

# The Triple Burden of War : An assessment of the mental health status and coping strategies of Sudanese female undergraduates for developing a psychosocial counsellor training program

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1. There is a direct interplay between both pre and post-displacement life stressors among Darfuri female IDP undergraduates (this dissertation).
2. There are striking differences between the 'extra-ordinary' major life stressors experienced by the Darfuri participants (war-affected) and those 'normal' tertiary stressors (non-war-affected) experienced by the Omdurmanis (this dissertation).
3. There are more similarities than there are differences between Darfuri (war-affected) and Omdurmani (non-war affected) female undergraduates in relation to their mental health status, indicating their shared experiences to current on-going daily stressors and reflecting a common cultural pragmatic capacity to bounce back from adverse conditions of everyday life (this dissertation).
4. Coping resources and resilience characteristics had an ameliorating effect on measures of GAD and MDD, but Darfuri and Omdurmani differ in their ability to utilize these resources and characteristics in demonstrating their resilient expression in the face of academic, financial and social/relationship stressors (this dissertation).
5. Health promotion and health education planning that is informed by merging psychosocial theories with a deep understanding of complex real-world contexts (qualitative studies), and careful measurement and statistical tools (quantitative studies), embodied in ethnographic assumptions and cultural principles of morality posits a very powerful mix.
6. Sudanese war-trauma counselors would benefit from establishing a framework for intervention based on effective counseling skills that identify existing resilience characteristics and effective coping resources.
7. Training and research capacities in low income countries, such as the Sudan, would gain substantially from the expertise, resources and partnerships from key figures in the mental health arena from around the world.
8. The challenge in each local situation is to validate assessment needs and adapt training guidelines that are relevant, understood and accepted by the war-trauma counselors and war-affected clients (Psychosocial Wellbeing of Refugees, Australian Psychological Society, 2008).
9. Education is a human right with immense power to transform. On its foundation rest the cornerstones of freedom, democracy and sustainable human development (Kofi Annan).
10. "The rights of women are sacred. See that women are maintained in the rights assigned to them." Prophet Mohamed (PBUH).