

Abstract

Background: The study of knowledge, attitude and practice of signs and symptoms of posttraumatic stress disorder among residents of Alero Sub-County, Nwoya District involved 271 respondents who were conveniently sampled from the study area.

Objective: The major objective was to assess the knowledge, attitude and practice of signs and symptoms of Post-Traumatic Stress Disorder among residents of Alero Sub-County, Nwoya District.

Methods: The study employed a descriptive cross sectional design to study the knowledge, attitude and practice of signs and symptoms of Post-Traumatic Stress Disorder among residents of Alero Sub-County, Nwoya District.

Results: Results indicated that signs and symptoms PTSD occurs among residents of Alero Sub-County, Nwoya District and they are not having appropriate knowledge about the signs and symptoms of the disease. They also seek treatment from tradition healer or use local herbs and rituals for the management.

Conclusion: PTSD signs and symptoms occur among residents of Alero sub-county, Nwoya District. The residents of Alero sub-county have the ability to self-report symptoms but they lack to appropriate knowledge of the symptom being caused by past bad events during the war. Much as the symptoms of PTSD occur among residents of Alero sub-county they don't have appropriate knowledge about where to get treatment for the symptoms. The attitude is in such a way that the disease is either ignored and do nothing about it or taken to tradition medicine and perform traditional rituals. The health workers are considered least.

Recommendation: There is need other stakeholders that are working in Northern Uganda like non-governmental organizations to join in the health education about PTSD in the community such that the residents acquire appropriate knowledge.

The study recommends that Government of Uganda, especially the Ministry of Health to put forward program that are community based to improve the diagnosis, treatment, and follow up of patients with PTSD. There is need to do further research to identify the treatment measures to be taken in the management of PTSD in northern Uganda.