

## The Impact of Mental Distress and Post-Earthquake Trauma on Adaptation to Chronic Diseases: A Study in the Kahramanmaraş Earthquake Zone

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### Abstract:

This study aimed to evaluate the effect of mental distress, post-earthquake trauma level and related characteristics on adjustment to chronic diseases in individuals with chronic diseases such as diabetes, hypertension, and heart and kidney diseases in the 6 February 2023 Kahramanmaraş Pazarcık earthquake zone. Data were collected with a Socio-demographic Information Form, General Health Questionnaire (GHQ-12), Scale for Determining the Level of Post-Earthquake Trauma and Adaptation to Chronic Illness Scale (ACIS) from 250 patients aged 18-65 years who were registered in a hospital and analyzed with IBM SPSS Statistics 26 software. Correlation analyses revealed positive correlations between GSA-12 and level of post-earthquake trauma and negative correlations between GHQ-12 and ACIS. Multiple linear regression analyses revealed significant effects of the affective and sleep problems dimensions of the level of post-earthquake trauma, marital status, perceived income, living space and educational status on ACIS. They were single, and having sleep problems negatively affected adjustment, while perceived a good income level and living in one's own home contributed positively. The findings suggest that improving social support and living conditions of post-earthquake patients may support their adaptation processes.