

## PREVALENCE OF DEPRESSION AND ANXIETY IN BRU COMMUNITY: A STUDY ON INTERNALLY DISPLACED PERSONS RESETTLED IN THE STATE OF TRIPURA

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*Internally displaced persons (IDP) are those who have been forced to leave their homes but unlike refugees they remain within their country's border. Mental health problems like depression and anxiety are very common among the IDPs because they experience armed conflict, violence, sexual assault and abduction, separation, situations of generalized violence and are deprived of their basic needs. The present paper is an attempt to assess the mental health status (particularly depression and anxiety) of the Bru community; an internally displaced community resettled in the state of Tripura. The paper also attempted to examine gender and age differences in the level of depression and anxiety among them. Present research was conducted on 284 IDPs respondents belonging to the age group of 18-50 years. Among them 173 were males and the rest 111 were females. Purposive sampling technique was utilized to select the sample. Beck Depression Inventory-II (by Beck et al., 1996) and Hamilton Anxiety Rating Scale (by Hamilton, 1959) were used for data collection. Results showed that no significant difference in depression and anxiety among the male and female IDPs. However, significant difference in both depression and anxiety was observed among the different age groups. Young adults belonging to the age group of 18-28 years reported more depression. Anxiety was found to be more in the age group 29-39 years. The paper finally suggests implementation of psychosocial interventions for promoting mental health and wellbeing among the Bru IDPs.*

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