

Thesis Title	Prevalence and Factors Associated with Post Traumatic Stress Disorder (PTSD) among Myanmar Migrants in Mae Sot, Tak Province
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ABSTRACT

Mental disorders such as Post-Traumatic Stress Disorder (PTSD) are highly prevalent among displaced populations, however, evidence remains limited among Myanmar migrant in Thailand, despite their heightened exposure to conflict, displacement, and post-migrant stressors. This study aimed to estimate the prevalence of PTSD and determine associated factors among Myanmar migrants living in Mae Sot district, Tak province, Thailand.

A cross-sectional study was conducted among Myanmar migrants residing in Mae Sot, Mae Tao, and Tha Sai Luad sub-districts. Data were collected using a self-developed, validated questionnaire. PTSD symptoms were assessed using the Posttraumatic Stress Disorder Checklist for DSM-5 (PCL-5), with a cut-off score of 33 or higher indicating PTSD. Chi-square tests were conducted for preliminary analyses, and logistic regression was performed to determine factors independently associated with PTSD.

A total of 360 Myanmar migrants participated; 64.2% were female. The prevalence of PTSD was 31.7%. After adjustment for potential confounders, higher odds of PTSD were observed among females, younger migrants, those originating from conflict-affected areas, and individuals who were unemployed or engaged in professional/freelance work. Social structural vulnerabilities-including living apart from family, shorter duration of residence in Thailand, language difficulty, perceived discrimination, and perceived social exclusion were also independently associated with PTSD. In addition, substance use (tobacco and other substances) was strongly associated with PTSD.

A substantial proportion of Myanmar migrants in Mae Sot experience PTSD, reflecting significant unmet mental health needs. These findings highlight the urgent necessity for inclusive public health responses, including the integration of mental health services into health insurance benefit packages and the development of culturally adapted, accessible mental health

interventions. Addressing post-migration stressors and structural exclusion is essential to mitigating the invisible wounds experienced by migrant communities.

Keywords: Post-traumatic Stress Disorder, Myanmar Migrants, Border Health, Migrant Mental Health, Prevalence, Associated Factors

