

# Analysis of treatment methods for victims of torture in Kenya and East Africa

Pokhariyal, Ganesh P.; Rono, Ruthie; Munywoki, Samson; School of Mathematics, University of Nairobi

Date: 2012

## **Abstract:**

In this article, a comparative study of multisensory trauma processing (MTP) and conventional treatment (CT) on victims of torture (VOTs) for Kenyan citizens and refugees from East African Region has been undertaken. Kenyan VOTs were selected from the rosters of People Against Torture (PAT) and Release Political Prisoners (RPP). Refugee VOTs were selected from the United Nations High Commission for Refugees (UNHCR) and Urban Refugee Program implemented by GOAL, Kenya. Participants were randomly assigned to the two (MTP and CT) conditions, and the Stress State Inventory (SSI) scores were used to measure changes in posttraumatic stress disorder (PTSD) symptoms. Data values for 34 Kenyan and 35 refugee VOTs were recorded and analyzed. The study confirms the occurrence of PTSD in both samples. The results revealed that PTSD prevalence was 56% among Kenyan and 77% among refugee VOTs. Both treatments reduced SSI scores and PTSD symptoms in the participants. The study provides preliminary evidence that MTP and CT are almost equally effective for Kenyan sample, whereas CT appears to be more effective for refugee sample in PTSD treatment. The paired test was conducted to check the significance of the difference in the two treatment methods.