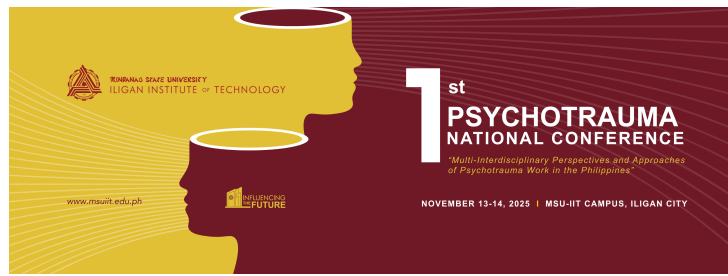


National Psychotrauma Conference 2025



Contribution ID: 23

Type: Oral Presentation

Assessing Mental Health Among Armed Conflict-Exposed Individuals through Perceived Food Insecurity

Thursday, November 13, 2025 3:45 PM (15 minutes)

Abstract

There is an extensive research that demonstrated how exposure to armed conflict become a major determinant of mental health disorders among victims, however, there is a dearth research that explore the possible role of food insecurity in shaping the mental health among individuals who have experienced armed conflict. This study aimed to address this gap by examining the mediating role of food insecurity in the relationship between conflict exposure and mental health outcomes. The data were collected among 400 individuals who experience at least 1 distressing event and analyzed using regression analysis and mediation analysis. The results revealed that conflict exposure was significantly associated with greater food insecurity which leads to poorer well-being. Furthermore, mediation analysis indicated that food insecurity served as a significant mediator between conflict exposure and different mental health outcomes. These findings suggest that food insecurity acts as a crucial pathway through which conflict exposure negatively influences psychological health and overall life satisfaction. Addressing food insecurity may therefore be key to mitigating the adverse mental health impacts of armed conflict. The results underscore the importance of developing targeted interventions and support systems that prioritize both food security and psychosocial well-being. By integrating food assistance and mental health programs, policymakers and humanitarian organizations can enhance resilience and recovery among conflict-affected populations. Overall, this study contributes to a deeper understanding of how food insecurity intensifies the psychological consequences of armed conflict and highlights its critical role in shaping post-conflict recovery.

Keywords: conflict exposure, mental health outcomes, food insecurity

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Session Classification: Parallel Session 1C: Trauma's Shadow: Attitudes, Perspectives, Mental Health, and Well-being in the Context of collective trauma

Track Classification: Trauma's Shadow: Community mental health and well-being in the wake of a collective trauma