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**\*Corresponding author**

Syed Muhammad Mustahsan, Sindh  
Medical College, Dow University of  
Health, Karachi, Tel: +923232119662;  
Email: mustu198@gmail.com

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**Letter to the Editor****Armed Conflicts and Mental Health****Syed Muhammad Mustahsan\****Department of Psychiatry, The Nice Sophia Antipolis University, France***Letter to the Editor**

War has being defined as an armed conflict between the states or countries to attain their purpose or defend their rights resulting in autonomous destruction of a state's economy and subjecting people to physical and mental disturbance. There have been long debates on the post-war effects on the mental health of the people disturbing them socially, economically and cognitively. The recent war provoked in Middle Eastern countries is resulting in a devastating effect on the peoples who are suffering. Beyond that fact, it also affects the people who are emotionally attached with that nation or state. The stress of war tries the people as no other test that they have encountered in civilized life. Like a crucial experiment it exposes the underlying physiological and psychological mechanisms of the human being. Exceedingly valuable lessons can be learned from it regarding the methods by which people adapt themselves to all forms of stress, either in war or in peace. Under sufficient stress any individual may show failure of adaptation, evidenced by neurotic symptoms [1]. Depression is one of the major affect over a community that should be considered in the war affected area as we can see the World War II was ended generally in depression [2]. Depression has been and is still intensively investigated for classification, pathology and etiology, the state of the art being: depression is more or less a "clean" syndrome and some subgroups (bipolar affective disorders), most probably inherited, whereas others (related to reserpine, steroids, etc.) can be precipitated by various substances. Still, the etiology of the majority of "depressions" occurring in general population remains a matter of speculation and research [3]. Depression in war survivors appear to be independent of sense of injustice arising from perceived lack of redress for trauma. Fear of threat to safety and loss of control over life appeared to be the most important mediating factors in depression. These findings may have important implications for reconciliation efforts in postwar countries and effective interventions for traumatized war survivors [4].

Violence is associated with emotional disturbances such as depression, dysphoric mood, low self-esteem, and excessive fears and worries about death or injury suggesting the need for routine examination of the history of exposure to violence in the evaluation [5]. The focus of this letter was to engage and highlight the authorities to consider the health related issues and proper evaluation should be done to maintain the mental and physical health of the affected people.

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