

	Before the emergency: 12-month prevalence ^a	After the emergency: 12-month prevalence ^b
Severe disorder (e.g. psychosis, severe depression, severely disabling form of anxiety disorder)	2–3%	3–4% ^c
Mild or moderate mental disorder (e.g. mild and moderate forms of depression and anxiety disorders, including mild and moderate PTSD)	10%	15–20% ^d
Normal distress (no disorder)	No estimate	Large percentage

Notes: Adapted from WHO (2005; 3). PTSD indicates post-traumatic stress disorder.

^a The assumed baseline rates are median rates across countries as observed in World Mental Health Surveys.

^b The values are median rates across countries. Observed rates vary with assessment method (e.g. choice of assessment instrument) and setting (e.g. time since the emergency, socio-cultural factors in coping and community social support, previous and current exposure to adversity).

^c This is a best guess based on the assumption that traumatic events and loss may contribute to a relapse in previously stable mental disorders, and may cause severely disabling forms of mood and anxiety disorders.

^d It is established that traumatic events and loss increase the risk of depression and anxiety disorders, including PTSD.

Figure 1. Intervention pyramid for mental health and psychosocial support in emergencies. Each layer is described below.

