

***Psychological Adjustment and Mediator Intervention for Children and Adolescents Affected by the Tsunami 2004 in Sri Lanka.***

Senarath, S. (2010). PhD Thesis: Faculty of Biosciences, Pharmacy and Psychology, University of Leipzig.

Epidemiological studies show that natural disasters can have widespread and devastating impact on health and national community stability even when only a few individuals are primarily affected. On December 26, 2004, Tsunami waves spawned by a magnitude of 9.0 earthquake hit Indian Ocean countries. This unprecedented natural disaster claimed more than 200,000 human lives in the developing countries.

Sri Lanka suffered a heavy damage over more than 50 % of its costal-belt region; tsunami took away over 40,000 lives, left nearly 1 million people homeless, and exposed millions of children and adults to traumatic events. Researchers investigate short-and long-term consequences, encounter heavy tolls on mental health of those who are affected. A significant increase of pervasive psychosocial problems, and effort in coping strategies were associated with post-traumatic stress disorder (PTSD).

In this Phd was investigated an evidence based programme TRANZPRO-Biodanza for children (Stueck, Villegas, Luzzi, Toro, 2010)

Source : Biopsychological Basics of Life • Volume 1, 2012  
in [www.bionet.name/biodanza-research/publications.php](http://www.bionet.name/biodanza-research/publications.php)