

Exploring Psychological Symptoms Emerging After the February 6th Earthquake: A Preliminary Findings Report

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Abstract

The aim of this study was to investigate the relationships between depression, anxiety, stress, psychological resilience, and hope among individuals directly or indirectly affected by the major earthquake that occurred in Turkey on February 6th. Preliminary findings from this research, which evaluated the results obtained from 123 participants ranging in age from 19 to 43 (Mean age = 22.41, SD = 4.34), revealed significant relationships among all variables. It was found that the level of depression was negatively and significantly correlated with psychological resilience ($r = -.446, p < .001$) and hope ($r = -.351, p < .001$). Similarly, the level of stress was negatively associated with the psychological resilience ($r = -.500, p < .001$) and hope ($r = -.413, p < .001$) levels of earthquake-affected individuals. Finally, the level of anxiety was also found to be negatively correlated with both psychological resilience ($r = -.454, p < .001$) and hope ($r = -.350, p < .001$). In conclusion, the findings of this study underscore the interplay between mental health factors following the February 6th earthquake in Turkey. These preliminary results have important implications for further research and potential interventions.

Keywords: Earthquake, mental wellbeing, psychological distress, resilience.

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