

Quality of life, psychological wellbeing and resilience: a survey on the Italian population living in a new lodging after the earthquake of April 2009

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Parole chiave: Qualità di vita, terremoto, resilienza

Abstract

Objective: The aim of this study is to estimate the quality of life and the psychological wellbeing as a result of the earthquake which occurred the 6th of April 2009 and that struck the population of the city of L'Aquila.

Methods: A random sample of 281 subjects, from the population that had the possibility of living in a temporary lodging provided by the State, were interviewed after the earthquake, during the period between July and October 2010. Two self-administered questionnaires were used: the Psychological General Well-Being Index (PGWBI) and the Dispositional Resilience Scale (DRS II).

Results: The women's health status is worse than the men's, this is true both on a general level (79,24 vs 70,55), and on different estimated dimensions. Health status is significantly worse in older age groups ($F_{2,245}=4,34, p=0,0140$): the elderly appear to be more depressed ($F_{2,245}=6,52, p=0,0017$) and to have less self-control ($F_{2,245}=3,06, p=0,0487$) than the younger.

Conclusions: Generally women tend to experience greater emotional involvement in social and interpersonal relationships. Although many months have passed since the catastrophic event, feelings of disease and a sense of impotence (about life) are still persistent in people, even though they generally are hopeful about the future.

Introduction

A year after the earthquake in L'Aquila, the University of L'Aquila in collaboration with the University of Marche and the University of Florence (MICRODIS-L'Aquila research team), carried out a survey on midterm psychological consequences of the earthquake. It is a survey on adults enrolled from public list of families which could access the Sustainable Eco-friendly Anti-seismic Complex Project (CASE Project) in L'Aquila.

A disaster implies a sense of bewilderment about the demographic, urban, economic and social context in which individuals had been living till the day before the event. Moreover, a catastrophe creates a distance from all those daily expectations collectively shared. Mainly in the territory of L'Aquila people are seriously confused because of the numerous changes and because having lost churches, squares and sporting centers. This suffering is shown more evidently in those who have been forced to leave their own habitations because they were seriously structurally

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