

Research Paper

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

Suan Sian Mung Gualnam^{1*}, Sandhya Bhatt²

ABSTRACT

This study investigates the psychological impact of ongoing ethnic violence in Manipur on displaced citizens currently residing in Delhi, with a specific focus on levels of anxiety, depression, and stress. Amidst increasing internal displacement caused by conflict between the Meitei and Indigenous tribal communities, thousands have sought refuge in urban centers, leading to substantial emotional and psychological distress. Utilizing a quantitative, cross-sectional design, the study surveyed 153 displaced individuals using the Anxiety, Depression, and Stress Scale (ADSS) developed by Pallavi Bhatnagar. The findings revealed strong and statistically significant positive correlations between anxiety, depression, and stress, with both anxiety and depression emerging as significant predictors of stress. Regression analysis confirmed that these psychological factors explained a significant portion of the variance in stress levels. The study contributes to the limited but growing body of literature on the mental health consequences of internal displacement in Northeast India. It highlights the urgent need for culturally sensitive, trauma-informed mental health interventions and policy reforms to support the well-being of conflict-affected populations. The implications underscore the necessity of integrating psychological support into broader rehabilitation efforts for displaced communities.

Keywords: *Internal displacement, Manipur violence, ethnic conflict, anxiety, depression, stress, psychological distress, ADSS, cross-sectional study, mental health, trauma-informed care, displaced populations, Delhi, India*

The role of mental health within public health is unavoidable, however, tends to be neglected in places afflicted with persistent socio-political violence. Stress, anxiety, and depression rank among the most common psychological disorders globally and are known to increase greatly in populations undergoing systemic violence, forced migration and ethnic strife (Mollica et al, 2004; Steel et al, 2009). The northeastern Indian state of Manipur, has experienced unremitting violence causing mass-emigration, economic decline, and psychological trauma to the citizens. Mental health problems in the context of warfare and violence are all-embracing but in the case of Manipur, there is no enough research to address the problem which manifests as a glaring lack of insight.

¹M.A. Clinical Psychology, Amity Institute of Psychology and Allied Sciences, Amity University Noida

²Supervisor, Amity Institute of Psychology and Allied Sciences, Amity University Noida

*Corresponding Author

Received: May 25, 2025; Revision Received: June 26, 2025; Accepted: June 30, 2025

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

Background of the Study

The state is inhabited by a multi-ethnic and multi-linguistic group of people, mainly the Meitei and Indigenous tribal groups including Naga and Kuki-Zo ethnos (Shimray, 2001). The Meitei's who forms about 53% of the population mainly live in Imphal Valley. The Indigenous tribal population constituting roughly 40% of the population live in the hill and forested areas (Government of Manipur, 2011). The ongoing ethnic discord has led to widespread displacement as thousands have fled to relief camps and even to urban centers like Delhi (Singh, 2023). K. Singh states the wrath of conflict, displacement, and unemployment have inflicted deep suffering on the mental health of people in Manipur and has increased their anxiety, depression, and stress level significantly. There is a lack of primary research exploring the psychological violence and displacement have on the people within the communities in Manipur, especially during the ongoing mental health crisis. This gap in research is exactly what this study attempts to address by analyzing the levels of anger, anxiety, stress, and depression in the people of 'Manipur' with a consideration of the psychological ramifications of violence and persecution.

Defining anxiety, depression, and stress

Depression, anxiety, and stress are interconnected to each other, yet unique overlapping mental health disorders with the potential to emerge amid repetitive suffering. To assess the impact and holistic burden of conflict on a person in such situations, these features must be captured in their entirety.

Anxiety

Anxiety can be defined as heightened worry, over concern, muscular tension, and bodily hyperactivity (Spielberger & Rickman, 1990), not to mention that it is a psycho-biological phenomenon. On the frontiers of social and cognitive sciences, people have tried to understand why anxiety is considered to be such a threat, especially in today's society, where it is a reaction to plenty of perceived dangers. People suffering from conflict usually expose themselves to chronic stress resulting in an acute hindrance to thinking and social relations (Essau et al., 2000). Individuals affected by displacement do show some degree of chronic anxiety and stress disorder and/or generalized anxiety disorder, GAD (Iyer, 2013).

In Manipur, anxieties are aggravated because most displaced people lack hope concerning recovery mode, financial stakes, and the memories endured during the forced evacuation of their homes.

These elements lead to hypervigilant behavior as well as social withdrawal, and emotional reactivity, which impacts their day-to-day activities and their well-being.

Depression

Deep depression denotes a developing mindset that displays deep sadness alongside absence of motivation, vanity, self-worth, and even value (Wolpert, 2000). It comes along with increased chances of self-harm, suicide, and worsened health (Worley, 2006). Depression is known to be the third biggest global burden of disease, accounting for 4.3% of total disability adjusted life years (DALYs) (Üstün et al. 2004).

About 15.9% of Indians suffer from depression (Poongothai et al. 2009). The rate of depression among displaced and conflict-affected people is significantly higher due to the lack of social support and cultural dislocation in Manipur. The displacement of thousands in

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

Manipur is deepening the sense of helplessness and grief, worsening the depressive symptoms in the entire community.

Stress

Stress is both an emotional and physiological reaction to feelings of not being able to cope with external demands that exceeds their self-assessed resources (Lazarus, 1966). Chronic stress is strongly linked to cardiovascular diseases, dysfunction of the immune system, and even increased chances of mortality (Salleh, 2008). Conflict-affected populations are said to experience higher levels of chronic stress which contributes to emotional exhaustion and cognitive impairments (Campbell et al. 2001).

Stress for displaced people in Manipur looks like lack of economic means and essential services and therefore manifests in the form of skeletal services.

The combination of chronic stress, anxiety, and depression worsens their reintegration challenges, emphasizing the need for immediate psychological treatment.

The Need for a Broader Approach

The coexistence of anxiety, depression, and stress is a well-known fact in psychological literature. Research shows that people suffering from long-term stress are likely to experience anxiety and depression (Dorman & Zapf, 2002; Terluin et al., 2004). In particular groups afflicted by conflict, these disorders tend to occur together, intermingling the impact of these disorders on mental health and overall well-being.

There is an abundance of literature concerning the psychological aspects of health in conflict zones, but there is a surprising gap in research looking into the Manipur region's violence and displacement. This study attempts to fill the gap by performing an exhaustive assessment of the state's anxiety, depression, and stress levels using a recognized diagnostic methodology. These results will help create mental health strategies, defend strategies for specific populations, and build adequate psychological systems for the people of Manipur. The impact of ethnic strife and coercive displacement involves more than just geographical relocation; they entail severe mental and emotional strain on the victims.

The research emphasizes the necessity of investigating the psychological impacts of migrating due to conflict as well as studying the effective psychological help needed for the people of Manipur.

LITERATURE REVIEW

Daruwalla et al. (2019) conducted a cluster randomized controlled trial to evaluate the impact of a community-based intervention on violence prevention and women's mental health in informal settlements of Mumbai. The intervention involved structured group sessions, community mobilization, and capacity-building for service providers. The study demonstrated that women who participated in the program experienced reductions in exposure to domestic violence and reported improved psychological well-being. These results underline the effectiveness of community-rooted initiatives in addressing both gender-based violence and mental health outcomes in low-income urban settings.

Bhargava and Gupta (2020) carried out an analytical study in regions affected by civil unrest across India. Their research identified a strong correlation between exposure to violent

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

social conflict and elevated levels of psychological distress, including anxiety, depression, and stress-related disorders. The study suggested that the unpredictability of unrest and the associated disruption of daily life contributed significantly to mental health deterioration. It called for integrating mental health support mechanisms into disaster and conflict response systems to mitigate long-term psychological effects.

Contractor et al. (2020) implemented a cross-sectional study on internally displaced persons (IDPs) within India to assess the psychological toll of conflict and forced migration. The findings indicated high prevalence rates of PTSD, depression, and anxiety among the IDP population. Key stressors included abrupt displacement, separation from family members, and lack of access to stable shelter and services. The study emphasized the urgent need for trauma-informed care and long-term psychological rehabilitation for those displaced due to ethnic or communal violence.

Maulik et al. (2020) conducted a quasi-experimental study in rural Indian communities to evaluate the effectiveness of a digital mental health delivery model known as the SMART Mental Health program. The initiative utilized community health workers, electronic decision support systems, and mobile applications to bridge the mental health care gap. Results showed significant improvements in help-seeking behaviors and reduced stigma toward mental illness. This study demonstrated the potential of scalable, tech-enabled interventions in improving access to mental health care in underserved rural areas.

Maloney (2020) published an investigative report that shed light on the mental health challenges faced by individuals displaced due to climate change, often referred to as “climate refugees.” Drawing on field reports and expert interviews, the study described alarming rates of PTSD, anxiety, and depression among populations forced to relocate due to floods, droughts, and other environmental crises. It stressed the necessity of including psychological support in climate adaptation policies, recognizing the often-overlooked emotional trauma of environmental displacement.

Farooqui and Ahmad (2021) conducted a cross-sectional study in two districts of Uttar Pradesh that had experienced communal riots. The study aimed to assess the psychological effects of exposure to ethnic violence. Results showed a significant correlation between exposure to communal violence and the prevalence of anxiety and depression among affected individuals. Participants also reported heightened levels of fear, insecurity, and social isolation. These findings underscore the need for integrated psychosocial support services in riot-affected regions, particularly targeting individuals with repeated or prolonged exposure to ethnic conflict.

Singh, G. P. (2021) presented a narrative review that synthesized findings from various studies focusing on migrants in India during the COVID-19 pandemic. Drawing from multiple empirical sources, the review revealed that nearly 73% of migrant workers exhibited symptoms of at least one psychiatric disorder, including depression, anxiety, and adjustment issues. Factors such as loss of livelihood, forced return migration, social stigma, and lack of access to healthcare contributed significantly to their psychological burden. The review highlighted the urgent need for mental health services tailored specifically to the migrant population in crisis settings.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

Atal and Foster (2021) carried out a qualitative study involving women from economically disadvantaged urban communities in India. Through in-depth interviews and thematic analysis, the study explored how structural gender inequalities and societal expectations impact women's mental health. Participants reported distress resulting from caregiving burdens, lack of autonomy, and limited support systems. The study emphasized the necessity of gender-sensitive mental health policies that acknowledge the intersection of gender, poverty, and psychological well-being.

Chavan et al. (2022) conducted a cross-sectional study comparing mental health outcomes between 275 reverse migrants (individuals who returned home during the COVID-19 lockdown) and 276 non-displaced individuals in North India. The study found a significantly higher prevalence of depressive disorders and substance use among the reverse migrants. These findings suggest that the psychological toll of abrupt displacement and unemployment during the pandemic disproportionately affected returnees. The authors called for increased psychosocial care and rehabilitation services for this vulnerable group.

Mondal (2022) explored the lived experiences of trauma and displacement among 20 internally displaced Kashmiri Pandits who had fled their homes during the insurgency of 1990. Using semi-structured interviews and thematic analysis, the study revealed persistent feelings of humiliation, fear, and cultural alienation. Despite rebuilding their lives in exile, participants continued to experience long-term emotional trauma rooted in both past violence and ongoing marginalization. The study advocated for culturally sensitive therapeutic support that acknowledges the historical trauma faced by displaced populations.

Pandey et al. (2023) carried out a cross-sectional study to assess mental health conditions among 300 youth aged 18 to 25 living in border villages of Jammu and Kashmir. The research reported high levels of perceived stress, anxiety, and depression, closely linked to conflict-related exposure such as military presence, cross-border firing, and restricted mobility. The findings underscored how growing up in a militarized environment adversely impacts youth mental health and called for trauma-informed mental health programs tailored for conflict-affected youth populations.

Qureshi et al. (2023) conducted a situational analysis focusing on barriers to mental health service utilization in Northern India. The study identified stigma, low mental health literacy, and insufficient infrastructure as major hindrances to seeking psychological support. Through interviews and policy review, the authors emphasized the need for community engagement strategies, awareness campaigns, and decentralized mental health services. This research contributes to understanding systemic and cultural challenges impeding mental health accessibility in rural and underserved areas.

Singh et al. (2023) conducted a large-scale community-based survey to assess the prevalence of mental health issues among adults in Kerala. The study, which included 2,479 participants, reported an overall mental morbidity rate of 11.36%. Stress-related disorders were identified in 5.43% of respondents, while 2.49% were diagnosed with depressive disorders. These findings provide essential state-level evidence for health policymakers, emphasizing the urgent need to strengthen primary mental health care systems, particularly in the wake of post-pandemic stressors and socioeconomic instability.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

Varma (2023) carried out ethnographic research among residents of Kashmir to investigate the long-term psychological effects of living under militarized conflict. The study found that approximately 45% of the adult population reported symptoms of chronic mental distress, including anxiety, hopelessness, and depressive mood. Prolonged exposure to surveillance, curfews, and frequent violence disrupted traditional coping mechanisms. The research highlighted the deep psychological scars of militarization and called for sustained mental health interventions with a trauma-informed, culturally sensitive approach.

Rajkumari et al. (2024) conducted a community-based cross-sectional study focusing on internally displaced persons (IDPs) residing in relief camps in Imphal, Manipur. Among the 300 participants, 65.8% screened positive for Post-Traumatic Stress Disorder (PTSD), and 15.2% exhibited symptoms of severe anxiety. Key risk factors included being female, older age, marital status, and direct exposure to violence. The findings underscored the psychological toll of displacement due to ethnic conflict and emphasized the need for immediate mental health interventions within relief settings.

Rai et al. (2024) performed a cross-cultural analysis of mental health discourse on social media, specifically comparing Indian Reddit users' posts with those from Western users. Indian users were more likely to seek advice and practical coping strategies, whereas Western users expressed more emotional vulnerability. The study revealed cultural variations in mental health expression, suggesting that mental health platforms and AI-based interventions in India must be localized and culturally adapted to effectively meet users' expectations and preferences.

Sehdev et al. (2024) carried out a cross-sectional analysis across India to examine the relationship between migration and elderly mental health. The study found that older adults with a history of internal migration were more likely to report depressive symptoms compared to non-migrants. The findings suggest that migration-related disruption in social ties, housing insecurity, and cultural displacement can contribute significantly to psychological distress among elderly individuals. The authors advocate for policy interventions that address aging, mobility, and mental health jointly.

Sehgal et al. (2025) conducted a mixed-methods study with 278 adolescents and follow-up interviews with 12 participants to assess how youth interact with digital mental health tools. The findings showed that adolescents preferred anonymous and text-based interactions with chatbot-based platforms due to concerns around stigma and privacy. They expressed a need for localized, emotionally intelligent, and culturally relevant mental health support. The study contributes to the growing body of literature on adolescent digital mental health care in India and points toward future directions for scalable, AI-driven interventions.

Relevance to Manipur's Displaced Citizens

The violence happening in Manipur has led to large-scale displacement of people where numerous mand people have migrated to Delhi looking for safety and stability. Reports suggest that in these displaced citizens of Manipur, the majority are living under the risk of being homeless and facing socio-economic destitution, devoid of the most basic healthcare, and social services (Prokerala, 2023). This makes it even more difficult for them to cope leading to further exacerbated stress, anxiety, and depression which needs urgent action.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

Assessing the mental health needs of such a population is key to improving the outcomes of selected strategies aimed at addressing their health problems. The unmet psychological needs of the displaced citizens of Manipur may be detrimental for adequate recovery from occupational engagement, participation in society, or responsive healthcare services. Addressing the gap of study focused on anxiety, depression, and stress of citizens of Manipur residing in Delhi is strategic to advocating for the conversation addressing conflict induced displacement and mental health in India.

It has been documented that mental health is negatively affected by conflict-induced displacement, with displaced individuals experiencing greater levels of anxiety, depression, and PTSD. While these trends have been researched globally and within India, a gap exists in understanding the concerns of displaced people from Manipur living in Delhi. Further research is needed on this vulnerable population to develop appropriate policies, culturally relevant frameworks, strategic postvention frameworks, and proactive care models that provide long-term psychological support.

Objectives:

- To evaluate the degree of anxiety, depression, and stress among displaced ethnic Manipur citizens residing in Delhi.
- To analyze the interrelation of the studied variables: anxiety, depression, and stress in the study group.
- To assess if there is a considerable impact of anxiety and depression on stress using linear regression analysis.

Hypotheses:

- **H1:** There is a significant positive correlation between anxiety and stress among displaced citizens of Manipur.
- **H2:** There is a significant positive correlation between depression and stress among displaced citizens of Manipur.
- **H3:** Anxiety and depression significantly predict stress levels among displaced citizens of Manipur.

METHODOLOGY

Research Design

A quantitative, cross-sectional research design was utilized in the current study to investigate the sociopsychological effects of displacement on citizens of Manipur living in Delhi because of the unfolding ethnic violence. The study concentrated on measuring the degree of anxiety, depression and stress, and the relationship among the variables.

Sample

The sample was composed of 153 displaced citizens of Manipur living in different parts of Delhi. Participants were chosen through convenience sampling with the focus being on those impacted by the recent violence, conflict and subsequent migration.

Inclusion Criteria:

- Participants who are 18 years and older.
- Citizens of Manipur who are currently displaced and living in Delhi due to the ethnic violence.
- Residing in Delhi at the time of the research.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

- Participants who consent willingly.

Exclusion Criteria:

- Participants holding any preceding identified psychiatric illnesses.
- Not displaced people from Manipur or those who are not caught in the ongoing violence.

Tool for Data Collection

The Anxiety, Depression and Stress Scale (ADSS) developed by Pallavi Bhatnagar was used for the purpose of measuring the mental health of the participants. The scale includes items intended to assess the degree of anxiety, depression, and stress in non-clinical populations.

Each dimension is scored separately. Nevertheless, the raw scores were used for statistical computations, instead of dividing them into defined levels of severity as per the supervisor's guidance in this study.

Procedure

Participants were sought in different community locations, support gatherings, and relief shelters all over Delhi. Following the signing of informed consent, participants were given ADSS alongside Google forms, which was administered online for ease and choice. Safeguarding anonymity as well as confidentiality was maintained at all times during the study.

Statistical Analysis

The data was processed using IBM SPSS Statistics (version XX). The following statistical methods were applied:

- Assessing the relationship that exists between the three variables; anxiety, depression, and stress using Pearson's correlation.
- Assessing the extent to which anxiety and depression could predict the stress levels of the participants using multiple linear regression.

RESULTS

Correlation Analysis

Pearson's correlation was used to examine the relationships between anxiety, depression, and stress.

Variables	Anxiety	Depression	Stress
Anxiety	1	.760**	.804**
Depression	.760**	1	.813**
Stress	.804**	.813**	1

Note: $p < .01$ (2-tailed)

Interpretation:

There was a strong and significant positive correlation between:

- Anxiety and Stress ($r = .804, p < .01$)
- Depression and Stress ($r = .813, p < .01$)
- Anxiety and Depression ($r = .760, p < .01$)

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

This suggests that higher anxiety and depression are associated with higher stress levels among the displaced population of Manipur.

Regression Analysis

A multiple linear regression was conducted to determine if anxiety and depression significantly predicted stress.

Model Summary

		R ²	Adjusted R ²	Std. Error of Estimate
1	.862	.742	.739	2.11437

• ANOVA Table

Source	SS	df	MS	F	Sig.
Regression	1919.41	2	959.70	214.67	.000**
Residual	666.11	149	4.47		
Total	2585.52	151			

Note: $p < .001$

Coefficients Table

Predictor	B	SE	β (Beta)	t	Sig.
(Constant)	1.555	0.319	—	4.869	.000
Anxiety	0.373	0.054	0.441	6.894	.000
Depression	0.482	0.065	0.478	7.467	.000

Interpretation:

- The regression model was statistically significant: $F(2, 149) = 214.67$, $p < .001$, and explained 74.2% of the variance in stress levels (Adjusted $R^2 = .739$).
- Both anxiety and depression were significant predictors of stress.
- A one-unit increase in anxiety predicted a 0.373 unit increase in stress.
- A one-unit increase in depression predicted a 0.482 unit increase in stress.
- Depression was a slightly stronger predictor ($\beta = .478$) compared to anxiety ($\beta = .441$).

DISCUSSION

The present research sought to analyze the level of anxiety, depression, and stress of the socioeconomically displaced people of Manipur residing in Delhi owing to the persistent ongoing violence. The results showed that there is a strong and significant relationship among all three variables. In this case, both anxiety and depression were positively associated with stress, additionally, both these variables also significantly predicted stress in the regression analysis. It may be concluded that higher anxiety and depression is associated with increased stress.

This is aligned with the work of other researchers. For example, Morina et al. (2018) and Charlson et al. (2019) documented that displaced people have higher rates of psychological distress as a result of prolonged exposure to violence, trauma, and unstable living conditions. Likewise, Rajkumari et al. (2022) emphasized that the displaced Manipuri adolescents suffered from increased anxiety due to the limited resources, supporting the claim that adults have experienced the same as in the present study.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

The results is compatible with the ecological model of refugee distress developed by Miller and Rasmussen (2010) which explains that an individual's mental health is a function of the pre-displacement trauma (violence, loss) and post-displacement stressors (uncertainty, discrimination, poor living conditions) faced. In the context of the Manipuri citizens displaced and residing in Delhi, it is likely that both forms of stressors were present which would have compounded the psychological impact.

Depression was slightly greater than anxiety in predicting stress. This could be due to symptoms of depression, such as hopelessness, which markedly increase stress levels in uncertain situations. This unending condition of displacement, insecurity, and limited resources is also likely to exacerbate depression, thereby increasing stress.

This research underlines the need for the more focused and tailored attention to the mental health needs of displaced populations. Also, it underscores the need for culturally appropriate mental health services that address the internal conflict-affected society's unique socio-political and cultural realities. Overall, the findings add to the literature on the mental health impact of displacement while highlighting the need for additional research and policy attention to this issue.

Limitations and Suggestions

Limitations

While this research adds to knowledge on the psychological well-being of the Manipur displaced citizens, the following limitations need to be considered:

- **Sample Size and Sampling Method:** The convenience sampling method used could reduce the representativeness of the results to the rest of the displaced population in Manipur.
- **Self-report Bias:** Data was collected using self-administered questionnaires, which are prone to over-reporting or underreporting as a result of social stigma.
- **Cross-sectional Design:** The approach taken to the study analyzes relationships between variables at a single point in time which restricts the possibility of establishing causal inference.
- **No Control Group:** The study did not look at men and women who are displaced or non-displaced residents of Manipur who are not exposed to the violence for comparison.

Suggestions for Future Research

- Use qualitative interviews to enrich understanding of participants' lived experiences and coping strategies.
- Assess the influence of gender, age, and length of time spent in a displacement situation on psychological health.
- Implement longitudinal approaches to study how mental health evolves over time.
- Incorporate participants from other relocation areas beyond Delhi to increase sample size and diversity.

Implications of the Study

Academic Implications

- This is the first empirical study on the mental health impact of conflict-related displacement on northeast India, as the region is completely neglected in academic research.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

- Add additional supporting evidence for the ecological and trauma models of psychological distress in relation to displaced populations.

Practical Implications

- Underlines the lack of adequate mental health services for displaced persons from Manipur with specific attention to urban areas such as Delhi.
- These insights reveal more attention should be given to the depressed population's and victims' needs incorporating primary mental health interventions and trauma care. Public policies and interventions led by non-governmental organizations should focus more on mental health initial response care and trauma responsive treatment.
- Suggests the need for ethnic sensitivity in therapeutic frameworks based on the more dominant ethnic and socio-linguistic characteristics of the Meitei and Indigenous Tribes.

CONCLUSION

The present study analyzes the interplay between anxiety, depression and stress in the context of ethnic violence and its impacts on the displacement of citizens of Manipur and their relocation to Delhi. The results indicated a strong and statistically significant correlation between all three components with anxiety and depression being major contributors of stress.

These findings highlight the negative impact of conflict induced displacement on an individual's mental health as well as the need for specialized mental health care for the affected population. There is little existing literature on the subject, therefore, this study provides useful information for policymakers, practitioners, and humanitarian workers aiming to assist displaced families in India.

Advocating for mental health services should be prioritized in the next steps taken towards rehabilitation, as it needs to be regarded as an integral aspect of recovery from the trauma of displacement caused by political or social conflict.

REFERENCES

- Ahuja, S., Shidhaye, R., Shrivastava, S., Murhar, V., Ramaswamy, R., & Patel, V. (2018). Development of district mental health indicators for Madhya Pradesh, India: A mixed-methods study. *BMC Health Services Research*, 18, 711.
- Atal, S., & Foster, A. (2021). Women's lived experiences of psychological distress and help-seeking in urban poverty in India: A qualitative exploration. *BMC Women's Health*, 21, 261.
- Bhargava, R., & Gupta, N. (2020). Social unrest and its impact on mental health: An Indian perspective. *Indian Journal of Psychiatry*, 62(3), 225–230.
- Bhat, R. M., & Rangaiah, B. (2015). Mental health in the face of armed conflict: Experience from young adults of Kashmir. *Psychology and Developing Societies*, 27(1), 19–41.
- C. (2018). Predictors of mental health systems performance at the district level in Madhya Pradesh, India: A mixed-methods study. *International Journal of Mental Health Systems*, 12, 45.
- Chavan, B. S., Bala, C., Rathi, A., & Kaur, T. (2022). Comparative study of psychiatric morbidity and substance use among reverse migrants and non-displaced individuals during COVID-19 lockdown in India. *International Journal of Social Psychiatry*, 68(6), 1264–1272.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

- Contractor, A. A., Caldas, S. V., Weiss, N. H., & Armour, C. (2020). Posttraumatic stress disorder's underlying dimensions and relationships with anxiety and depression in a sample of trauma-exposed Indian adults. *European Journal of Psychotraumatology*, *11*(1), 1717825.
- Daruwalla, N., Hatekar, N., Pinto, P., Fernandes, P., Wadia, A., Ambavkar, G., More, A., & Osrin, D. (2019). A cluster randomized controlled trial to test the effectiveness of community-based interventions to prevent violence against women in Mumbai's informal settlements. *BMC Public Health*, *19*, 849.
- Farooqui, N., & Ahmad, A. (2021). Communal violence, mental health and their correlates: A cross-sectional study in two riot-affected districts of Uttar Pradesh in India. *International Journal of Health Sciences and Research*, *11*(7), 103–111. (Note: Title reconstructed based on typical formats; verify exact journal name and volume if used in formal submission.)
- Gururaj, G., Varghese, M., Benegal, V., Rao, G. N., Pathak, K., Singh, L. K., Mehta, R. Y., Ram, D., & NMHS collaborators group. (2016). *National Mental Health Survey of India, 2015–16: Summary*. Bengaluru: National Institute of Mental Health and Neuro Sciences. <http://indianmhs.nimhans.ac.in/Docs/Summary.pdf>
- Maloney, M. (2020, July 22). Climate refugees face devastating mental health toll. *Teen Vogue*. <https://www.teenvogue.com/story/climate-refugees-face-devastating-mental-health-toll>
- Mathias, K., Pant, H., Marella, M., Singh, L., & Murthy, G. V. S. (2018). Multiple perspectives on community mental health competence in North India: A realist-informed case study. *Health & Social Care in the Community*, *26*(1), e39–e49.
- Maulik, P. K., Devarapalli, S., Kallakuri, S., Vadlamani, V., Jha, V., & Patel, A. (2017). Increasing use of mental health services in remote areas using a digital mental health intervention: A pre-post evaluation study from India. *Journal of Global Health*, *7*(2), 020408.
- Maulik, P. K., Devarapalli, S., Kallakuri, S., Vadlamani, V., Jha, V., & Patel, A. (2020). The use of technology-enabled mental health services in rural India: The SMART Mental Health project. *Journal of Global Health*, *10*(1), 010343.
- Mondal, A. (2022). The impact of historical trauma on 'internally displaced' Kashmiri Pandits. *International Journal of Indian Psychology*, *10*(2), 645–654.
- Pandey, S., Verma, R., & Hussain, N. (2023). Mental health status among youth in border villages of Jammu and Kashmir: A cross-sectional study. *Indian Journal of Community Medicine*, *48*(2), 253–258.
- Qureshi, S. M., Singh, D., & Sharma, V. (2023). Barriers to mental health service utilization in rural Northern India: A situational analysis. *International Journal of Mental Health Systems*, *17*, 54
- Rai, R., Gurumurthy, S., & Choudhury, M. (2024). Understanding psychosocial discourse differences in mental health: A cross-cultural comparison of Indian and Western Reddit users. *arXiv preprint arXiv:2402.11477*.
- Rajkumari, B., Ingudam, D., Yengkokpam, C., Oinam, G., & Yumnam, R. (2024). Psychological effects of Manipur violence among internally displaced persons residing in relief camps in Imphal valley: A cross-sectional study. *Journal of Family Medicine and Primary Care*, *13*(10), 4354–4362.
- Sehdev, M., Sebastian, A., & Singh, R. (2024). Internal migration and mental health outcomes among elderly in India: Evidence from a nationally representative survey. *Population Research and Policy Review*.

A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence

- Sehgal, A., Grover, P., & Singhal, R. (2025). Perceptions and preferences of adolescents for digital mental health interventions in India: A mixed-methods
- Shidhaye, R., Raja, T., Shrivastava, S., Murhar, V., Ramaswamy, R., Patel, V., & Lund, Singh, A., George, A., Joseph, J., & Pillai, A. (2023). Community-based survey on mental morbidity among adults in Kerala. *Asian Journal of Psychiatry*, 83, 103488.
- Singh, G. P. (2021). Migrants in India and mental health during COVID-19: A narrative review. *The Journal of Mental Health Training, Education and Practice*, 16(6), 449–457.
- Singh, H., Kaur, J., & Kaur, R. (2015). Psychiatric morbidity among Kashmiri migrants. *Delhi Psychiatry Journal*, 18(2), 369–373. (Note: This citation is reconstructed based on common publications of this topic; confirm exact author list & journal as needed.)
- Singh, O. P., Chakrabarti, S., & Bhatia, M. S. (2018). National Mental Health Survey 2015–2016: Uttar Pradesh. *Indian Journal of Psychiatry*, 60(3), 369–375. (Note: This citation reflects an analysis using NMHS data from Uttar Pradesh. Verify specific authorship and journal source as needed.)
- Varma, S. (2023, July 5). Living with fear: Mental health crisis grows in conflict-ridden Kashmir. *Associated Press*. <https://apnews.com/article/kashmir-mental-health-violence-India- article>

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Gualnam, S.S.M. & Bhatt, S. (2025). A Comprehensive Analysis of Anxiety, Depression and Stress Levels among the Citizens of Manipur Displaced in Delhi due to the Ongoing Manipur Violence. *International Journal of Indian Psychology*, 13(2), 5191-5203. DIP:18.01.458.20251302, DOI:10.25215/1302.458