Cypriot Fighters main source of social support was friends. Post-war social support sources data compared with Chi-square. A significant difference was found.

Table 28. Comparison Of Whether Difficulties Experienced During The War, Were Revealed To The Public Well Enough Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No	49	98,0	35	70,0	84	84,0
Yes	1	2,0	15	30,0	16	16,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 14,600, df=2, p=0,001 \text{ not answered}=0$$

Majority of both groups participants do not believe that difficulties experienced during the war are revealed to public well enough, yet such rate is higher for Erenkoy Turkish Cypriot Fighters compared to Turkish Cypriot Fighters. Whether difficulties experienced during the war, were revealed to the public well enough data compared with Chi-square. A significant difference was found.

Table 29. Comparison of Financial support paid by government Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No	49	98,0	31	62,0	80	80,0
Yes	1	2,0	19	38,0	20	20,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 20,250, df=1, p=0,000 \text{ not answered}=0$$

Only one participant of Erenkoy Turkish Cypriot Fighters group received some sort of support from government, while almost half of Turkish Cypriot Fighters received some financial support from government different among groups is clear. Financial support paid by government data compared with Chi-square. A significant difference was found.

Table 30. Comparison Of Non-Monetary Support Provided By Government Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No	48	96,0	45	90,0	93	93,0
Yes	2	4,0	5	10,0	7	7,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 1,382$, $df=1$, $p=0,240$ not answered=0

Majority of both group participants said they did not received any non-financial support from government. Non-monetary support provided by government data compared with Chi-square. Very little significant difference was found.

Table 31. Comparison of Expected compensation from government Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Had no expectations	44	88,0	12	24,05	56	56,0
Medal	6	12,0	26	52,0	32	32,0
Monetary	0	0,0	11	22,0	11	11,0
Recognition of Cyprus	0	0,0	1	2,0	1	1,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 42,786$, $df=3$, $p=0,000$ not answered=0

Majority of Erenkoy Turkish Cypriot Fighters said they never expect any compensation from government, while almost half of Turkish Cypriot Fighters were expecting medal. Expected compensation from government data was compared with Chi-square. A significant difference was found.

Table 32. Comparison Of Alcohol Consumption Frequency Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No use	12	24,0	29	58,0	41	41,0
Everyday	5	10,0	1	2,0	6	6,0
Once a week	21	42,0	13	26,0	34	34,0
Once a month	12	24,0	7	14,0	19	19,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 12,914$, $df=3$, $p=0,005$ not answered=0

According to data obtained during research, alcohol consumption of Erenkoy Turkish Cypriot Fighters is significantly higher than Turkish Cypriot Fighters. Alcohol consumption frequency data compared with Chi-square. A significant difference was found.

Table 33. Comparison of Will to quit drinking Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Doesn't consume alcohol	11	22,0	28	56,0	39	39,0
No	37	74,0	21	42,0	58	58,0
Yes	2	4,0	1	2,0	3	3,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2= 12,157$, $df=2$, $p=0,002$ not answered=0

Majority of Turkish Cypriot Fighters do not consume alcohol, while majority of Erenkoy Turkish Cypriot Fighters consume alcohol and are not willing to quit alcohol consumption. Will to quiet drinking data compared with Chi-square. A significant difference was found.

Table 34. Comparison Of Being Criticized By Others Because Of Alcohol Consumption Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Doesn't consume alcohol	11	22,0	28	56,0	39	39,0
No	39	78,0	21	42,0	60	60,0
Yes	0	0,0	1	2,0	1	1,0
Total	50	100,0	50	100,0	100	100,0

$$\chi^2 = 13,810, df=2, p=0,001 \text{ not answered}=0$$

Majority of Erenkoy Turkish Cypriot Fighters consume alcohol and none were criticized because of alcohol consumption. Only one participant of Turkish Cypriot Fighters was criticized because of alcohol consumption and majority of participants do not consume alcohol at all. Being criticized by others because of alcohol consumption data compared with Chi-square. A significant difference was found.

Table 35. Comparison of Feeling guilty for consumption of alcohol Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Doesn't consume alcohol	11	22,0	28	56,0	39	39,0
No	38	76,0	21	42,0	59	59,0
Yes	1	2,0	0	0	2	2,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 12,309$, $df=2$, $p=0,002$ not answered=0.

There are individuals feeling guilty for alcohol consumption among Erenkoy Turkish Cypriot Fighters, as well as those who do not. However Turkish Cypriot Fighters are distributed into two opinions, first is majority who do not consume alcohol at all and second are those who consume and do not feel any guilt for alcohol consumption. Feeling guilty for alcohol consumption data compared with Chi-square. A significant difference was found.

Table 36. Comparison Of Alcohol Consumption In The Morning Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
Doesn't consume alcohol	11	22,0	28	56,0	39	39,0
No	37	74,0	22	44,0	59	59,0
Yes	2	4,0	0	0,0	2	2,0
Total	50	100,0	50	100,0	100	100,0%

$\chi^2 = 13,224$, $df=2$, $p=0,001$ not answered=0

As per information obtained during the study, none among Turkish Cypriot Fighters said that they consume alcohol in the morning, while few persons from Erenkoy Turkish Cypriot Fighters admitted that they are consuming alcohol in the morning. Alcohol consumption in the morning data compared by Chi-square method. A significant difference was found.

Table 37. Comparison Presence of psychiatric disorders of relatives Among Erenkoy Turkish Cypriot Fighters And Turkish Cypriot Fighters

	Erenkoy Turkish Cypriot Fighters		Turkish Cypriot Fighters		Total	
	N	%	N	%	N	%
No	48	96,0	46	92,0	94	94,0
Anxiety disorder	0	0,0	1	2,0	1	1,0
Depression	1	2,0	3	6,0	4	4,0
Psychotic disorder	1	2,0	0	0,0	1	1,0
Total	50	100,0	50	100,0	100	100,0

$\chi^2 = 3,043$, $df=3$, $p=0,385$ not answered=0

Presence of psychiatric disorders of relative's data compared with Chi-square. Very little significant difference was found.

In the scope of the present study, statistical analysis related to factors causing occurrence of PTSD. Singinificance of data obtained through questionnaires is primarily tested on by chi-square tests. Variables with interval validity of determined by chi-square were taken into binary logistic regression analysis.

In the present analysis PTSD was taken as a dependent variable, results of chi-square tests given in Table 38, which was made in order to obtain the relationship between dependent and independent variables.

Table 38. Relationship Between PTSD And Independent Variables of Both Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters Who Has PTSD

Variables	Pearson Chi-Square	P
Pre-war education	96,222	0,000
Present education level	78,119	0,000
Military education period	41,230	0,000
War slogged impacted	37,644	0,000
Mental readiness	34,120	0,000
War impact	27,812	0,000
Expectancy of war	20,944	0,000
Financial support paid by government	20,250	0,000
Disturbing regret feelings	15,174	0,000
Difficulties during the war revealed to the public	14,600	0,001

In accordance with Chi-square significance test results: Pre-war education ($p=0,000$), Present education level ($p=0,000$), Military education period ($p=0,000$), War slogged impacted ($p=0,000$), Mental readiness ($p=0,000$), War impact ($p=0,000$), Expectancy of war ($p=0,000$), Financial support paid by government ($p=0,000$), Disturbing regret feelings ($p=0,000$), Difficulties during the war revealed to the public ($p=0,001$) difference is significant. In other words, H_0 hypothesis supporting insignificance of PTSD presense and experience during pre-war, war and post-war periods is rejected. Therefore statistical significance of relationship between independent variables and PTSD diagnosis has been proven.

Binary logistic regression analysis was made in order to estimate events triggering occurrence of PTSD and determine variables to be used during such estimation.

Results of Chi-square significance test which were determined as significant are used as independent variables of binary logistic regression analysis and are given in Table 38.

Table 39. Logistic Regression Model. For Both Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters With PTSD

[illegible]

Significance of all independent variables causing PTSD diagnosis is shown in table 39. Exp (β) values in table 39 shows ODDS ratios. ODDS ratios, reveal probability of appearance of one of two events observed relative to another, which may be shows as times less or times more. For results obtained β coefficient for some independent variables may be negative, ODDS ratio could be interpreted as decreasing in scope of negative relationship. β ratio for several independent variables could be positive and therefore ODDS ratio shall be interpreted as increasing in accordance with positive relationship.

The validity of current model, was examined by Hoshmer Lemeshow test.

Table 40. Erenkoy Turkish Cypriot Fighters Chi-Square, PTSD Dependent Variable

Variable	Chi-square	P
Mental Readiness	8,333	0,004
Expectancy Of War	8,333	0,004
Disturbing Regret Feelings	7,41	0,006
Friend Death Witness	5,357	0,021
Friend Injury Rate	5,108	0,024

Table 41. Logistic Regression Model For Erenkoy Turkish Cypriot Fighters With PTSD

	B	S.E.	Wald	df	Sig.	Exp(B)
Constant	-22,472	25779,903	,000	1	,999	,000
Friend Death Witness	-1,209	1,043	1,345	1	,246	,298
Expectancy Of War	,302	4985,185	,000	1	1,000	1,353
Friend Injury Rate	1,656	,942	3,091	1	,079	5,237
Disturbing Regret Feelings	1,943	,982	3,912	1	,048	6,977
Mental Readiness	11,001	12889,952	,000	1	,999	59935,682

Table 42. Turkish Cypriot Fighters Chi-Square, PTSD Dependent Variable

Variable	Chi-square	P
Mental Readiness	9,722	0,002
Expectancy Of War	6,044	0,014
Difficulties Experienced During The War Revealed To Public	11,017	0,026
Presence Of Mental Illness In Pre-War Period	4,861	0,027
Military Rank	3,431	0,064

Table 43. Logistic Regression Model. For Turkish Cypriot Fighters With PTSD

	B	S.E.	Wald	Df	Sig.	Exp(B)
Constant	-,336	15529,198	,000	1	1,000	,714
Military Rank	-20,511	9476,419	,000	1	,998	,000
Difficulties Experienced During The War Revealed To Public	-,118	,928	,016	1	,899	,889
Expectancy Of War	,302	4985,185	,000	1	1,000	1,353
Presence Of Mental Illness In Pre-War Period	10,120	4847,342	,000	1	,998	24824,584
Mental Readiness	10,173	5227,953	,000	1	,998	26176,006

4. DISCUSSION

In the present study, severity and presence of PTSD among Turkish Cypriot Fighters and Erenkoy Turkish Cypriot Fighters were evaluated.

Level of PTSD determined among Erenkoy Turkish Cypriot Fighters is: 48 % and for Turkish Cypriot Fighters is 6%. Study was carried 40 years after the war. Majority of studies related to post-war PTSD strengthen hypothesis that PTSD remains present even 30-50 years after the war (Ikin, et.al., 2007),(Favaro A. et.al., 1999, 87-95),(Blanchard MS, et.al., 2006). After a traumatic event, many individuals may experience some of PTSD symptoms; for most of them, these symptoms may naturally decrease over time. However sometimes symptoms may persist. Even though, symptoms may not be severe enough to meet criteria for a PTSD diagnosis, they can still interfere with individual's life. In addition, if symptoms are not adequately addressed, those could increase risk for delayed-onset PTSD. (Averill, et.al., 2000, 84-88). Kulka and friends have stated that PTSD symptoms prevalence at Vietnam War veterans was calculated as 31% and up to 70% at those who participated in most violent clashes, even 30 years after the war. (Kulka R.A. et al.,1990). As they have stated about half of those Vietnam veterans who have ever had PTSD, would still have it today (around 30 years post-trauma) (Kessler R.A., et.al. 1995). Within the keyframe of the study made with veterans have shown that majority of PTSD symptoms are seen during lifetime. Lifetime prevalence rate of PTSD at World War II veterans is 18,5%; while another study indicated rate of 27%. (Blake D,et.al., 1990, 15-27),(Rosen J, et al, 1989, 65-69). In studies made with Vietnam War fighters have shown PTSD prevalence rate range of 14-30% for white, Afro-Americans 19-47%, and 28% for Latin (Marsella A.J., et. al. 1993, 157-181).

Klutznik and his friends have stated that PTSD symptoms severity would decrease through the time, whereas affective disorders, generalized anxiety and alcohol abuse frequency would increase. (Klutznik J, et al, 1986, 1443-1446). Feeling of estrangement appears at elderly age and alienation from youth is observed. Under such circumstances in order to maintain self-esteem a person will take refuge in the past and begins to reconsider memories. During such memories rethinking, traumatic ones would revive and cause increase of depression, anxiety and feeling of

hopelessness. (Sadavoy J, 1994, 19-26). Most critical factor related to PTSD development is traumatic event itself. (March J.S., 1990, 61-82). As seen from these study, Erenkoy battle event is very traumatic itself, and it affect more and worse. Erenkoy Turkish Cypriot Fighters are more likely to use alcohol, guilty feelings and during feeling questionnaires were more likely to express negative feelings about the Erenkoy battle, about the period they were in Erenkoy.

Comparition of injury occurance among Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters during the war period: Erenkoy Turkish Cypriot Fighters experienced life threatening injury, injury which required outpatient treatment; while less of Turkish Cypriot Fighters experienced life threatening injury, injury which requires outpatient treatment. Absence of military education and experience may cause more frequent occurance of life threatening injures among Erenkoy Turkish Cypriot Fighters.

Disturbing regret feelings distribution among Erenkoy Turkish Cypriot Fighters is as: 42% and Turkish Cypriot Fighters: 80%. Majority of participants, believe that they have done all that they can, and they have done their best, in order to protect their motherland.

Individuals exposed to traumatic events, such as war, experience moral injury which is experience likely provoking such feelings as mild or intense grief, shame, guilt, sorrow and regret. Because during the war believes collapse and the war causes impact wounds, resulting in moral injury. Vietnam veterans, reported that they are far from regretting of that time and all said that they are very proud of what they have made. (Watkins J.R. 2011).

It is noteworthy that individuals whom had drug or alcohol abuse in the past are more likely to start using those again in order to decrease anxiety as well as those who passed through anxiety or depression would eventually exhibit such symptoms again (Solomon Z. 1988, 323–329). Post war alcohol consumption has increased for Fighters and such has reached higher levels for Erenkoy Turkish Cypriot Fighters when compared to increase of consumption for Turkish Cypriot Fighters.

Rate of current alcohol use for Erenkoy Turkish Cypriot Fighters is prevailing as well. Study have shown that Erenkoy Turkish Cypriot Fighters consume alcohol more frequently too. As it is seen from the result of study, Erenkoy Turkish Cypriot

Fighters who has a higher level of PTSD, are more likely to use alcohol in order to have relief of symptoms as anxiety, depression and regret feelings. And consumption frequency is more often than at Turkish Cypriot Fighters. Even though, Erenkoy Turkish Cypriot Fighters are more willing to quit alcohol compared to Turkish Cypriot Fighters. Erenkoy Turkish Cypriot Fighters are less likely to admit that they were criticized because of their alcohol consumption and feeling guilty as per alcohol consumption is less likely to be reported by Erenkoy Turkish Cypriot Fighters. Conducted alcohol use intake in the mornings is more likely to be reality for Erenkoy Turkish Cypriot Fighters.

Chronicity of PTDS was seen during setting the diagnosis for Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters. Thow they experience some symptoms even after 40 years of war. And mostly the participants of that study, report that symptoms started 12 months after returning from war. According to Erenkoy Turkish Cypriot Fighters, they had to settle up their lives again, turn back to school, arrange their homes, dormidortories, etc. This may affect the onset of PTSD symptoms – as seen the delayed onset of PTSD in Erenkoy Turkish Cypriot Fighters.

As a result of the study education level before war among Turkish Cypriot Fighters and Erenkoy Turkish Cypriot Fighters, the difference between education levels were revealed, in pre-war period all of Erenkoy Turkish Cypriot Fighters were university students. While Turkish Cypriot Fighters were mostly primary-high school educated. Level of education is a factor of coping with PTSD as well. PTSD prevalence at any moment in a lifetime will significantly decrease as level of education is growing (Breslau N, et.al., 1991, 216-222).

Level of education is associated with PTSD symptoms, both may cause and consequence, as individuals with lower level of educational are more likely to be exposed to traumas and obtain high PTSD symptoms. (Priebe S, et.al. 2009, 393-397).

The results of another study has proved, that level of education has no impact on PTSD vulnerability. (Sana R, et.al. 2014, 27-32). In this scope, results obtained in present research, can postulate that Erenkoy Turkish Cypriot Fighters higer level of

education and high PTSD level can be explained. Fighters were university students before they came to Erenkoy Exclave. And the education level of Turkish Cypriot Fighters did not increased during the post war period based on negative experience.

Researches made with individuals exposed to trauma in younger age, especially adolescents show that, for youngsters and elderly individuals it is harder to cope with trauma when compared to middle age individuals. (Breslau N. et.al., 1992, 671-675), (Resnick H.S. et.al., 1989, 860-866), (Solomon Z. 1988, 323-329). However the Erenkoy Turkish Cypriot Fighters were university students abroad, and therefore they didn't realize the war in reality as opposed to Turkish Cypriot Fighters, whom lived during beginning of crisis in early stages of war. And were informed about all incidents occurring in their motherland, people were waiting with their guns at home every day, and expecting war to happen. Which reveals the fact that war wasn't sudden, and was expected by those who lived in Cyprus at close prewar period. Which couldn't be said to Erenkoy Turkish Cypriots, who were abroad and had no any information about crisis. Because media was very insufficient, and they were not able to get any information from Cyprus. They had learned about the beginning of war, very soon. Above mentioned facts reveal extreme level of unexpectancy of war among Erenkoy Turkish Cypriot Fighters as majority did not expected war, when compared to Turkish Cypriot Fighters whom had military training and were mentally prepared for probability of war. As well one of the most common factors of mental preparation of fighters is special military education. As revealed in this study that majority of Turkish Cypriot Fighters passed through long-termed military education, while Erenkoy Turkish Cypriot Fighters had chance of military education for only few weeks after the war have started and some had no any military education.

Military ranking is also an important factor which affects level of traumatic exposure of individuals. Military rank level difference among Erenkoy Turkish Cypriot Fighters and Turkish Cypriot Fighters was not major. Difference of commander rank determination among Erenkoy Turkish Cypriot Fighters was based on personal leadership skills and other personality qualities, while among Turkish Cypriot Fighters, commander was determined in accordance with military order considering level of military education, and years of service in army and

Turkish Resistance Organization. Many studies show that lack of military education are likely to develop PTSD. (Hendin H. et.al., 1991, 586-591). As mentioned above Turkish Cypriot Fighters include professional soldiers with years of service, which clearly understood how they shall commit their duties in order to conclude their military duties. But Erenkoy Turkish Cypriot Fighters were students full of enthusiasm but had little or no military skills, sincerely willing to risk their lives and do what it takes to defend their motherland. Those facts reveal difference among both groups mindset during the war. The high commitment levels of Erenkoy Turkish Cypriot Fighters exceeds those measured for Turkish Cypriot Fighters.

The War impact had higher aptitude among Erenkoy Turkish Cypriot Fighters when compared to Turkish Cypriot Fighters. High level of war impact among Erenkoy Turkish Cypriot Fighters were triggered by such factors as: inability to communicate with relatives and outer world which led to confusions about strategic objectives, insufficient knowledge about territory of Erenkoy Exclave. Geographical features of exclave itself eliminating group from friendly armed forces which made them feel being left alone on their only destiny. Lack of ammunition, absence of food and water for many weeks, proper clothes, medications and any medical aid. Decreased their ability to resist their enemies. A person must experience "fear, helplessness or horror" in reaction to a trauma or environmental stressor. Many military personnel don't experience those reactions because they are trained to handle adverse events.

Permanence of psychological diseases developed after trauma is invasively proportional to the level of social support provided to individual. (Burgess A.W. et.al., 1979, 648-657). In our study levels of social support during the war were evaluated as those are important factors of PTSD development. Majority of social support received during the war among Erenkoy Turkish Cypriot Fighters is plenty support and among Turkish Cypriot Fighters plenty support received was a major value, however lower when compared to Erenkoy Turkish Cypriot Fighters. Information obtained have shown that social support provided to Erenkoy Turkish Cypriot Fighters during the war sourced from close friends, which they become to each other during period of war. They were cut off from outer world, remaining

under same circumstances triggered them mutually fulfill need of social support. However, Turkish Cypriot Fighters had a chance to interact with their families, relatives and community they belonged.

Interpretations vary depending on secondary support systems level and social burden of trauma: social support retains individual from unforeseen secondary trauma. It is important to distinguish safety and danger and spotting danger in supporting environment would help regain psychological balance. In another words, traumatized individuals recovery in post-traumatic supportive environment would be easier. Development of PTSD denotes deficit of social support. In such a manner traumatic experience information processed with interruptions on cognitive level. Secondary trauma occurring affect post-traumatic conformity. That leads to inhibition of manifestation and expression of trauma, causes unhealthy and unbeneficial change as well as emerges ever growing anger. Social support levels after war among both groups seem not very much, however, Erenkoy Turkish Cypriot Fighters were immediately send back abroad, where from they came to fight, and they were restricted to come back to Cyprus, for a long period of time. Those facts, reveal significance of support sources among both groups where Erenkoy Turkish Cypriot Fighters were not able to receive social support from their relatives or government and again had to support each other. Significant source of support study has spotted were teachers at universities which allowed them to continue their education, despite that they left their schools, without any official permission. And therefore support provided by teachers could not be equal to support provided by relatives to Turkish Cypriot Fighters.

Traumatic events with no doubt will always effect social life of the person. Social reaction during and after the traumatic event plays a decisive role when it comes to psychological problems caused by the event. While support of surrounding people would decrease effect of traumatic event, unfriendly and negative attitude increases severity of trauma. (Flannery R.B. Jr., et.al., 1990, 415-420). Support at early post- traumatic stages, helps to restore confidence. Solidarity and mutual commitment among the group during the war have proven to keep individuals from trauma.

Prerequisite of seeing world more meaningful is ability to share traumatic event with other people. During that period a person would look for support not only from first hand relatives, but overall surrounding society. Society to which individual belongs plays an important role in resolving of the trauma. Remedy of a gap between individual and society primarily depends on acceptance of the event by society and then on society behavior related to the event. When society accepts the fact that individual has been traumatized, feeling responsible leads to remedy endeavor. Two types of social response are required to relieve traumatization of the individual and those are awareness and effort for curing. At post-war periods those are ensured through acceptance of significance of the war by the civil population as well as elation of war veterans.

Turkish Cypriot Fighters are mostly recognized and appreciated as fighters and heroes in the public. While deeds of Erenkoy Turkish Cypriot Fighters remain undervalued and are not recognized enough.

In opinions of majority of Erenkoy Turkish Cypriot Fighters groups participants recognition level of difficulties experienced during the war were not revealed well enough, while among Turkish Cypriot Fighters yet majority has the same opinion, however for Turkish Cypriot Fighters such a majority includes lesser participants when compared to Erenkoy Turkish Cypriot Fighters.

In a post war period monetary and non-monetary support provided by government significantly differs among both groups: for Erenkoy Turkish Cypriot Fighters which received financial support paid by government conclude insignificant minority while for Other Turkish Cypriot Fighters those figures are almost half of participants. North Cyprus government have provided point system for Turkish Cypriot Fighters which allowed them to obtain property in North Cyprus in accordance of military service period. However Erenkoy Turkish Cypriot Fighters were not given such points. Also majority of Turkish Cypriot Fighters were serving for government before the war, and in post war period, gain prioritized retirement status. While Erenkoy Turkish Cypriot Fighters were students and didn't serve for government, accordingly were not included in prioritized retirement.

And non-monetary support figures among groups doesn't differ much. But expectations among groups are different. Majority of Erenkoy Turkish Cypriot Fighters had no any expectations from government, while Turkish Cypriot Fighters mainly expected medal and monetary compensation.

Erenkoy Syndrome

Current study states that, Erenkoy Turkish Cypriot Fighters have a higher rate of PTSD. Such is related to Cyprus War, namely Erenkoy Enclave Battle. This condition left them invasive memories, nightmares, flashbacks, loss of concentration, survivor guilt feelings, sleep disturbances and alcohol consumption. The main distinctive characteristic of Erenkoy Enclave Battle is that fighters mainly consisted of young univristy students and those came to protect their motherland as the matter of their own will and no government recruited them. Those young boys struggled during two years at Erenkoy Enclave with no government help or support. Finally despite all inflictions they have passed through, they were sent to Turkish Republic by government. At their arrival, they were qualified by public not as heroes risking their lives, but as useless and unnecessary. They receive no guerdon. Criteria of Erenkoy Syndrom are distributed in two groups:

Conditions special to Erenkoy War:

- Extremely unexpected situation
- To be an adolescent
- Absence or insufficient military education
- To be exposed to severe life threatening and injury
- Not easy to resist war atmosphere
- Social support only among themselves
- Lifelong negative impact of war
- Absence of mental readiness

Psychological symptoms:

- Feelings of hopelessness and disappointment
- Feeling strong without any expectations
- Disturbing regret feelings
- Feelings of not being understood

5. CONCLUSION

As a result of the present study even after long period of time PTSD symptoms can be found. Furthermore, a study have shown that a special conditions of war, can cause endemic psychological complaints.

"Normal young boys were taken out of their offices and factories and classrooms and put into the ranks. There they were made over; they were made to face, to regard murder as the daily activity. They were put shoulder to shoulder and, through mass psychology, they entirely changed. They were trained and made think that they kill or would be killed. Those boys in the post war period now need to face another reality and accept killing as anti-social deed as it was normal for them years ago. However all those experiences do not simply evaporate and disappear. Years spent with "kill or be killed" mindset. And now those mature boys had to deal with their problems on their own. Readjustment after years of mass psychology trainings and dramatic experiences is never easy, and it was harder especially for them. Society didn't need them anymore. So they were scattered without any speeches or parades.

Many, too many, of these fine young boys are eventually destroyed, mentally, because they could not make that final mindset readjustment on their own.

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APPENDIX A

Mücahitlere Uygulanacak Form

Yarı Yapılandırılmış Görüşme Formu

1- Tarih:

2- Yaşı:

3- Eğitim Durumu:

0= Yok 1= Okur-yazar 2=İlkokul 3=Ortaokul
4=Lise 5= Üniversite 6= Yüksek lisans, doktora

4- Mücahitlik Öncesi Eğitimi:

0= Yok 1= Okur-yazar 2=İlkokul 3=Ortaokul
4=Lise 5= Üniversite 6=Yüksek lisans, doktora 7=Üniversite öğrencisi

5- Medeni Durumu:

1=Evli 2=Bekar 3=Dul 4=Ayrılmış 5=Nişanlı

6- Mücahitlik Öncesi Medeni Durumu:

1=Evli 2=Bekar 3=Dul 4=Ayrılmış 5=Nişanlı

7- Mesleği:

1=İşçi 2=Çiftçi 3=Memur 4=Esnaf 5=Ticaret, sanayici
6=Serbest 7=Asker 8=Üst düzey bürokrat 9=Üst düzey yönetici
10=Akademisyen 11=Öğrenci 12=İşçi 13=Emekli

9- Gelir düzeyi

1. Aylık Gelir (toplam milyon TL):
2. 1=Düşük 2=Orta halli 3=İyi 4=Çok iyi

10- Mücahitlik öncesi herhangi bir cemiyete üyemiydiniz?

- 1=Evet 2=Hayır

11- Mücahitlik öncesi yaşanan problemlerle ilgili cemiyetin düzenlediği etkinliklere (miting, vb.) katılıyormuydunuz?

- 1=Evet, hepsine 2=Evet, bir kısmına 3=Hayır katılmıyordum

12-Askeri rütbeniz ne idi?.....

A. Mücahitlik için askeri eğitim aldınız mı?

- 1=Evet 2=Hayır

B. Askeri eğitim aldıysanız kaç hafta sürdü?.....

13- Ne kadar süre mücahitlik yaptınız?

.....yıl (19..... - 19..... arası)

14- Mücahitliğe yazılırken umduklarınız yapabildiniz mi?

- 1= Evet 2= Hayır

15- Rum saldırısı sırasında yaralandınız mı?

- 1= Evet, yaşam tehdit eden bir yaralanma
- 2= Evet, ayakta tedavisi yapılan bir yaralanma

3= Hayır, herhangi bir yara almadım

16- A. Rum saldırısı sırasında arkadaşınızın yaralanmalarına tanık oldunuz mu?

1=Evet

2=Hayır

B. Evetse yaralanmanın ciddiyeti ne idi?

1= Ayaktan tedavi gören hafif yara

2= Hayati tehdit taşıyan ağır yara

C. Yaralanan kişinin yakınlık derecesi ne idi?

1= Yakın arkadaşım

2= İyi tanıdığın bir arkadaş

3= Uzaktan tanıdığım biri

17- Rum saldırısı sırasında arkadaşınızın ölümüne tanık oldunuz mu?

1=Evet

2=Hayır

18- Sizce bu olaya zihnen ne kadar hazırlıklı idiniz?

0= Çok hazırlıklı

1=Biraz hazırlıklı

2=Hiç hazırlıklı değil

19- Sizin için yaşadıklarınız ne ölçüde umulmadık bir olaydı?

0=Hiç değil

1= Biraz

2= Orta

3=Çok ani, umulmadık

20- Amaca bağlılık derecesi

0= Çok bağlı (kendini feda etme noktasında)

1=Oldukca bağlı (etkin çalışma, özel yaşamı fikirlerine göre belirlenmiş)

2=Orta derecede bağı (bazı çalışmaları varsada yaşam biçimini değiştirecek önemde değil)

3= Az bağı (sempatizan ama etkin çalışması yok)

4= Hiç bağı değil (tesadüfen karışmış)

21- A. O koşullarda sizi sonradan rahatsız eden, pişmanlık duyduğunuz, yada “keşke öyle yapmasaydım” dediğiniz davranışlarınız oldumu?

0=Hayır

1=Evet

B. Evetse bu davranışınız diğerlerini ne derece zor duruma soktu (yada zor duruma sokabilirdi)?

0=Hiç zorluk yok

1=Biraz

2=Orta derece

3=Oldukca

4=İleri derecede zorluk (yaşamını tehlikeye atma)

22- Bu deneyimin yaşamınız (sağlığınız/ aileniz/ sosyal yaşamınız/ ekonomik durumunuz/ iş veya eğitim durumunuz/ siyasi kariyeriniz) üzerinde ne ölçüde etkisi oldu?

0=Hiç etkilemedi

1= Hafif

2=Orta

3=Oldukca şiddetli

4= Çok şiddetli

Olumlu

Olumsuz

- a) Fiziksel (sağlık)
- b) Aile
- c) Sosyal yaşam
- d) Ekonomik
- e) İş/okul
- f) Politik kariyer
- g) Global değerlendirme

23- Mücahitlik yaptığınız süre boyunca yaşadıklarınız sizi zorladı mı?

0=Kolaylıkla dayanılabiliyordu 1=Hafif derecede 2=Orta derecede
3=Oldukca 4=İleri derecede/dayanılmaz şiddette

24- O dönem boyunca arkadaşlarınızdan /akrabalarınızdan ne kadar destek gördünüz?

0=Çok fazla 1=Orta 2=Biraz 3=Hiç

a)eşi/nişanlısı/sevgilisi:

b)akrabaları:

c)arkadaşları:

d)anne-baba:

25- Mücahitlik sonrası eşiniz/arkadaşlarınız/akrabalarınızı /öğretmenleriniz size yardım ettiler ve destek oldular mı?

0=Çok fazla 1=Orta 2=Az 3=Hiç

a)eşi/nişanlısı/sevgilisi:

b)akrabaları:

c)arkadaşları:

d)öğretmenleri:

e)anne-baba:

26- Mücahitlik sonrası herhangi bir profesyonel yardım aldınız mı?

0=Hayır 1=Pratisyen doktor 2=Ruh sağlığı uzmanı

3=Diğer tıbbi yardım 4=Diğer

27- A. Mücahitlik öncesi tedavi gerektiren ruhsal bir rahatsızlık geçirdiniz mi?

0=Hayır 1=Alkol/madde bağımlılığı 2=Anksiyete hastalığı

3=Depresyon 4=Psikotik hastalık 5=Diğer

B. Bu hastalık için herhangi bir tedavi gördünüz mü?

0=Tedavi görmemiş 1=Ayakta 2=Yatarak

27-Mücahitlik sonrası alkol yada keyif verici maddelerde kullanmaya başladınız mı? (yada kullanımda önemli bir artış oldu mu?)

A.Alkol: 0=Hayır 1=Evet

B. Keyif verici madde: 0=Hayır 1=Evet

28-A. Mücahitlik döneminde yaşadığınız zorluklar yeterince açığa çıkarılarak kamuoyuna yansıtıldı mı?

0=Hayır 1=Evet 2=Bilmiyorum

B. Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

29- A. Devletten herhangi bir parasal yardım aldınız mı?

0=Hayır 1=Evet 2=Bilmiyorum

B. Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

30- A. Devletten parasal olmayan herhangi bir tazminat aldınız mı? (örneğin eğitim yada mesleki konularda özel hakların tanınması, vb.)

0=Hayır

1=Evet

2=Bilmiyorum

B. Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

31- Herhangi bir tazminat almadıysanız yada aldığınız tazminattan memnun değilseniz, ne tür bir tazminat beklerdiniz (parasal yada başka türlü) ve kimden?.....

32- A. İnandıklarınız uğruna verdiğiniz mücadele süresince çektiğiniz acı ve sıkıntılar çevrenizde yeterince takdirle karşılandı mı?

0=Hayır

1=Evet

2=Bilmiyorum

B. Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

33- Yaptığınız katkılar çevrenizde yeterince takdirle karşılandı mı?

0=Hayır

1=Evet

2=Bilmiyorum

B. Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

34- Alkol kullanıyormusunuz?

0=Hayır

1=Evet

35- Ne miktarda ve ne sıklıkta kullanıyorsunuz?

36- Bu miktarda alkolü ne zamandan beri kullanıyorsunuz? (ay olarak)

37- Hiç içkiyi bırakma ihtiyacı hissettiniz mi?

0=Hayır

1=Evet

38- Başkaları sizin içki içmenizi eleştirdi mi?

0=Hayır

1=Evet

39- İçki içtiğiniz için kendiniz kötü yada suçlu hissettiğiniz oldu mu?

0=Hayır

1=Evet

40- Sabah uyanır uyanmaz sinirlerinizi yatıştırmak için yada baş ağrısından kurtulmak için ilk iş olarak içki içtiniz mi?

0=Hayır

1=Evet

41- A. Anne, baba, kardeşleriniz ve diğer akrabalarınız arasında ruhsal bir rahatsızlık geçiren var mı?

0=Hayır

1=Alkol/madde bağımlılığı 2=Anksiyete hastalığı

3=Depresyon

4=Psikotik hastalık

5=Diğer

B. Yakınlık derecesi:

1=Anne

2=Baba

3=Anne+baba

4=Kardeş

5=Diğer akraba

C. Tedavi biçimi

0=Tedavi görmemiş 1=Ayakta

2=Yatarak

APPENDIX B

Erenkoy Mücahitlerine Uygulanacak Form

Yarı Yapılandırılmış Görüşme Formu

1- Tarih:

2- Yaşı:

3- Eğitim Durumu:

0= Yok 1= Okur-yazar 2=-İlkokul 3=Ortaokul
4=Lise 5= Üniversite 6= Yüksek lisans,
doktora

4- Olay Öncesi Eğitimi:

0= Yok 1= Okur-yazar 2=-İlkokul 3=Ortaokul
4=Lise 5= Üniversite 6= Yüksek lisans,
doktora
7= Üniversite öğrencisi

5- Medeni Durumu:

1=Evli 2=Bekar 3=Dul 4=Ayrılmış
5=Nişanlı

6- Olay Öncesi Medeni Durumu:

1=Evli 2=Bekar 3=Dul 4=Ayrılmış
5=Nışanlı

7- Mesleği:

1=İşçi 2=Çiftçi 3=Memur 4=Esnaf
5=Ticaret, sanayici 6=Serbest 7=Asker 8=Üst düzey
bürokrat
9=Üst düzey yönetici 10=Akademisyen 11=Öğrenci 12=İşçi
13=Emekli

8- Gelir düzeyi

Aylık Gelir (TL):

1=Düşük 2=Orta halli 3=İyi 4=Çok iyi

9- Erenköy öncesi öğrenci cemiyetine üyemiydiniz?

1=Evet 2=Hayır

10- Erenköy öncesi Kıbrıs'da yaşanan problemlerle ilgili öğrenci cemiyetinin etkinliklerine (miting, vb.) katılmıyordunuz?

1=Evet, hepsine 2=Evet, bir kısmına 3=Hayır katılmıyordum

11- Giderken neler yapabileceğinizi tahmin ediyormuydunuz, planlarınız ne idi?

A.Milli Planlar:

B.Yerel Planlar:

12- İlk çıkan gruptamıydınız yoksa ilk çıkan gruba kaç ay sonra katıldınız?

1=İlk grup 2=.....

13- Erenköyde kaç ay kaldınız?.....

14- Askeri rütbeniz ne idi?.....

15- Erenköye çıkmadan önce askeri eğitim aldınız mı?

1=Evet 2=Hayır

16- Askeri eğitim aldıysanız kaç hafta sürdü?

a.Hafta=

b.Zorunlu askerlik=

17- Rum saldırısı sırasında yaralandınız mı?

1= Evet, yaşam tehdit eden bir yaralanma

2= Evet, ayakta tedavisi yapılan bir yaralanma

3= Hayır, herhangi bir yara almadım

18- Rum saldırısı sırasında arkadaşınızın yaralanmalarına tanık oldunuz mu?

1=Evet 2=Hayır

19- Evetse yaralanmanın ciddiyeti ne idi?

1= Ayaktan tedavi gören hafif yara

2= Hayati tehdit taşıyan ağır yara

20- Yaralanan kişinin yakınlık derecesi ne idi?

1= Yakın arkadaşım

2= İyi tanıdığım bir arkadaş

3= Uzaktan tanıdığım biri

21- Rum saldırısı sırasında arkadaşınızın ölümüne tanık oldunuz mu?

1=Evet 2=Hayır

22- Sizce bu olaya zihnen ne kadar hazırlıklı idiniz?

0= Çok hazırlıklı 1=Biraz hazırlıklı 2=Hiç hazırlıklı değil

23- Sizin için yaşadıklarınız ne ölçüde umulmadık bir olaydı?

0=Hiç değil 1= Biraz 2= Orta 3=Çok ani, umulmadık

24- Amaca bağlılık derecesi

0= Çok bağlı (kendini feda etme noktasında)

1=Oldukca bağlı (etkin çalışma, özel yaşamı fikirlerine göre belirlenmiş)

2=Orta derecede bağlı (bazı çalışmaları varsada yaşam biçimini değiştirecek önemde değil)

3= Az bağlı (sempatizan ama etkin çalışması yok)

4= Hiç bağlı değil (tesadüfen karışmış)

25- O koşullarda sizi sonradan rahatsız eden, pişmanlık duyduğunuz, yada “keşke öyle yapmasaydım” dediğiniz davranışlarınız oldumu?

0=Hayır 1=Evet

26- Evetse bu davranışınız diğerlerini ne derece zor duruma soktu (yada zor duruma sokabilirdi)?

0=Hiç zorluk yok 1=Biraz 2=Orta derece

3=Oldukca 4=İleri derecede zorluk (yaşamını tehlikeye atma)

27- Bu deneyimin yaşamınız (sağlığınız/ aileniz/ sosyal yaşamınız/ ekonomik durumunuz/ iş veya eğitim durumunuz/ siyasi kariyeriniz) üzerinde ne ölçüde etkisi oldu?

0=Hiç etkilemedi 1= Hafif 2=Orta
 3=Oldukca şiddetli 4= Çok şiddetli

i. Olumlu Olumsuz

- a. Fiziksel (sağlık)
- b. Aile
- c. Sosyal yaşam
- d. Ekonomik
- e. İş/okul
- f. Politik kariyer
- g. Global değerlendirme

28- Kaldığınız süre boyunca yaşadıklarınız sizi zorladı mı?

0=Kolaylıkla dayanılabiliyordu 1=Hafif derecede 2=Orta
 derecede 3=Oldukca 4=İleri derecede/dayanılmaz şiddette

29- O dönem boyunca arkadaşlarınızdan/akrabalarınızdan ne kadar destek gördünüz?

0=Çok fazla 1=Orta 2=Biraz 3=Hiç

- a)eşi/nişanlısı/sevgilisi:
- b)akrabaları:
- c)arkadaşları:
- d)anne-baba:

31-Olaydan sonra eşiniz/arkadaşlarınız/akrabalarınızı /öğretmenleriniz size yardım ettiler ve destek oldular mı?

0=Çok fazla 1=Orta 2=Az 3=Hiç
 a)eşi/nişanlısı/sevgilisi:

b)akrabaları:

c)arkadaşları:

d)öğretmenleri:

e)anne-baba:

32- Bu olaydan sonra herhangi bir profesyonel yardım aldınız mı?

0=Hayır 1=Pratisyen doktor 2=Ruh sağlığı uzmanı

3=Diğer tıbbi yardım 4=Diğer

33- Olaydan önce tedavi gerektiren ruhsal bir rahatsızlık geçirdiniz mi?

0=Hayır 1=Alkol/madde bağımlılığı 2=Anksiyete hastalığı

3=Depresyon 4=Psikotik hastalık 5=Diğer

34- Bu hastalık için herhangi bir tedavi gördünüz mü?

0=Tedavi görmemiş 1=Ayakta 2=Yatarak

35- Olaydan sonra alkol yada keyif verici maddelerde kullanmaya başladınız mı?

(yada kullanımda önemli bir artış oldu mu?) varsa ne idi ?.....

36- A.Alkol: 0=Hayır 1=Evet

37- B. Keyif verici madde: 0=Hayır 1=Evet

38- Sizce Erenköyde yaşanan zorluklar yeterince açığa çıkarılarak kamuoyuna yansıtıldı mı?

0=Hayır 1=Evet 2=Bilmiyorum

39- Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

40- Devletten herhangi bir parasal yardım aldınız mı?

0=Hayır 1=Evet 2=Bilmiyorum

41- Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

42- Devletten parasal olmayan herhangi bir tazminat aldınız mı? (örneğin eğitim yada mesleki konularda özel hakların tanınması, vb.)

0=Hayır

1=Evet

2=Bilmiyorum

43- Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

44- Herhangi bir tazminat almadıysanız yada aldığınız tazminattan memnun değilseniz, ne tür bir tazminat beklerdiniz (parasal yada başka türlü) ve kimden?.....

45- İnandıklarınız uğruna verdiğiniz mücadele süresince çektiğiniz acı ve sıkıntılar çevrenizde yeterince takdirle karşılandı mı?

0=Hayır

1=Evet

2=Bilmiyorum

46- Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

47- Yaptığınız katkılar çevrenizde yeterince takdirle karşılandı mı?

0=Hayır

1=Evet

2=Bilmiyorum

48- Sonuçtan ne kadar tatmin oldunuz?

1=Çok tatmin oldum rahatladım

2=Biraz tatmin oldum rahatladım

3=Hiç etkisi olmadı/bilmiyorum

4=Biraz rahatsız oldum

5=İleri derecede rahatsız oldum

49- Alkol kullanıyormusunuz?

0=Hayır

1=Evet

50- Ne miktarda ve ne sıklıkta kullanıyorsunuz?

51- Bu miktarda alkolü ne zamandan beri kullanıyorsunuz? (ay olarak)

52- Hiç içkiyi bırakma ihtiyacı hissettiniz mi?

0=Hayır

1=Evet

53- Başkaları sizin içki içmenizi eleştirdi mi?

0=Hayır

1=Evet

54- İçki içtiğiniz için kendiniz kötü yada suçlu hissettiğiniz oldu mu?

0=Hayır

1=Evet

55- Sabah uyanır uyanmaz sinirlerinizi yatıştırmak için yada baş ağrısından kurtulmak için ilk iş olarak içki içtiniz mi?

0=Hayır

1=Evet

56- Anne, baba, kardeşleriniz ve diğer akrabalarınız arasında ruhsal bir rahatsızlık geçiren var mı?

0=Hayır 1=Alkol/madde bağımlılığı 2=Anksiyete
hastalığı

3=Depresyon 4=Psikotik hastalık 5=Diğer

57- Yakınlık derecesi:

1=Anne 2=Baba 3=Anne+baba

4=Kardeş 5=Diğer akraba

58- Tedavi biçimi 0=Tedavi görmemiş 1=Ayakta 2=Yatarak

APPENDIX C

CAPS-1

A.Kriteri : Kişi aşağıdakilerden her ikisinin varlığında travmatik bir olaya maruz kalmıştır:

1) Kişi gerçek bir ölüm veya ölüm tehditi, ağır bir yaralanma veya kendisinin veya başkalarının fiziksel bütünlüğünü tehdit edici bir olay veya olayları yaşamış, tanık olmuş veya böyle bir olayla karşı karşıya gelmiştir.

2) Kişinin tepkileri aşırı korku, çaresizlik veya dehşete düşme şeklinde olmuştur. Not: Çocuklarda bu tepkiler dağılmış veya ajite davranış şeklinde ifade edilebilir

Size bazen insanların başına gelen zor veya stresli bazı olaylar hakkında sorular soracağım. Bunlara verilebilecek örnekler: herhangi tipte ciddi bir kaza geçirmek; yangın, kasırga veya depremin içinde bulunmak; gaspa uğramak, dövülmek veya bir silahlı saldırıya uğramak; isteğiniz haricinde cinsel ilişkiye zorlanmak olabilir. Bu gibi yaşantıları içeren bir listeye bakmanızı ve herhangi birisinin sizin başınızdan geçip geçmediğini kontrol etmenizi isteyerek başlayacağım. Daha sonra, herhangi birisi sizin başınızdan geçtiyse; sizden neler olduğunu kısaca tarif etmenizi ve o anda neler hissettiğinizi anlatmanızı isteyeceğim.

Bu yaşantılardan bazılarını hatırlamak güç olabilir veya bazı rahatsız edici anıları veya duyguları tekrar canlandırabilir. İnsanlar sıklıkla bunlar hakkında konuşmayı yararlı bulurlar, ancak bana ne kadarını anlatmak istediğinize siz karar vereceksiniz. Kendinizi rahatsız/üzgün hissederseniz lütfen bana söyleyiniz, daha yavaş ilerleyip bunun hakkında konuşabiliriz. Ayrıca herhangi bir şey sormak istedinizde veya anlamadığınız birşey olduğunda lütfen bana söyleyiniz. Başlamadan önce soracağınız bir şey var mı?

EĞER LISTEDEKİ HİÇBİR OLAY BELİRTİLMEMİŞSE: (Hiç hayatınızın tehlikede olduğu veya ciddi şekilde yaralandığınız veya zarar gördüğünüz bir zaman oldu mu?)

HAYIR İSE: (Gerçekten yaralanmasanız veya zarar görmeseniz bile hiç ciddi bir yaralanma veya ölümle tehdit edildiğiniz oldu mu?)

HAYIR İSE: (Bunun gibi bir olayın bir başkasına oluşuna tanık oldunuz mu veya bir yakınınızın başına geldiğini öğrendiğiniz oldu mu?)

HAYIR İSE: (Hayatınız boyunca yaşadığınız en stresli yaşantılarınızdan bazılarını söyler misiniz ?

1.OLAY

ne olmuştu? (Kaş yaşıdaydınız? Başka kimler vardı? Kaç kere olmuştu? Hayati tehlike Ciddi yaralanma?)

Tanımlayınız (olay tipi, mağdur, fail, yaş, sıklık)

Duygusal olarak nasıl tepki vermiştiniz?

(bunaltılıymıydınız veya korkmuşmuydunuz? /Dehşete düşmek/ Çaresiz hissetmek/ Ne hissettiniz? Sersemlemişmiydiniz veya hiçbir şey hissedemeyecek şekilde şokdamıydınız?

Diğer insanların duygusal tepkileriniz hakkında farkettileri nelerdi? Olaydan sonra ne tür duygusal tepkileriniz oldu?

A.(1)

Hayati tehlike? EVET HAYIR (kendisine_____ başkasına_____
)

Ciddi yaralanma? EVET HAYIR (kendisine_____ başkasına_____))

Fiziksel bütünlüğe tehdit? EVET HAYIR (kendisine_____
başkasına_____)

A.(2)

Aşırı korku/çaresizlik/dehşete düşme? EVET HAYIR (o sırada_____
sonrasında_____)

A kriteri karşılanıyor mu? HAYIR OLASI EVET

2.OLAY

Ne olmuştu? (Kaş yaşındaydınız? Başka kimler vardı? Kaç kere olmuştu? Hayati tehlike Ciddi yaralanma?)

Tanımlayınız (olay tipi, mağdur, fail, yaş, sıklık)

Duygusal olarak nasıl tepki vermiştiniz?

(Bunaltılıymıydınız veya korkmuşmuydunuz? /Dehşete düşmek/ Çaresiz hissetmek/ Ne hissettiniz? Sersemlemişmiydiniz veya hiçbir şey hissedemeyecek şekilde şokdamıydınız?

Diğer insanların duygusal tepkileriniz hakkında farkettileri nelerdi? Olaydan sonra ne tür duygusal tepkileriniz oldu?

A. (1)

Hayati tehlike? EVET HAYIR (kendisine_____ başkasına_____)

Ciddi yaralanma? EVET HAYIR (kendisine_____ başkasına_____)

Fiziksel bütünlüğe tehdit? EVET HAYIR (kendisine_____ başkasına_____)

A. (2)

Aşırı korku/çaresizlik/dehşete düşme? EVET HAYIR (o sırada_____ sonrasında_____)

A kriteri karşılanıyor mu? HAYIR OLASI EVET

3.OLAY

Ne olmuştu? (Kaş yaşındaydınız? Başka kimler vardı? Kaç kere olmuştu? Hayati tehlike Ciddi yaralanma?)

Tanımlayınız (olay tipi, mağdur, fail, yaş, sıklık)

Duygusal olarak nasıl tepki vermiştiniz?

(Bunaltılımiydınız veya korkmuşmuydunuz? /Dehşete düşmek/ Çaresiz hissetmek/ Ne hissettiniz? Sersemlemişmiydiniz veya hiçbir şey hissedemeyecek şekilde şokdamıydınız?

Diğer insanların duygusal tepkileriniz hakkında farkettileri nelerdi? Olaydan sonra ne tür duygusal tepkileriniz oldu?

A. (1)

Hayati tehlike? EVET HAYIR (kendisine_____ başkasına_____)

Ciddi yaralanma? EVET HAYIR (kendisine_____ başkasına_____)

Fiziksel bütünlüğe tehdit? EVET HAYIR (kendisine_____ başkasına_____)

A. (2)

Aşırı korku/çaresizlik/dehşete düşme? EVET HAYIR (o sırada_____ sonrasında_____)

A kriteri karşılanıyor mu? HAYIR OLASI EVET

Görüşmenin geri kalan kısmında bu olayların sizi nasıl etkileyebileceği hakkında bazı sorular soracağımı bilmenizi istiyorum.

Size bir çoğu iki bölümlü yaklaşık 25 soru soracağım. İlk olarak bu tür bir sorunuz olup olmadığını soracağım, eğer varsa son ay içinde hangi sıklıkta

olduğunu soracağım. Daha sonra bu sorunun sizde ne kadar zorlanma ve rahatsızlığa neden olduğunu soracağım.

B.Kriteri: Travmatik olay aşağıdakilerden biri veya daha fazlası yoluyla sürekli olarak yeniden yaşanır.

1. (B-1) Imgeler, düşünceler ve algıları içeren; olayın tekrarlayıcı, elde olmadan hatırlanan sıkıntı verici anıları. Not: Küçük çocuklarda travmanın temaları veya çeşitli yönlerinin ifade edildiği tekrarlayan oyunlar görülebilir.

<u>Sıklık</u>	<u>Siddet</u>	<u>Şimdiki</u>
<p>Olayla ilgili istenmeyen anıları hiç hatırladığınız oldu mu? Bunlar Neye benziyorlardı?</p> <p>(Ne hatırladınız?) (EĞER AÇIK DEĞİLSE) (Uyanıkken de oldu mu veya sadece rüyanızda mı oldu?) (EĞER ANILAR SADECE RÜYALARDA OLDUYSA DIŞLAYIN)</p> <p>Bu anıları son bir ayda hangi sıklıkta hatırladınız?</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p>	<p>Bu anılar sizde ne kadar zorlanma ve rahatsızlığa neden oldu? Bunları aklınızdan çıkarıp başka birşey düşünebiliyor musunuz? (Bunun için ne kadar çaba sarfetmek zorunda kaldınız?)</p> <p>Hayatınızı olumsuz yönde ne kadar etkiledi?</p> <p>0 hiç</p> <p>1 hafif; minimal sıkıntı ve etkinliklerde kısıtlanma</p> <p>2 orta; sıkıntı var ancak halen başa çıkılabilir düzeyde, etkinliklerde biraz kısıtlanma</p> <p>3 ciddi; belirgin sıkıntı, anıları uzaklaştırmada zorluk, etkinliklerde belirgin kısıtlanma</p> <p>4 ağır; engelleyici/sınırlayıcı sıkıntı, anıları uzaklaştıramaz, etkinlikleri</p>	<p>i</p> <p>S_____</p> <p>Ş_____</p> <p>Hayat boyu</p> <p>S_____</p>

Tanım/ örnekler	hiçbir şekilde sürdürememe Belirtiniz_____	§_____
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2. (B-2)

Olayın sıkıntı verici tekrarlayan rüyaları. **Not** : Çocuklar içeriğin tam belli olmadığı korkunç rüyalar görebilirler.

<p><u>Sıklık</u></p> <p>Hiç olay hakkında hoş olmayan rüyalar gördünüz mü? Tipik bir tanesini anlatınız.</p> <p>(rüyalarınızda neler oluyor?) Bu rüyaları son bir ay içinde hangi sıklıkta gördünüz?</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p> <p>Tanım/ örnekler</p>	<p><u>Siddet</u></p> <p>Bu rüyalar sizde ne kadar zorlanma ve rahatsızlığa neden oldu? Hiç uykudan uyanmanıza neden oldu mu? (EVET ISE)</p> <p>(Uyandığınızda ne oldu? Tekrar uykuya dalmanız ne kadar sürdü?) (SIKINTIYLA UYANMA, ÇIĞLIK ATMA , KABUSTA GIBI DAVRANMA VAR MI?)(Başkaları da rüyalarınızdan etkilendi mi? Nasıl?)</p> <p>0 hiç</p> <p>1 hafif; minimal sıkıntı ve etkinliklerde kısıtlanma</p> <p>2 orta; sıkıntı var ancak halen başa çıkılabilir düzeyde, etkinliklerde biraz kısıtlanma</p> <p>3 ciddi; belirgin sıkıntı, anıları uzaklaştırmada zorluk, etkinliklerde</p>
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	belirgin kısıtlanma
	4 ağır; engelleyici/sınırlayıcı sıkıntı,anıları uzaklaştıramama, etkinlikleri hiçbir şekilde sürdürememe Belirtiniz_____

3. (B-3) Travmatik olay sanki yeniden oluyormuş gibi davranma veya hissetme (o yaşantıyı yeniden yaşama , illüzyonlar, halusinasyonlar ve disosiyatif “geriye dönmeler”/flashbacks .Uyanmak üzereyken veya sarhoşken yaşananları da kapsar)

<u>Sıklık</u>	<u>Şiddet</u>	<u>Şimdiki</u>
<p>Hiç aniden (olay) tekrar oluyormuş gibi davrandığınız veya hissettiğiniz oldu mu? (Olayla ilgili “geriye dönmeler”/flashbacks yaşadınız mı?) (AÇIK DEĞİLSE) : (Bu uyanıkken mi; yoksa sadece rüyadamı oldu?) (SADECE RÜYADA OLMUŞ İSE DIŞLAYIN) Bundan biraz daha bahsedin. Son bir ay içinde hangi sıklıkta oldu?</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p>	<p>Olay ne derecede tekrar oluyormuş gibi gözüktü ? (O anda ne yaptığınız ve nerede olduğunuz hakkında şaşkın bir halde miydiniz ?) Bu ne kadar sürdü? Bu olurken ne yaptınız? (Başkaları davranışınızı farketti mi? Ne söylediler?)</p> <p>0 Yeniden yaşama yok</p> <p>1 Hafif , bir şekilde sadece olay hakkında düşünmekten daha gerçeğe yakın</p> <p>2 Orta , belirli ancak geçici disosiyatif nitelikli, halen çevrenin oldukça farkında , hayale dalma niteliğinde</p> <p>3 Ciddi, belirgin şekilde disosiyatif (imgeler, sesler veya kokular tanımlar) ancak çevrenin farkında olma hali biraz korunmuş</p>	<p>i</p> <p>S_____</p> <p>S_____</p> <p>Hayat</p> <p>boyu</p> <p>S_____</p>

Tanım/ örnekler	4 Ağır, tam disosiyasyon (flashback), çevrenin hiç farkında değil, bu dönem için olası amnezi Belirtiniz_____	\$_____
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4. (B-4)

Travmatik olayın bir yönünü temsil eden veya andıran içsel veya dışsal olaylarla karşılaşma üzerine yoğun psikolojik sıkıntı duyma

Sıklık	Şiddet	<u>Şimdiki</u>
Herhangi birşey size olayı hatırlattığında kendinizi duygusal olarak rahatsız hissettiğiniz oldu mu? (Herhangi birşey olayla ilgili kötü duygularınızı tetikledi mi? Olayı hatırlatan ne tür şeyler sizi rahatsız etti ? Son bir ay içinde hangi sıklıkta oldu ?	Bunlar sizde ne kadar bir sıkıntı veya rahatsızlığa neden oldu ? Ne kadar sürdü ? Hayatınızı ne kadar etkiledi ?	i
0 hiçbir zaman 1 bir yada iki kez 2 haftada bir veya iki kez 3 haftada çeşitli kereler	0 hiç 1 hafif; minimal sıkıntı ve etkinliklerde kısıtlanma 2 orta; sıkıntı var ancak halen başa çıkılabilir etkinliklerde biraz kısıtlanma 3 ciddi; belirgin sıkıntı, anıları zaklaştırmada zorluk, etkinliklerde	S _____ Hayat boyu

<p>4 hemen hergün</p> <p>Tanım/ örnekler</p>	<p>belirgin kısıtlanma</p> <p>4 ağır; engelleyici/sınırlayıcı sıkıntı,anıları uzaklaştıramaz, etkinlikleri hiçbir şekilde sürdürememe</p> <p>Belirtiniz_____</p>	<p>S_____</p> <p>Ş_____</p>
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5. (B-5)

Travmatik olayın bir yönünü temsil eden veya andıran içsel veya dışsal olaylarla karşılaşma üzerine fizyolojik tepkiler gösterme

Sıklık	Şiddet	<u>Şimdiki</u>
<p>Herhangi bir şey size olayı hatırlattığında herhangi bir fiziksel tepkiniz oldu mu? (Size olayı hatırlatan birşey olduğunda vücudunuzun bir şekilde tepki verdiği oldu mu?)</p> <p>Örnekler verir misiniz? (Kalp atışlarınızda hızlanma veya nefes alıp vermenizde değişiklik oldu mu? Terleme, çok gergin veya titrek hissetme oldu mu?)</p> <p>Bu tepkileri ne tür olaylar tetikledi?</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p>	<p>Bu fiziksel tepkiler ne kadar kuvvetliydi ? Ne kadar sürdüler? (O durumdan çıktıktan sonra da sürdü mü?)</p> <p>0 Fiziksel tepki yok</p> <p>1 Hafif, minimal tepkiler</p> <p>2 Orta, açık fiziksel tepkiler var, yüzleşmenin sürdüğü koşulda devam edebilir</p> <p>3 Ciddi, Belirgin fiziksel tepkiler, karşılaşma boyunca sürer</p> <p>4 Ağır, dramatik fiziksel tepkiler , yüzleşme sonlandıktan sonra bile devam</p>	<p>i</p> <p>S_____</p> <p>Ş_____</p> <p><u>Hayat</u></p> <p><u>boyu</u></p>

3	haftada çeşitli kereler	eden uyarılabilirlik durumu	
4	hemen hergün	Belirtiniz_____	S_____
	Tanım/ örnekler		Ş_____

**C.Kriteri . Aşağıdakilerden üçü veya daha fazlasının olmasıyla belirli ,
Travmaya ilişkin uyarılardan sürekli kaçınma ve genel tepki verme düzeyinde
küntleşme**

(travmadan önce olmayan)

**6. (C-
1)**

Travmaya ilişkin düşünceler , duygular veya konuşmalardan kaçınma çabaları

Sıklık	Şiddet	<u>Simdik</u> <u>i</u>
<p>Olayla ilgili düşünceler veya duygulardan kaçınmaya çalıştığınız hiç oldu mu? (Ne tür düşünce veya duygulardan kaçınmaya çalıştınız?)</p> <p>Diğer insanlarla olay hakkında konuşmaktan kaçınmaya çalıştınız mı? (Neden ?) Bu son bir ay içinde hangi sıklıkta oldu ?</p>	<p>(DÜŞÜNCELER/ DUYGULAR/ KONUŞMALAR’ DAN) kaçınmak için ne kadar çaba sarfettiniz? (Ne gibi şeyler yaptınız? Alkol, ilaç veya madde kullandınız mı?) (DISTRAKSIYON, BASTIRMA VE ALKOL/ MADDE KULLANIMI DAHİL TÜM KAÇINMA ÇABALARINI DAHİL EDİN) Bu hayatınızı ne kadar etkiledi?</p>	<p>S_____</p> <p>Ş_____</p>

0	hiçbir zaman	0	Hiç	
1	bir yada iki kez	1	Hafif, minimal çaba, etkinliklerde çok az engellenme veya hiç engellenme olmaması	<u>Hayat</u>
2	haftada bir veya iki kez	2	Orta, biraz çaba, kaçınma mevcut, etkinliklerde bir miktar engellenme	<u>boyu</u>
3	haftada çeşitli kereler	3	Ciddi, belirgin çaba, belirgin kaçınma, etkinliklerde belirgin engellenme veya bir kaçınma stratejisi olarak belli etkinliklerle aşırı uğraşı	S_____
4	hemen hergün	4	Ağır, kaçınma için büyük çaba, etkinliklere devam edememe veya bir kaçınma stratejisi olarak belli etkinliklerle aşırı uğraş	Ş_____
Tanım/ örnekler		Belirtiniz_____		

Travmayla ilgili anıları uyandıran etkinlikler, yerler ve kişilerden kaçınma çabaları

7. (C-2)

Sıklık	Şiddet	<u>Şimdiki</u>
Size olayı hatırlatan belirli etkinlikler, yerler veya kişilerden kaçınmaya hiç çalıştınız mı ? (Ne tür şeylerden kaçındınız? Neden ?) Bu son bir ay	(ETKİNLİKLER/ YERLER/ KİŞİLER'DEN) kaçınmak için ne kadar çaba sarfettiniz ? (Bunların yerine ne yaptınız ?) Bu hayatınızı ne	i

içinde hangi sıklıkta oldu ?	kadar etkiledi ?	S_____
0 hiçbir zaman	0 Hiç	Ş_____
1 bir yada iki kez	1 Hafif, minimal çaba, etkinliklerde az veya hiç engellenme	
2 haftada bir veya iki kez	2 Orta, biraz çaba, kaçınma mevcut, etkinliklerde bir miktar engellenme	
3 haftada çeşitli kereler	3 Ciddi, belirgin çaba, belirgin kaçınma, etkinliklerde belirgin engellenme veya bir kaçınma stratejisi olarak belli etkinliklerle aşırı uğraş	<u>Hayat</u>
4 hemen hergün	4 Ağır, kaçınma için büyük çaba, etkinliklere devam edememe veya bir kaçınma stratejisi olarak belli etkinliklerle aşırı uğraşı	<u>boyu</u>
Tanım/ örnekler	Belirtiniz_____	S_____
		Ş_____

8. (C-3) Travmanın önemli bir yönünü anımsayamama

Sıklık	Şiddet	<u>Şimdiki</u>
OLAYın önemli bazı bölümlerini hatırlamakta güçlük çektiğiniz oldu mu ?	Olayın önemli bölümlerini hatırlamakta ne kadar güçlük çektiniz ? (Çaba gösterirseniz daha fazlasını hatırlayabiliyor muydunuz?)	i
(Bunları hatırlayabileceğinizi hissediyor musunuz? Sizce neden		S_____

hatırlayamıyorsunuz ?)	0 yok	
Son bir ay içinde olayın önemli bölümlerinin ne kadarını hatırlamakta güçlük çektiniz ? (Halen hangi bölümlerini hatırlayabiliyorsunuz ?)	1 Hafif, minimal zorluk	Ş _____
	2 Orta, Bir miktar güçlük, çaba ile hatırlayabiliyor	
0 bellek sorunu yok	3 Ciddi, çaba ile bile belirgin güçlük	
1 Küçük bir bölüm hatırlanamaz (%10'dan az)	4 Ağır, olayın önemli bölümlerini hiçbir şekilde hatırlayamama	<u>Hayat</u>
2 Bazı bölümleri hatırlanamaz (yaklaşık % 20-30)	Belirtiniz_____	<u>boyu</u>
3 Birçok bölüm hatırlanamaz (yaklaşık % 50-60)		S _____
4 Çoğu yada tamamı hatırlanamaz (% 80'den fazlası)		Ş _____
Tanım/ Örnekler		

9. (C-4)

Önemli etkinliklere karşı ilginin veya bunlara katılımın belirgin olarak azalması

Sıklık	Şiddet	<u>Şimdiki</u>
Önceden hoşlandığınız etkinliklere karşı ilginizde bir azalma oldu mu ? (Ne gibi şeylere karşı ilginizde azalma oldu ? Tamamen yapmayı bıraktığınız	İlgi kaybınız ne ölçüde idi ? (Bir kere başayınca etkinliklerden zevk alabiliyor muydunuz ?)	i

<p>şeyler var mı? Neden ?) (FIRSAT OLMAMASI, FİZİKSEL ENGEL OLMASI VE TERCİHLERDE GELİŞİMSEL OLARAK UYGUN DEĞİŞİKLİKLERİ DIŞLAYIN) Son bir ayda</p> <p>kaç etkinliğe karşı ilgi azalmanız oldu ? (halen ne tür şeyleri yapmaktan hoşlanıyorsunuz ?) İlk olarak ne zaman böyle hissetmeye başladınız ? (Olaydan sonra)</p> <p>0 Yok</p> <p>1 Az miktarda (%10'dan daha az)</p> <p>2 Bazı etkinlikler (yak. % 20-30)</p> <p>3 Birçok etkinlik (yak. % 50-60)</p> <p>4 Etkinliklerin çoğu veya tamamı (%80'den fazlası)</p> <p>Tanım/ Örnekler</p>	<p>0 İlgi kaybı yok</p> <p>1 Hafif, hafif ilgi kaybı, olasılıkla etkinliklere başladıktan sonra hoşlanabilir</p> <p>2 Orta, ilgi kaybı mevcut ancak halen bazı etkinliklerden zevk alıyor</p> <p>3 Ciddi, etkinliklerde belirgin ilgi kaybı</p> <p>4 Ağır, ilginin tamamen kaybı, hiçbir etkinliğe katılamama</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi : <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p>S_____</p> <p>Ş_____</p> <p>Hayat boyu</p> <p>S_____</p> <p>Ş_____</p>
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10. (C-5)

İnsanlardan kopma veya yabancılaşma duyguları

Sıklık	Şiddet	<u>Şimdiki</u>
<p>Hiç kendinizi insanlardan kopmuş veya onlara uzak hissettiniz mi ? Son bir ayın ne kadarlık bir bölümünde bu şekilde hissettiniz ? İlk olarak ne</p>	<p>Diğer insanlara karşı hissettiğiniz uzaklık</p> <p>veya kopukluk duyguları ne kadar</p>	<p>i</p>

<p>zaman böyle hissetmeye başladınız ? (olaydan sonra)</p> <p>0 Hiçbir zaman</p> <p>1 Çok kısa bir zaman (% 10'dan az)</p> <p>2 Bazı zamanlar (yak. % 20-30)</p> <p>3 Çoğu zaman (yak. % 50-60)</p> <p>4 Çoğu zaman veya her zaman (%80'den fazla)</p> <p>Tanım/ Örnekler</p>	<p>güçlüydü ? (Kendinizi kime en yakın hissediyorsunuz ? Kişisel konularda rahatça konuşabildiğiniz kaç kişi var ?)</p> <p>0 Kopukluk/ yabancılaşma duygusu yok</p> <p>1 Hafif, kendini diğerleriyle aynı frekansta hissetmeyebilir</p> <p>2 Orta, kopukluk duygusu açıkça mevcut, ancak halen bazı kişilerarası bağları mevcut</p> <p>3 Ciddi, birçok insana karşı belirgin kopukluk/ yabancılaşma duyguları, bir veya iki insana yakın hissedebilir</p> <p>4 Ağır, tamamen kopuk veya uzak hisseder,</p> <p>kimseyle yakın değildir</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p>S_____</p> <p>Ş_____</p> <p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>Ş_____</p>
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11. (C-6)

Duygulanımda kısıtlılık (örn. Sevgi duygularına sahip olamama)

Sıklık	Şiddet	Simdik i
<p>Kendinizi duygusal olarak künt hissettiğiniz veya sevgi yada mutluluk duygularını hissetmekte güçlük çektiğiniz zamanlar oldu mu ? Neye benziyordu ? (Hangi duyguları hissetmekte zorluk çektiniz?) Son bir ayın ne kadarında bu şekilde hissettiniz ? Duyguları hissetmekte ilk olarak ne zaman güçlük çekmeye başladınız ? (olaydan sonra)</p> <p>0 Hiçbir zaman</p> <p>1 Çok kısa bir zaman (% 10'dan az)</p> <p>2 Bazı zamanlar (yak. % 20-30)</p> <p>3 Çoğu zaman (yak. % 50-60)</p> <p>4 Çoğu zaman veya her zaman (%80'den fazla)</p> <p>Tanım/ Örnekler</p>	<p>(Duyguları) hissetmekte ne kadar güçlük çektiniz ? (Halen hangi duyguları hissedebiliyorsunuz ?) GÖRÜŞME BOYUNCA GÖZLENEN DUYGULANIMI DAHİL EDİN)</p> <p>0 Duygusal yaşantıda indirgenme yok</p> <p>1 Hafif, duygusal yaşantıda hafif indirgenme</p> <p>2 Orta, duygusal yaşantıda açık indirgenme ancak halen çoğu duyguyu hissedebilir</p> <p>3 Ciddi, en az iki primer duyguda (örn. Sevgi, mutluluk) belirgin indirgenme</p> <p>4 Ağır, duygusal yaşantıda tam kayıp</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p>S_____</p> <p>Ş_____</p> <p>Hayat</p> <p>boyu</p> <p>S_____</p> <p>Ş_____</p>

Bir geleceği kalmadığı duygusu (Bir mesleği, evliliği, çocukları veya olağan bir yaşam süresi olacağı beklentisine sahip olmama)

Sıklık	Şiddet	<u>Şimdiki</u>
<p>Bir şekilde ömrünüzün kısaldığını ve gelecek için plan yapmanın gereksiz olduğunu hissettiğiniz oldu mu ?</p> <p>Neden ?</p> <p>(HAYATI TEHLIKENİN OLDUĞU TIBBİ DURUMLAR GIBİ GERÇEKÇİ RİSKLERİ DIŞLAYIN) Son bir ay içinde zamanınızın ne kadarında böyle hissettiniz ? İlk olarak böyle hissetmeye ne zaman başladınız ?</p> <p>(Olaydan sonra)</p> <p>0 Hiçbir zaman</p> <p>1 Çok kısa bir zaman (% 10'dan az)</p> <p>2 Bazı zamanlar (yak. % 20-30)</p> <p>3 Çoğu zaman (yak. % 50-60)</p> <p>4 Çoğu zaman veya her zaman (%80'den fazla)</p>	<p>Ömrünüzün kısaldığına dair bu duygu ne kadar güçlü idi ? (Ne kadar yaşayacağınızı düşünüyorsunuz ? Erken bir tarihte öleceğinize ne kadar inanıyorsunuz ?)</p> <p>0 Ömrünün kısaldığı gibi bir duygusu yok</p> <p>1 Hafif, ömrünün kısaldığına dair hafif bir duygu</p> <p>2 Orta, ömrünün kısaldığı duygusu açıkça mevcut, ancak uzunluğu hakkında özgül bir tahmini yok</p> <p>3 Ciddi, belirgin ömrünün kısaldığı duygusu, uzunluğu hakkında özgül bir tahmini olabilir</p> <p>4 Ağır, Ömrünün kısaldığına dair bunaltıcı duygu, erkenden öleceğine tamamen inanma</p> <p>Belirtiniz_____</p>	<p>i</p> <p>S_____</p> <p>Ş_____</p> <p>Hayat</p> <p>boyu</p> <p>S_____</p> <p>Ş_____</p>
<p>Tanım/ Örnekler</p>	<p>Travma ilişkisi: <u>kesin</u> <u>olası</u></p> <p><u>yok</u></p>	

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D. Kriteri : Aşağıdakilerden ikisinin (veya daha fazlasının) bulunması ile belirli, devamlı artmış uyarılmışlık semptomları

13.(D-1)

Uykuya dalmakta veya uykuyu sürdürmede güçlük

Sıklık	Şiddet	Şimdiki
<p>Hiç uykuya dalma veya uykuyu sürdürmede sorunuz oldu mu? Son bir ay içinde hangi sıklıkta oldu ? İlk olarak</p> <p>ne zaman başladı ? (olaydan sonra)</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p> <p>Uykuya dalma sorunu ? E H</p> <p>Uykudan uyanma ? E H</p>	<p>Uykunuz ile ilgili ne kadar sorunuz oldu?</p> <p>(Uykuya dalmanız için ne kadar süre geçti ?</p> <p>Geceleri kaç defa uyandınız ? Sıklıkla uyanmak istediğiniz saatten daha erken uyandığınız oldu mu ? Bir gecede toplam uyku süreniz nedir ?)</p> <p>0 Uyku sorunu yok</p> <p>1 Hafif, uyku latansında hafif uzama veya uykuyu sürdürmede minimal zorluk (en çok 30 dk. uykusuzluk)</p> <p>2 Orta, açık uyku bozukluğu, uzamış latans veya uykuyu sürdürmede açık güçlük (30-90 dk uykusuzluk)</p>	<p>İ</p> <p>S_____</p> <p>Ş_____</p> <p>Hayat boyu</p>

Erken uyanma ? E H	3 Ciddi, oldukça uzamış latans veya uykuyu sürdürmede belirgin güçlük (90 dk- 3 saat uykusuzluk)	S_____
Toplam uyku saati _____	4 Ağır, çok uzamış latans veya uykuyu sürdürmede aşırı güçlük (3 saatten fazla)	Ş_____
Istenen uyku saati _____	Belirtiniz _____	
	Travma ilişkisi: kesin olası yok	

14.(D-2)

Irritabilite veya öfke patlamaları

<p>Sıklık</p> <p>Hiç özellikle huzursuz hissettiğiniz veya kuvvetli öfke duyguları gösterdiğiniz oldu mu ? Bazı örnekler verebilir misiniz ?</p> <p>Bunlar son bir ay içinde hangi sıklıkta oldu? İlk olarak ne zaman böyle hissetmeye başladınız ? (Olaydan sonra)</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p>	<p>Şiddet</p> <p>Ne kadar öfkeliydiniz ? (Bunu nasıl gösterdiniz?) (BASTIRMA VARSA) : Öfkenizi göstermemek sizin için ne kadar zordu? Sakinleşmeniz ne kadar zaman aldı? Öfkeniz herhangi bir soruna yol açtı mı?</p> <p>0 Irritabilite veya öfke yok</p> <p>1 Hafif, minimal irritabilite, öfkeliyken sesini yükseltme</p> <p>2 Orta, açık irritabilite veya öfkeyi bastırma çabaları ancak çabuk üstesinden</p>	<p>Şimdiki</p> <p>i</p> <p>S_____</p> <p>Ş_____</p>
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2	haftada bir veya iki kez	gelir	Hayat
3	haftada çeşitli kereler	3 Ciddi, belirgin irritabilite veya öfkeyi bastırma çabaları, öfkeliyken sözel veya fiziksel saldırganlık gösterir	boyu
4	hemen hergün	4 Ağır, yıkıcı öfke veya ağır öfkeyi bastırma çabaları, fiziksel saldırganlık hecmeleri	S_____
Tanım/ Örnekler		Belirtiniz_____	Ş_____
		Travma ilişkisi: kesin_____olası yok	

15.(D-3)

Yoğunlaşmada güçlük

Sıklık	Şiddet	Şimdiki
Hiç yapmakta olduğunuz şey veya çevrenizde olup bitenler üzerine yoğunlaşmada güçlük çektiğiniz oldu mu?	Yoğunlaşmak sizin için ne kadar güçlü ? (GÖRÜŞMEDEKİ YOĞUNLAŞMA VE DIKKATI GÖZÖNÜNE ALIN) Bu hayatınızı ne kadar etkiledi ?	i
Neye benziyordu?Son bir ay içinde zamanınızın ne kadarında oldu? İlk olarak ne zaman başladı ? (olaydan sonra)		S_____
0 Hiçbir zaman	0 Yoğunlaşmada güçlük yok	Ş_____
1 Çok kısa bir zaman (% 10'dan az)	1 Hafif, sadece hafif bir çabayla yoğunlaşabiliyor, etkinliklerde engellenme yok	
2 Bazı zamanlar (yak. % 20-30)	2 Orta, yoğunlaşmada kesin kayıp ancak çabayla yoğunlaşabiliyor, bazı	Hayat

3	Çoğu zaman (yak. % 50-60)	etkinliklerde engellenme	<u>boyu</u>
4	Çoğu zaman veya her zaman (%80'den fazla)	3 Ciddi, Yoğunlaşmada çabayla bile belirgin kayıp, etkinliklerde belirgin engellenme	S_____
Tanım/ Örnekler		4 Ağır, hiç yoğunlaşmaz, etkinliklerde bulunamaz	Ş_____
		Belirtiniz_____	
		Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u>	

16. (D-4)

Artmış tetikte olma hali

Sıklık	<u>Şiddet</u>	<u>Şimdiki</u>
<p>Gerçek bir sebep olmadığı halde hiç kendinizi tetikte hissettiğiniz oldu mu?</p> <p>(Kendinizi sürekli savunma halinde hissettiğiniz oldu mu?) Neden ? Son bir ayın ne kadarında böyle hissettiniz ? Böyle davranmaya ilk olarak ne zaman başladınız? (Olaydan sonra)</p>	<p>Çevrede olanlara karşı tetikte olmak için ne kadar çabaladınız ? (GÖRÜŞMEDEKİ İZLENİMİNİZİ GÖZÖNÜNE ALIN)Tetikte olma durumunuz size sorun çıkardı mı?</p>	<u>i</u>
0 Hiçbir zaman	0 Tetikte olma hali yok	S_____
1 Çok kısa bir zaman (% 10'dan az)	1 Hafif, minimal tetikte olma hali, farkındalıkta hafif artma	Ş_____
	2 Orta, tetikte olma hali açıkça var,	

<p>2 Bazı zamanlar (yak. % 20-30)</p> <p>3 Çoğu zaman (yak. % 50-60)</p> <p>4 Çoğu zaman veya her zaman (%80'den fazla)</p> <p>Tanım/ Örnekler</p>	<p>toplulukta tetikte (örn. lokanta veya sinemada</p> <p>güvenli bir yere oturur.)</p> <p>3 Ciddi, belirgin tetikte olma hali, tehlikeye karşı çevreyi kollar, kendisinin/ ailesinin/evinin güvenliğine abartılı ilgi</p> <p>4 Ağır, Aşırı tetikte olma hali , güvenliği sağlamak için çok zaman ve enerji harcar, aşırı güvenlik ve kontrol etme davranışları gösterir, görüşmede belirgin şekilde tetiktedir.</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>Ş_____</p>
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17.(D-5)

Abartılı irkilme yanıtı

<p>Sıklık</p> <p>Aşırı irkilme tepkisi verdiğiniz oldu mu ?</p> <p>Ne zaman oldu ? (Ne tür şeyler irkilmenize neden oldu ?) Son bir ay içinde hangi sıklıkta ? Bu tepkiler ilk olarak ne zaman başladı ? (olaydan</p>	<p>Şiddet</p> <p>Bu irkilmeler ne kadar güçlü idi ? (Diğer insanların tepkileri ile kıyaslanırsa ne kadar güçlü idiler ?) Ne kadar sürdüler ?</p>	<p><u>Şimdiki</u></p> <p><u>i</u></p> <p>S_____</p>
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sonra)	0 Irkilme yok	
	1 Hafif, minimal tepki	Ş_____
0 hiçbir zaman	2 Orta, kesin irkilme yanıtı var, diken üstünde hisseder	
1 bir yada iki kez	3 Ciddi, belirgin irkilme tepkisi, başlangıcı takiben devam eden aşırı uyanıklık	<u>Hayat</u>
2 haftada bir veya iki kez	4 Ağır, aşırı irkilme,açık başetme davranışı (savaş gazisinin aniden yere yatması)	<u>boyu</u>
3 haftada çeşitli kereler		
4 hemen hergün		
Tanım/ Örnekler	Belirtiniz_____	S_____
	Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u>	Ş_____

E. Kriteri : Bozukluğun süresi (B,C ve D kriterleri semptomları) 1 aydan fazladır.

18. Belirtilerin başlangıcı

(AÇIK DEĞİLSE) Bana bahsettiğiniz (PTSB) belirtileri ilk olarak ne zaman başladı ? (Travmadan ne kadar zaman sonra başladılar ? Altı aydan daha fazla mı ?)	_____ Baştan itibaren geçen toplam ay Geç başlangıç (6 aydan fazla) ? E_____ H_____
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19. Belirtilerin süresi

(ŞİMDİKİ) Bu (ptsb) belirtileri birlikte ne kadar sürdüler?	1 aydan fazla mı ?	<u>Şimdiki</u> E__ H__	<u>Hayatboyu</u> E__ H__
(HAYATBOYU) Bu (ptsb) belirtileri birlikte ne kadar sürdüler?	toplam süre (ay) ?	_____	_____
	Akut (3 aydan az) ?	Akut	Akut
	Kronik(3 aydan fazla)?	Kronik	Kronik

F. Kriteri : Bu bozukluk klinik açıdan belirgin bir sıkıntıya veya sosyal, mesleki veya diğer önemli işlevsellik alanlarında belirgin bozulmaya neden olur.

20. Öznel sıkıntı

(ŞİMDİKİ) Genel olarak bahsettiğiniz bu belirtiler (ptsb) sizi ne kadar sıkıntıya soktu?	0 yok	<u>Şimdiki</u> i
(Önceden bildirilen sıkıntıları dahil edin)	1 hafif, minimal sıkıntı	
	2 orta, sıkıntı var ancak başedilebilir	
(HAYATBOYU) Genel olarak bahsettiğiniz bu belirtiler (ptsb) sizi ne kadar sıkıntıya soktu?	3 ciddi, belirgin sıkıntı	<u>Hayat</u>
(Önceden bildirilen sıkıntıları dahil edin)	4 ağır, bunaltıcı sıkıntı	<u>boyu</u>

21. Sosyal işlevsellikte bozulma

<p>(ŞİMDİKİ) Bu belirtiler (ptsb) insanlarla olan ilişkilerinizi etkiledi mi ? Nasıl ?</p> <p>(Sosyal işlevsellikte önceden bildirilen bozulmayı dahil edin)</p> <p>(HAYATBOYU) Bu belirtiler (ptsb) insanlarla olan ilişkilerinizi etkiledi mi ? Nasıl ?</p> <p>(Sosyal işlevsellikte önceden bildirilen bozulmayı dahil edin)</p>	<p>0 Kötü etki yok</p> <p>1 Hafif etki, sosyal işlevsellikte hafif bozulma</p> <p>2 Orta etki, bozulma var ancak birçok alanda sosyal işlevselliğini sürdürüyor</p> <p>3 Ciddi, belirgin bozulma, ancak birkaç alanda işlevsel</p> <p>4 Ağır etki, çok az veya hiç olmayan işlevsellik</p>	<p>Şimdiki</p> <p>Hayat boyu</p>
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22. Mesleki veya diğer önemli işlevsellik alanlarında bozulma

<p>(ŞİMDİKİ- AÇIK DEĞİLSE) Halen çalışıyormusunuz ?</p> <p>EVET İSE : Bu (PTSD) belirtiler işinizi veya çalışma yetinizi etkiliyor mu ? Nasıl ?</p> <p>(İŞ İLİŞKİLERİNİ , İŞ SAYISINI VE ÇALIŞMA SÜRELERİNİ KAPSAYACAK ŞEKİLDE ÇALIŞMA ÖYKÜSÜNÜ DAHİL EDİN. HASTALIK ÖNCESİ İŞLEVSELLİK BELIRSIZSE TRAVMA ÖNCESİ İŞ DENEYİMLERİNİ ARAŞTIRIN. ÇOCUK/ ERGEN TRAVMALARI İÇİN</p>	<p>0 Ters bir etki yok</p> <p>1 Hafif etki, mesleki veya diğer işlevsellik alanlarında minimal bozulma</p> <p>2 Orta etki, bozulma mevcut ancak mesleki veya diğer işlevsellik alanlarının birçoğu halen korunmuş</p> <p>3 Ciddi etki, belirgin bozulma, sadece birkaç mesleki vEya diğer işlevsellik</p>	<p>Şimdiki</p> <p>Hayat boyu</p>
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<p>TRAVMA ÖNCESİ OKUL BAŞARISINI VE OLASI DAVRANIŞ PROBLEMLERİNİ DEĞERLENDİRİN.</p> <p>HAYIR ISE : Bu (PTSD) belirtiler hayatınızın diğer önemli alanlarını etkiliyor mu ? (GEREKTİĞİNDE EBEVEYNLIK , EV İŞLERİ, OKUL, GÖNÜLLÜ ÇALIŞMALAR GIBİ ÖRNEKLER VERİN) Nasıl ?</p> <p>(HAYATBOYU - AÇIK DEĞİLSE) O zaman çalışıyormuydunuz ?</p> <p>EVET ISE : Bu (PTSD) belirtiler işinizi veya çalışma yetinizi etkilemişmiydi?Nasıl ?</p> <p>(İŞ İLİŞKİLERİNİ , İŞ SAYISINI VE ÇALIŞMA SÜRELERİNİ KAPSAYACAK ŞEKİLDE ÇALIŞMA ÖYKÜSÜNÜ DIKKATE ALIN. HASTALIK ÖNCESİ İŞLEVSELLİK BELIRSIZSE TRAVMA ÖNCESİ İŞ DENEYİMLERİNİ ARAŞTIRIN. ÇOCUK/ ERGEN TRAVMALARI İÇİN TRAVMA ÖNCESİ OKUL BAŞARISINI VE OLASI DAVRANIŞ PROBLEMLERİNİ DEĞERLENDİRİN.)</p>	<p>alanı korunmuş</p> <p>4 Ağır etki, çok az veya hiç olmayan mesleki veya diğer önemli işlevsellik</p>	
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<p>HAYIR ISE : Bu (PTSD) belirtiler hayatınızın diğer önemli alanlarını etkilemiş miydi ? (GEREKTİĞİNDE EBEVEYNLIK , EV İŞLERİ, OKUL, GÖNÜLLÜ ÇALIŞMALAR GIBI ÖRNEKLER VERİN) Nasıl ?</p>		
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BÜTÜNSSEL DEĞERLENDİRME

23. Bütünsel geçerlilik

<p>YANITLARIN GENEL OLARAK GEÇERLİLİĞİNİ BELİRLEYİN. GÖRÜŞMEDEKİ İŞBİRLİĞİ, MENTAL DURUM (Öm. YOĞUNLAŞMA GÜÇLÜKLERİ, SORULARI KAVRAYABİLME, DISOSİYASYON) VE BELİRTİLERİ ABARTMA VEYA AZ GÖSTERME ÇABASI GIBI ETMENLERİ DIKKATE ALIN.</p>	<p>0 Mükemmel, geçersiz yanıt şüphesi yok</p> <p>1 İyi, geçerliliği ters yönde etkileyebilecek etmenler mevcut</p> <p>2 Orta, geçerliliği kesinlikle azaltacak etmenler mevcut</p> <p>3 Düşük, önemli ölçüde azalmış geçerlilik</p> <p>4 Geçersiz yanıtlar, ciddi şekilde bozulmuş mental durum veya muhtemel kendini olduğundan daha iyi / kötü gösterme çabası</p>
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24. Bütünsel şiddet

<p>PTSB BELİRTİLERİNİN GENEL ŞİDDETİNİ BELİRLEYİN. ÖZNEL SIKINTI , İŞLEVSEL BOZULMANIN DERECEİ, GÖRÜŞMEDEKİ</p>	<p>0 Klinik önemi olmayan belirtiler, sıkıntı ve işlevsellikte bozulma yok</p> <p>1 Hafif, minimal sıkıntı veya</p>	<p><u>Simdik i</u></p>
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<p>DAVRANIŞLARIN GÖZLEMLENMESİ VE BİLDİRİM TARZI HAKKINDAKİ YARGINIZI DIKKATE ALIN.</p>	<p>işlevsellikte bozulma</p> <p>2 Orta, sıkıntı veya işlevsellikte bozulma mevcut ancak çaba ile yeterli işlevsellik</p> <p>3 Ciddi, açık sıkıntı veya işlevsellikte bozulma çaba ile bile kısıtlı işlevsellik</p> <p>4 Ağır, belirgin sıkıntı veya iki veya daha fazla önemli işlevsellik alanında belirgin bozulma</p>	<p><u>Hayat</u></p> <p><u>boyu</u></p>
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25. Bütünsel İyileşme

<p>BAŞLANGIÇ DEĞERLENDİRMESİNDEN BERİ VAROLAN GENEL TOPLAM DÜZELMEYİ İŞARETLEYİN. ÖNCEDEN YAPILMIŞ DEĞERLENDİRME YOKSA BELİRTİLERİN SON 6 İÇİNDE NASIL DEĞİŞTİĞİNİ SORUN. DEĞİŞİKLİĞİN DERECEİNİ VE TEDAVİYE BAĞLI OLUP OLMADIĞINI İŞARETLEYİN.</p>	<p>0 Asemptomatik</p> <p>1 Belirgin düzelme</p> <p>2 Orta derecede düzelme</p> <p>3 Hafif düzelme</p> <p>4 Düzelme yok</p> <p>5 Yetersiz bilgi</p>
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26. Yapılan veya yapılmayan şeyler hakkında suçluluk

<p>Sıklık</p> <p>(Olay) sırasında yaptığınız veya yapmadığınız herhangi birşey hakkında suçluluk duyduunuz mu ? (Ne hakkında suçluluk duyduunuz ?) Son</p>	<p>Şiddet</p> <p>Bu suçluluk duyguları ne kadar güçlüydü ?</p> <p>Ne kadar sıkıntı veya rahatsızlığa</p>	<p><u>Şimdiki</u></p> <p><u>i</u></p>
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<p>bir ay içinde zamanın ne kadarında böyle hissettiniz ?</p> <p>0 Hiçbir zaman</p> <p>1 Çok kısa bir zaman (% 10'dan az)</p> <p>2 Bazı zamanlar (yak. % 20-30)</p> <p>3 Çoğu zaman (yak. % 50-60)</p> <p>4 Çoğu zaman veya her zaman (%80'den fazla)</p> <p>Tanım/ Örnekler</p>	<p>neden oldular ?</p> <p>0 Suçluluk duygusu yok</p> <p>1 Hafif derecede suçluluk duyguları</p> <p>2 Orta, suçluluk duyguları var , biraz sıkıntı var ancak başedilebilir</p> <p>3 Ciddi, belirgin suçluluk duyguları ve sıkıntı</p> <p>4 Ağır, yıkıcı suçluluk duyguları, davranışı hakkında kendini mahkum etmek,</p> <p>bunaltıcı sıkıntı</p> <p>Belirtiniz_____</p>	<p>S_____</p> <p>Ş_____</p> <p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>Ş_____</p>
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27. Hayatta kalmaktan/ kurtulmaktan suçluluk duyma (SADECE BAŞKA KURBANLAR VARSA UYGULANACAK)

<p>Sıklık</p> <p>Diğer kişilerin aksine hayatta kalmaktan/ olaydan kurtulmaktan suçluluk duyduğunuz oldu mu ? (Ne için suçluluk duyuyorsunuz ?) Son bir ay içinde zamanın ne kadarında böyle hissettiniz ?</p>	<p>Şiddet</p> <p>Bu suçluluk duyguları ne kadar güçlüydü?</p> <p>Ne kadar sıkıntı veya rahatsızlığa neden oldular ?</p>	<p><u>Şimdiki</u></p> <p>i</p> <p>S_____</p>
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<p>0 Hiçbir zaman</p> <p>1 Çok kısa bir zaman (% 10'dan az)</p> <p>2 Bazı zamanlar (yak. % 20-30)</p> <p>3 Çoğu zaman (yak. % 50-60)</p> <p>4 Çoğu zaman veya her zaman (%80'den fazla)</p> <p>Tanım/ Örnekler</p>	<p>0 Suçluluk duygusu yok</p> <p>1 Hafif derecede suçluluk duyguları</p> <p>2 Orta, suçluluk duyguları var , biraz sıkıntı var ancak başedilebilir</p> <p>3 Ciddi, belirgin suçluluk duyguları ve sıkıntı</p> <p>4 Ağır, yıkıcı suçluluk duyguları, hayata kaldığı / kurtulduğu için kendini mahkum etmek, bunaltıcı sıkıntı</p> <p>Belirtiniz_____</p>	<p>\$_____</p> <p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>\$_____</p>
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28. Çevresinin farkında olma durumunda azalma

<p>Sıklık</p> <p>Çevrenizde olup bitenin farkında olmadığınız veya kendinizde olmadığınız</p> <p>dönemler oldu mu ? (Flashback dönemlerinden ayırdediniz) Son bir ay içinde hangi sıklıkta oldu ? (AÇIK DEĞİLSE :)</p> <p>(Bir hastalık veya alkol/ maddelerin</p>	<p>Şiddet</p> <p>Bu çevrenin farkında olmama veya kendinizde olmama duyguları ne kadar güçlüydü ? (Gerçekten o anda nerede olduğunuz veya ne yaptığınız hakkında şaşkınlık içinde miydiniz ?) Ne kadar sürdü ? Bu olurken ne yaptınız ? (Diğer insanlar davranışlarınızı farkettiler mi ? Neler söylediler ?)</p>	<p><u>Şimdiki</u></p> <p>i</p> <p>S_____</p> <p>\$_____</p>
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<p>etkisine mi bağlıydı ?) İlk olarak ne zaman böyle hissettmeye başladınız ? (olaydan sonra)</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p> <p>Tanım/ örnekler</p>	<p>0 Farkındalıkta azalma yok</p> <p>1 Hafif, farkındalıkta hafif azalma</p> <p>2 Orta, farkındalıkta kesin ancak geçici azalma , dalıp gitme hissi tanımlayabilir</p> <p>3 Ciddi, farkındalıkta belirgin azalma, birkaç saat sürebilir</p> <p>4 Ağır, çevrenin farkındalığının tamamen kaybı, yanıtsız olabilir, o dönem için olası bellek kaybı</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>Ş_____</p>
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29. Derealizasyon

<p>Sıklık</p> <p>Çevrenizde olanların size yabancı veya gerçekdışı / çok tuhaf gözüktüğü zamanlar oldu mu ? (HAYIR ISE): (Tanıdığınız insanların size yabancı imiş gibi gözüktüğü oldu mu ?) Neye benziyordu ? Son bir ay içinde hangi</p>	<p>Şiddet</p> <p>(Derealizasyon) ne kadar güçlüydü ? Ne kadar sürdü ? Bu olurken neler yaptınız ?</p> <p>(Diğer insanlar davranışlarınızı farkettiler mi? Neler söylediler ?)</p>	<p><u>Şimdiki</u></p> <p>i</p> <p>S_____</p>
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<p>sıklıkta oldu ? (AÇIK DEĞİLSE) : (Bir hastalık veya alkol /madde etkisine mi bağlıydı ?) İlk defa ne zaman böyle hissetmeye başladınız ? (</p> <p>olaydan sonra)</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p> <p>Tanım/ örnekler</p>	<p>0 Derealizasyon yok</p> <p>1 Hafif derealizasyon</p> <p>2 Orta, kesin ancak geçici derealizasyon</p> <p>3 Ciddi, belirgin derealizasyon, neyin gerçek olduğuna dair şüphlilik, birkaç saat sürebilir</p> <p>4 Ağır, derin derealizasyon, gerçeklik ve aşinalık duygusunun çarpıcı şekilde kaybı</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p>Ş_____</p> <p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>Ş_____</p>
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30. Depersonalizasyon

<p>Sıklık</p> <p>Vücudunuzun dışına çıkmış gibi hissettiğiniz , kendinizi bir başkası gibi gördüğünüz zamanlar oldu mu ? (HAYIR İSE): (Vücudunuzun bir şekilde</p>	<p>Şiddet</p> <p>Depersonalizasyon ne kadar güçlüydü ? Ne kadar sürdü ? Bu olurken neler yaptınız ?</p>	<p><u>Şimdiki</u></p> <p><u>i</u></p>
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<p>değişmiş, tuhaf veya size yabancıymış gibi hissettiğiniz oldu mu ?) Neye benziyordu ? Son bir ay içinde hangi sıklıkta oldu ? (EĞER AÇIK DEĞİLSE): (Bir hastalık veya alkol /madde etkisine mi bağlıydı ?) İlk defa ne zaman böyle hissettmeye başladınız ? (olaydan sonra)</p> <p>0 hiçbir zaman</p> <p>1 bir yada iki kez</p> <p>2 haftada bir veya iki kez</p> <p>3 haftada çeşitli kereler</p> <p>4 hemen hergün</p> <p>Tanım/ örnekler</p>	<p>(Diğer insanlar davranışlarınızı farketti mi? Neler söylediler ?)</p> <p>0 Depersonalizasyon yok</p> <p>1 Hafif depersonalizasyon</p> <p>2 Orta, kesin ancak geçici depersonalizasyon</p> <p>3 Ciddi, belirgin depersonalizasyon,kendinden belirgin kopma duygusu, birkaç saat sürebilir</p> <p>4 Ağır, derin depersonalizasyon, çarpıcı şekilde kendinden kopma duygusu</p> <p>Belirtiniz_____</p> <p>Travma ilişkisi: <u>kesin</u> <u>olası</u> <u>yok</u></p>	<p>S_____</p> <p>Ş_____</p> <p><u>Hayat</u></p> <p><u>boyu</u></p> <p>S_____</p> <p>Ş_____</p>
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LEC-5 (10/27/2013) Weathers, Blake, Schnurr, Kaloupek, Marx, &
Keane -- National Center for PTSD

Olay	Benim başım ka- a- geldi	Tan- ıldı- n	Öğrendi- m	İşimin bir parçası	Emin değili- m	Ceva- p yok
1 . Doğal afet (sel,deprem,tayfun,torna- do)						
2 . Yangın ve ya patlama						
3 . Araç kazası (araba, tekne, tren ve ya uçak kazası)						
4 . İş yerinde, ev ortamında, dinlenme sırasında ciddi kazalar.						
5 . Toksik, zehirli maddelere maruz kalma (tehlikeli kimyasallar, radyasyon)						
6 . Fiziksel saldırı (saldırıya maruz kalma, yumruklanma, tokatlanma, itilme, dövülme)						
7. Silahlı saldırıya maruz kalma (ateşli silahla vurulma, silah, bıçak, bomba ile tehdit, bıçaklanma)						
8 . Cinsel saldırıya maruz kalma (tecavüz, tecavüze teşebbüs, zor						

ile ve ya tehdit altında cinsel davranışa zorlanma)						
9 . Diğer rahatsız edici ve ya istenmeyen cinsel tecrübe						
1 Çatışma ve ya savaşa 0 maruz kalma (askerlik . sırasında ve ya sivil olarak)						
1 Tutsaklık (kaçırılmak, 1 savaşta esir düşmek, rehin . olarak tutulma)						
1 Hayati tehlike arz eden 2 hastalık ve ya yaralanma .						
1 Şiddetli eziyete maruz 3 kalmak						
1 Ani travmatik ölüm 4 (intihar, cinayet)						
1 Ani ölüm 5						
1 Başkalasının ağır 6 yaralanmasına, zarar . görmesine ve ya ölümüne sebep oldunuz mu?						
1 Başka her hangi bir stresli 7 olay ve ya tecrübe						

APPENDIX D**AYDINLATILMIŞ ONAM**

Bu çalışma, Yakın Doğu Üniversitesi Sosyal Bilimler Enstitüsü Klinik Psikoloji Yüksek Lisans Programı çerçevesinde düzenlenmektedir.

Bu çalışmada 1963-1974 Kıbrıs savaşından yer alan mücahitlerde, psikolojik sorunların ve travma sonrası stres bozukluğunun varlığını, şiddetini araştırmak, ve Erenköy çatışmasını daha detaylı incelemek amaçlanmaktadır.

Anket tamamen bilimsel amaçlarla düzenlenmiştir. Anket formunda kimlik bilgileriniz yer almayacaktır. Size ait bilgiler kesinlikle gizli tutulacaktır. Yanıtlarınızı içten ve doğru olarak vermeniz bu anket sonuçlarının toplum için yararlı bir bilgi olarak kullanılmasını sağlayacaktır.

Yardıminız için teşekkür ederim.

Psikolog,

Anjelika Hüseyinzade Şimşek

İmza:

BİLGİLENDİRME FORMU

ERENKÖY DIRENİŞİ MÜCAHİTLERİNDE TRAVMA SONRASI STRES BOZUKLUĞU ŞİDDETİ VE ERENKÖY SENDROMU

Bu çalışmanın amacı genç yaşta savaşa katılan, şiddetli travmatik olaylara maruz kalan, Erenköy Direnişi mücahitlerinde Travma Sonrası Stres Bozukluğunun varlığını ve şiddetini ölçmek, mücahitlerle karşılaştırmak.

Bu çalışmada size bir sosyo-demografik bilgi formu ve bir ölçek sunuyoruz. Sosyo-demografik bilgi formu sizin yaş, eğitim, medeni durum gibi demografik bilgileriniz hakkında sorular içermektedir. Ölçek ise travma sonrası stres bozukluğu tanısının varlığını saptamaktadır.

Daha önce de belirtildiği gibi, ölçeklerde ve görüşmelerde verdiğiniz cevaplar kesinlikle gizli kalacaktır. Eğer çalışmayla ilgili herhangi bir şikayet, görüş veya sorunuz varsa bu çalışmanın araştırmacılarından biri olan Anjelika Huseyinzade Şimşek’le iletişime geçmekten lütfen çekinmeyin (angelicasimsek@hotmail.com, telefon: 0392 22 36 464) (iç hat: 254).

Eğer bu çalışmaya katılmak sizde belirli düzeyde stres yaratmışsa ve bir danışmanla konuşmak istiyorsanız, ülkemizde ücretsiz hizmet veren şu kuruluşlar bulunmaktadır:

Eğer üniversite öğrencisiyseniz, devam ettiğiniz üniversitede Psikolojik Danışmanlık, Rehberlik ve Araştırma Merkezine (PDRAM) başvurabilirsiniz.

Eğer öğrenci değilseniz, Barış Sinir ve Ruh Hastalıkları Hastanesine başvurabilirsiniz.

Eğer araştırmanın sonuçlarıyla ilgileniyorsanız, Ekim 2014 tarihinden itibaren araştırmacıyla iletişime geçebilirsiniz.

Katılımınız için teşekkür ederim.

Psikolog,

Anjelika Hüseyinzade Şimşek

Psikoloji Bölümü

Yakın Doğu Üniversitesi

Lefkoşa