THEORETICAL MODELS OF TERRORISM AND PSYCHOLOGICAL INTERVENTION STRATEGIES FOR VICTIMS OF TERRORIST ATTACKS

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ABSTRACT: The issue of terrorism has become a major concern for governments and societies around the world due to its devastating effects on human lives and social stability. This paper provides a conceptual review of different models of terrorism, including the Four Waves of Terrorism, Frustration Aggression Theory, Greed and Grievances Theory, General Strain Theory, Social Reaction Theory, The Philosophical Theory of Religion as a Theory of Terrorism, Globalization Theory and theories unique to domestic terrorism. The objectives of this review are to provide an in-depth understanding of the theoretical frameworks that can be used to explain the dynamics of terrorism and its impact on individuals and communities. The empirical review examines the methods used to study terrorism and its effects on victims. The review also explores the impact of terrorism on the wellbeing of the people and the psychological interventions that are available for victims of terrorist attacks, including trauma-focused therapy, cognitive-behavioural therapy, and group counselling. The paper concludes by highlighting the importance of psychological interventions in supporting victims of terrorist attacks and promoting community resilience. It emphasizes the need for a holistic approach that integrates psychological interventions with social, economic, and political strategies to address the root causes of terrorism and prevent future attacks.

Keywords: Terrorism, Models of Terrorism, Impact of Terrorism, Psychological Intervention

INTRODUCTION

It has been observed that one of the most global threats to the security of most countries in the world today is terrorism. Although terrorism has always been a part of modern civilization, it became more pronounced in the 1960s and has increased in intensity and frequency to become a major international concern and problem (Rapoport, 1984). There is no universally acceptable definition of terrorism and this has been the source of contention in academia and policy for several years now. Defining terrorism had created decades of debate over whether or not terrorism is real or just an imaginative concept. As a result, common definition of terrorism has not yet been established as the concept is conceptualized differently by different individuals (Weinberg, 2005; Onwudiwe, 2001; Schmid & Jongman, 2005). For example, Jenkins (1975) described terrorism as a "new mode of conflict", which enable terrorists employ terrorism as a means of political expression and this has assumed different dimensions by the involvement of transnational elements in their quest to make known their intentions. Terrorist attacks can be defined by their intent to intimidate a larger population more so than the immediate victims, again, the action must be outside the context of legitimate warfare activities and directed toward achieving a political, economic, religious or social goal (Global Terrorism Database, 2022).

In noting the difficulty in defining terrorism, Onwudiwe (2001) emphasized on so many dictums used by researchers to define terrorism such as "today's terrorist is tomorrow's freedom fighter", "terrorism to some is heroism to others", "one man's terrorist is another man's freedom fighter" Many researchers have examined the definition of terrorism in different ways (Dyson, 2012; Onwudiwe, 2001; Polland, 2011; Schmid & Jongman, 2005; Weinberg, 2005; Hoffman, 2006).

Despite the difficulty in presenting a common definition, Weinberg (2005), using a rigorous perspective, viewed terrorism as "a snare and delusion, a way of diverting the public's attention from the failings of Western governments, the American and British ones especially" (p. 1). Others have viewed terrorism as the rational and objective opposition of the people against state terrorism, state sponsored terrorism, neocolonialism, mercantilism, liberalism, racism, colonialism and domination (Herman and O'Sullivan, 1989). The Serkasian view of terrorism deserve to be mentioned here, as it depicts terrorism as 'violence or threat of violence aimed at instilling fear within a target population to create an atmosphere of insecurity using hostage taking, kidnapping, hijacking and the use of innocent victims to affect a third party' (Orji, Dike & Ibok, 2022). The Serkasian view of terrorism reinforces a common understanding as propounded by the UN panel, on March 17, 2005, which described terrorism as any act "intended to cause death or serious bodily harm to civilians or non-combatants with the purpose of intimidating a population or compelling a government or an international organization to do or abstain from doing any act." From the above definitions of terrorism, it can be asserted that (i) terrorism involves the use of violence to effect behavioural change within a group or population and (ii) inflicting trauma to gain advantage of the people.

The September 11, 2001 attack on the United State of America by Al Qaeda signifies how deadly and the fact that no nation is immune or exempted from the act of terrorism. Reports have it that, in the attack, over 3000 people were killed, including more than 400 Police Officers and firefighters (Hoffman, 2002). Terrorism has also been experienced in other parts of the world including Africa. For instance, countries such as Tunisia, Kenya, Tanzania, Morocco, Sudan, and Nigeria have also been affected by act of terrorism. However, with reference to Nigeria, the phenomenon has found expression in various militant groups act such as the Niger Delta Militant Groups like Movement for the Emancipation of Niger Delta (MEND), Movement for the actualization of Biafra (MASSOB), Niger Delta people Volunteer Force (NDPV), Movement for the Survival of Ogoni People (MOSSOP), Ijaw Youth Congress IYC), Egbesu Boys Of Africa (EBA), Indigenous People of Biafra (IPOB), Islamic State's West Africa Province (ISWAP), and the most deadly terrorist group called the Boko Haram. Boko Haram and ISWAP are both Islamic terrorist groups operating in the north-eastern axis of Nigeria, especially in states such as Borno, Katsina, Kaduna, Abuja, Yobe and Adamawa, where their deadly activities had rendered and forced many into internal displacement with its attendant trauma and deaths. The crisis has been so devastating that many citizens of the North-eastern states of Nigeria have been sent to their early grave including security agents like Police and military officers. Ocha (2016) noted that since the start of the conflict in 2009, more than 20,000 people have been killed, thousands of women and girls abducted and many children drafted into suicide bombing. He went further to reveal that almost 2.1 million people fled their homes at the height of the conflict, 1.9 million of whom are internally displaced, and over 200,000 are still in Cameroon, Chad and Niger after having been forced to flee their ancestral homes (Ocha, 2016). The motive of the deadliest Islamic sect Boko Haram and ISWAP in the Northeast is to create fear amongst the people and influence the government to accept their

ideology, policies and plans which has to do with establishing an Islamic state in the whole of the Northern part of Nigeria and eradicating Western education.

Although, on a more positive note, there was a ten per cent improvement in terrorism deaths in Sub Sahara Africa (SSA), the improvement can be attributed to the successful counter insurgency operations and leadership decapitation strategy adopted by the federal government of Nigeria. Studies have revealed a decline by 72 per cent between 2020 and 2021 from 629 deaths to 178 deaths (Global Terrorism Index, 2022). Nigeria recorded the second biggest reduction in deaths. This is more than the overall decrease in terrorism deaths in SSA. Attacks by the group also significantly decrease, halving from the prior year to 64 attacks, the reports added.

Despite, the decline in the activities of Boko Haram attacks in Nigeria, studies on the psychological consequences of terrorism suggests that the aftermath of a terrorist attack is often characterised by confusion, fear, grief, and anger among the wider population, which can compound and contribute to general feelings of distress and anxiety (Schuster, *et al*., 2001; Silver, *et al*., 2002; Bongar, 2007; Deschepper, *et al*., 2016). According to García-Vera and Sanz (2016), following terrorist attacks, a greater number of the victims will experience posttraumatic stress disorder (PTSD), depressive or anxiety disorders although some of the psychopathological symptoms may subside on its own without any psychological interventions, in many cases symptoms will persist overtime. Despite the availability of empirical evidences on the efficacy of psychological treatments for mental disorders of victims of terrorism is scanty which necessitated this study.

Objectives of the Study

The study is aimed at evaluating various theoretical frameworks that can aid our understanding of terrorism and motivations for terrorist behaviour. The specific objectives are stated as follows:

i. examine the role theories play in the understanding of the frameworks that can explain the dynamics of terrorism.
ii. examine the impacts of terrorism on the individual's and community psychological wellbeing.
iii. present the psychological intervention methods relevant in ameliorating the physical and psychological impacts of terrorism on the people.

THEORETICAL FRAMEWORK: TERRORISM

The concept of terrorism is a difficult topic. Its explanation may be biased by political assumptions and social prejudices. Policy makers and experts disagree about their theoretical perspectives. In this section we shall present and review various approaches to studying and understanding terrorism. They include: the "Four Waves of Modern Terrorism as propounded by David Rapoport; Psychosocial (frustration-aggression; greed and grievance; general strain and social reaction) theories; Philosophical theory of Religion; Globalisation and other theories unique to domestic terrorism shall form part of our reviews.

Four Waves of Modern Terrorism

The four waves theory as formulated by Rapoport (2004), provides a historical framework to understand the evolution and trends of terrorist activities. Since the late 19th century this model suggest that terrorism has gone through four distinct waves each demonstrating different features of motivations, tactics and targets. The four distinct waves are explained as follows:

I). The Anarchist Wave which was experienced between the late 19th and early 20th century was characterised by anarchist groups with major focus on dethroning governments and putting in place societies without hierarchy or authority. Notable acts during this wave include the assassinations of political leaders and bombings targeting public places (Rapoport, 2004).

2). The Anti – Colonial wave existed from 1920s to 1960s and was propelled by the nationalist movements seeking independence from the colonialists. Nationalist and anti-colonial movements sought to liberate their countries from imperial rule. This wave was characterised by guerrilla terrorism, warfare, and attacks on military and government targets. Prominent activities include the activities of The Irish Republican Army (IRA) and the Algerian National Liberation Front (FLN) (Rapoport, 2008).

3). The New left Wave experienced during the late 1960s to 1990s. This was made up of radical leftist groups seeking the overthrow of the capitalist system and bring about revolution. These organisations, influenced by Marxist and Maoist ideologies, targeted revolutionary change aimed at addressing social and economic issues. Hijackings, bombing and assassination remained their notable tactics. Some of the groups that existed during this wave include: The Red Army Faction (RAF) in Germany and the Revolutionary Cells (RZ) in Italy (Rapoport, 2022).

4). The Religious Wave existed from the 1970s to present with religiously motivated groups seeking to create their own utopian society based on their understanding and interpretations of their religious principles. Radical religious ideologies, such as Salafist-jihadism, drove groups like Al-Qaeda and later ISIS to carryout large-scale attacks on civilians and symbolic targets worldwide. Predominant tactics in this wave include: the use of social media for recruitment and propaganda, suicide bombing and mass shooting (Rapoport, 2022)

According to Rapoport (2004), the phenomena of terrorism has gone through the above waves/stages metamorphosing into what can be differently viewed today as terrorist acts, conveying different connotations to different groups, with almost regular tactics of instilling fear among the population with a view to achieving their desired goals.

Frustration-Aggression Theory

Dollard, Miller, and Doob (1939) provide an apt elucidation of causes of violent crime such as terrorism. The frustration-aggression theory takes the most extreme account of the interaction between internal (psychological) and external (social/political) factors in explaining the essence of terrorism. The theory suggests a terrorist's behaviour is his/her answer to the frustration of different political, economic, and personal needs and goals. Based on their frustration-aggression theory, frustration and aggression are necessary conditions for violence. This means that thwarting an individual's expected goal attainment leads to heightened emotion, which can direct that individual to take aggressive action (in the form of violence)

against the party assumed to be responsible for the misfortune. According to Baron and Richardson (2004), frustration is defined as the blocking of goal attainment, which then leads to aggressive behaviour that is comparable to the extent of bridging the opportunity to attain goals or realise dreams. Both frustration and aggression work together as the existence of one lead to the occurrence of the other. Accordingly, aggressive behaviour requires the existence of frustration for it to be triggered and the existence of frustration leads to aggressive behaviour. It has been shown that relative deprivations from political, economic, and personal needs and denial to achieve those expectations can spike violent civil conflicts. Frustration is the expected result if attainments of these expectations are blocked, (Margolin, 1977; Nachmias, 2004).

Terrorists are angry over particular issues and feel frustrated because their cause has been exploited by those in power; at the same time, they are frequently economically marginalized, unemployed, or otherwise cannot attain their desired goals. Thus, the principles of frustration-aggression theory fits the scenario in most terrorist torn countries today. Edigin (2010) argued that the frustrating conditions in certain parts of the world that resulted from the denial of access to the natural resources coupled with the ecological bastardisation and environmental dilapidation of oil exploration activities generated frustration, which eventually breeds aggression and the attendant attention-seeking through violence. For instance, Mid-Eastern terrorist groups like al-Qaeda are rebelling against the Western countries because of the purported U.S. foreign policies against Islamic countries and the adoption of Western culture, which they believe is anti-Islamic and thus deprives them of economic, religious, and political growth. The frustration of not having the same opportunities as other countries has resulted in aggression against the United States and has exacerbated extremists' violent behaviours. The frustration-aggression theory is relevant because it points out the internal/external factors as triggers and makes it possible to understand how risk groups arise and exist

Greed and Grievances Theory

Collier and Hoeffler (2000) developed a theory to prove the causes and motivation of the outbreak of violent rebellion, which led to the up-spring of civil wars. They argued that ''their statistical data pointed towards economic incentives as being the main causes of the outbreak of violent rebellion''. It was analysed also, in Doorn (2013) that Collier and Hoeffler in their original paper used a number of 1,000 death per year as the baseline for civil war (2000, p4). However, despite the criticism levelled against Collier and Hoefflers' greed and grievance theory, in which they are criticized on the bases that ''it is impossible to impose the type of generalisation of civil wars that they attempted in their work, and that civil wars are caused by highly complex social process that greatly depend on the historical and regional context. Therefore, it is important to study the causes of civil wars in the context of the specific cases''.

Nevertheless, the greed and grievance of collier and Hoeffler are very relevant in proving the causes of terrorism in Nigeria. Collier and Hoeffler argued that an economic incentive is the primary causes of violent rebellion and civil wars. This fact is never relegated in the case of Nigeria, as the failure of Nigerian government to give the basic necessities of lives to her citizens and the greed of the political class to amass wealth to themselves which has, in turn, widen the gap between the rich and the poor are indeed the primary causes of terrorism in Nigeria. The inability of the poor to survive has now made the poor to fall easy prey to the incentives offers by the terrorist group, as they are being bought over cheaply to act as a fighter for the deadly groups in Nigeria. Collier and Hoeffler argued that the main characteristics of civil war-prone states are a heavy reliance on primary commodity exports, a large percentage

of unemployed and uneducated young men and a sudden and rapid economic decline. This is exactly the case in Nigeria, as there is a heavy reliance on oil, with a very high rate of unemployed and uneducated youths who ends up being a tool in the hands of the deadly group Boko Haram.

General Strain Theory

Agnew's (2010) General Strain Theory (GST) of terrorism offers an appropriate understanding of terrorism causes. He argued that both "strain" and "grievances" are the main basis of terrorism. Agnew (2010), also noted that present strain theories of terrorism attribute terrorist acts to various grievances associated with relative economic deprivation, religious and socio-cultural issues relating to modernization, neo-imperialism and neo-colonialism; hatred over national, financial and military supremacy of the United States and other Western World; intra and inter religious disputes; racial/ethnic discrimination; human rights violations; harsh statism and etcetera (Post, 2007; Onwudiwe, Tsado, Ejiogu, McGee-Cobbs & Okoye, 2016).

Agnew (1985) did not base his theories solely on problems of achieving positively valued goals as did the traditional strain theories (Durkheim, 1951); rather, he added the concept of blocked avoidance of painful situations. He contended that both blocked opportunities and inability to avoid stressful circumstances creates strain. Such negative situations can trigger anger and frustration and thus put pressure on individuals, particularly juveniles with weak coping mechanisms. For instance, the radicalisation tactics and recruitment methods of terrorist groups like ISIS and Boko Haram targeting young Americans, Europeans, and Nigerians have lured numerous young people into terrorism. Hence, vulnerable juveniles became brainwashed into believing that they are fighting for a just cause that will yield great reward in heaven.

Similarly, Dollard *et al.* (1939) claimed that crime or delinquency results from anger and feelings of frustration that develop when one experiences strain resulting from blocked opportunities. While Agnew (2006) contended that frustration is a type of anger, Dollard et al. (1939) argued that frustration precedes aggression. In other words, blocked goals lead to frustration and frustration eventually compels aggression. Notably, the degrees of strain and the different ways individuals perceive and tolerate negative situations contribute to the level of pressure on an individual to act out and depend on individual characteristics and environment. Strain theory is a fundamental criminological theory that explicitly explains terrorism in practical language. For example, through their statements, videos, and websites terrorists explain the cause of their actions in terms of the strain of deprivation, poverty, and military occupation as well as threats to traditional and religious values (Agnew, 2010). A plethora of academic literature on terrorism involved case studies of terrorist organisations to explain the relationship between strain and formation of such groups. Most studies agreed that strain plays a significant part in the creation of terrorist organizations. (Hoffman, 2006; Post 2007). However, Agnew (2010) argued that there is a possibility of similar cases of strains not resulting to terrorism. His findings supported earlier assertions that the tendency to commit criminal activities because of strain is dependent on factors such as the degree of strain, the different ways individuals perceive and tolerate negative situations, and the amount of internalized social control. Notably, strain, frustration and aggression are not the absolute explanation of terrorism; there are other social contributing factors to the developments of terrorism. Agnew (2012), suggests that a more complete explanation of terrorism need to extrapolate variety of theories and the multifaceted relationships existing among them to explain the contributing factors that lead to terrorism.

The Social Reaction Theories

The social reaction theories such as the labelling and the conflict perspectives also explain terrorism by focusing on the impact of formal institutions in the society in creating delinquents such as terrorists. According to Tannenbaum (1938) "criminal behaviour is a product of the conflict between a group and the community at large" (p. 111). Conflict arises because of differential conceptions of what is right and wrong in the society (Becker, 1963). Hence the values of these groups are reflected in the laws governing the community and any behaviours contrary to these values are labelled as crime and the perpetrators are tagged criminals. The application of the term terrorism or tagging a group as terrorist conveys a moral judgment (Weinberg, 2005). However, the concept of terrorism depends on labelling; specifically, who is labelled what and by whom. From the perspective of laws and the government the perpetrator of such an act is a terrorist, but from the perspective of the followers or supporters, the perpetrator is tagged "freedom fighter." As Boaz (2002) noted that, "one man's terrorist is another man's freedom fighter" (p. 287). Terrorism is a tactic used by those tagged as terrorists to achieve group goals and objectives such as freedom, liberation, justice, and equality. Fundamentally, radical criminologists have viewed causes of crime from a conflict perspective that stresses how the role of capitalism and its analogues influence criminal behaviour (Lynch and Michalowski, 2010). Marx argued that conflict results from historical inequality in the distribution of resources and power in society (Michalowski, 1996). The effect of this inequality is a conflict of interests between the owners of capital or the dominant class (bourgeoisie) and the working class (proletariat), those without power. According to Marxist criminologists, class struggle affects crime because the definition of crime is a reflection of the influence of those in authority, which determines how law and justice are administered in the society. They further interpret every crime as resulting from class struggle; while the rich criminalise the actions of the poor in order to maintain their status, the poor struggles to survive by involving in crimes of accommodation.

The Philosophical Theory of Religion as a theory of Terrorism

Kraemer (2004) has shown that the discipline of theology, religion and philosophy have had important things to say about terrorism. It is also a fact that about a quarter of all terrorist groups and about half of the most dangerous ones on earth are primarily motivated by religious concerns (Hoffmann, 1993). They believe that God not only approves of their action but that God demands their action. Their cause is sacred and consists of a combined sense of hope for the future and vengeance for the past. Of these two components, the backward – looking desire for vengeance may be more important trigger for terrorism because the forward-looking component called apocalyptic thinking, or eschatology produces wild- eyed fanatics who are more of a danger to themselves and their own people.

Globalisation Theory

Nassar (2004) has probably written the most (14) interesting piece on globalisation theory as it relates to terrorism, and although his ideas are fairly critical of the U.S for exporting nightmares as well as dreams, He does provide a robust introduction to the complex topic of globalisation. Globalisation contributes to dreams, fantasies and rising expectations, but at the same time it leads to dashed hopes, broken dreams and unfulfilled achievements. Terrorism breeds in the gap between expectations and achievement. In all, globalisation theory depicts 'Rich people'

(Nations) seeking power and wealth, and poor people or Nations) are seen as wanting justice. From this perspective, then rich people are part of the causal factors or root cause of terrorism.

Theories Unique to Domestic terrorism

Freilich (2003) reviewed theories in this category, a relatively small area of research which tends to be studied within a field called Sociology of social movement.

The first is called is called **economic/social integration theory**, and all holds that high concentrations of farming, economic depression and social disorganisation are all related to high levels of domestic terrorist activity, militia movements in particular.

The second theory is called **resource mobilisation theory**, and it suggest that states which are more prosperous and socially integrated would tend to develop more domestic terrorist activities.

The third group of theories is called cultural theories, and proposes that states experiencing greater cultural diversity and female empowerment along with increasing para militarism are likely to develop greater level of domestic terrorist activity. In terms of research findings, more empirical support seems to exist for the third set of theories (at least according to Freilich, 2003), although resource mobilisation theory tends to dominate the theoretical literature.

Terrorism and Psychological Wellbeing

Terrorist attacks have a lot of devastating effects especially on psychological wellbeing. Victims of terrorist attack, as well as those who witness or hear about these attacks, are likely to experience long-term negative effects (Stoddard, Gold, Henderson, Merlino, Norwood, and Post, 2011). A considerable number of reviews of the scientific literature have found a high prevalence of symptoms and emotional disorders in children and adolescents who suffered a terrorist attack directly or indirectly (Neria, DiGrande, and Adams, 2011; Pereda, 2013; Slone and Mann, 2016). For instance, the prevalence of post-traumatic stress disorder (PTSD) in children and adolescents between 4 and 13 months after suffering a terrorist attack ranges from 10 to 30% (García-Vera and Sanz, 2021).

Furthermore, a cross-sectional study conducted one week after the 2016 Brussels bombings by ISIS extremists found 35.1% of Belgians reported moderate to severe anxiety and depressive symptoms (Deschepper, et al., 2018). According to Luhmann and Bleidorn (2018), changes in mood and terror-related cognitions and behaviours were also found among the wider population 4 weeks after the 2015 ISIS terror attacks in Paris, France. From a psychological perspective, terrorism in recent times can be particularly damaging because of the scope and speed of information sharing, including the possibility of live streaming the violence like in the Christchurch attacks and other attacks. This normally exposes masses of people to their own physical or existential vulnerability, undermining their sense of personal safety (Bongar, 2007). Alternatively, it can be said that terrorist attacks have a significant psychological impact on those not directly exposed to the attacks, both immediately afterwards, and sometimes months later (Luhmann & Bleidorn, 2018). However, it is presently unclear how terrorist attacks that target specific minority populations affect the psychological functioning of the wider population that is not targeted by the attacks. While a retrospective recall study 4–5 months after the 2011 Norway attacks in which a far-right extremist targeted members of a political

party pointed to increases in the wider population's negative emotions, these attacks were also directed at government buildings, and a community survey revealed that 1 in 4 people reported knowing someone directly impacted (Darby, 2019).

Research findings from studies conducted immediately after 9/11 found a range of emotional and behavioural reactions, both in the cities where the attacks occurred and across the country. For example, three to five days after 9/11, 44 percent of a national sample of Americans reported experiencing substantial emotional stress (Schuster, Stein, Jaycos, Collins, Marshall. Elliot, Zhou, Kanouse, *et al*., 2001). Galea, Ahern, Resnick, Kilpatrick, Bukuvalas, Gold, Vlahos, et al. (2002) in their study reported that one to two months after 9/11, 8 percent of residents sampled in Manhattan reported symptoms consistent with PTSD, and 10 percent reported symptoms consistent with depression. Schlenger, Caddell, Ebert, Jordan, Rouke, Wilson, Thalji, Dennis, et, al., (2002) stated that during this time frame, estimates of probable PTSD in areas close to the attack ranged from 3 percent in Washington, D.C., to 11 percent in the New York metropolitan area. In another study of the general public by Silver, Homan, Mcintosh, Poulin, and Gil-Rivas (2002) found a decrease in the prevalence of severe emotional distress, but—at least in New York City—such surveys also found changes in health-related behaviours, such as a persistent increase in the use of cigarettes, alcohol, and marijuana and an increase in missed doses and suboptimal doses of antiretroviral therapies among HIV-positive men (Halkitis, Kutnick and Rosof, 2003). Such behavioural changes can have a wide public health impact.

In one of the national household surveys on 4,023 people revealed six-month PTSD prevalence to be 3.7% for boys and 6.3% for girls, Major Depressive Episode among boys was 7.4% and 13.9% in girls, and Substance Abuse Disorder had a six-month prevalence of 8.2% among boys and 6.2% for girls (National Survey on Adolescence, 2003). In a study by Wanda (2004), children's responses to terrorism include acute stress disorder, posttraumatic stress disorder, anxiety, depression, regressive behaviors, and separation problems and sleep difficulties. Adults, adolescents and children do get the effects from violence and terrorism depending upon the type of event and psychological endurance. However, it is important to state that the experience of violence does not necessarily lead to psychiatric morbidity (Curran and Miller, 2001).

METHODOLOGY

The data collection strategy was based on secondary data collection approach. The search engine was explored for saved data relating to abstracts and articles relating to the general aim and objectives of the study.

The followings were explored in the search engine:

  i. Global Terrorism Index/ Data Base 2016 – 2021 (Reports, Articles and Abstracts reviewed)
  ii. Pub Med (Abstracts on terrorism and wellbeing- 2022 to present)
  iii. Sociofile/ Sociological Abstracts (1938 to present)
  iv. www.base-search.net (Over hundred million scientific articles)
  v. www.refseek.com (For academic resources - 1980 to 2021)

Annotation methods: The followings were applied: Editors write ups that are quite relevant to the aim and objectives of the study.

Abstracts published by different authors were also reviewed and relevant abstractions made from them. Key quotes from original studies were also edited and cited to support certain positions. The data based search and annotation strategies enabled the provisions of current information in the field as presented.

Psychological Intervention Strategies for Victims of Terrorist Attacks

Victims of terrorist attacks often suffer from psychological trauma, such as post-traumatic stress disorder (PTSD), anxiety, and depression. Several psychological intervention strategies have been developed to help victims cope with the psychological effects of terrorist attacks. Many of the victims unarguably experience shock, anguish, anxiety, and various symptoms associated with acute stress. These acute stress reactions may involve a range of experiences, including painful re-experiencing of the event, emotional disengagement, difficulties with short-term memory, concentration, decision- making, insomnia, hyper arousal, and exaggerated startle reactions. The acute psychological effects of trauma especially those of terror attacks also can strain relationships and lead to impairments in work, personal relationships and school functioning.

Research findings from meta-analyses, such as (DiMaggio and Galea, 2006; DiMaggio, Galea, and Li, 2009) and narrative reviews (García-Vera and Sanz, 2008) on the psychopathological symptoms of terrorist attacks of direct victims (around 20-30%) will develop a post-traumatic stress disorder (PTSD) as well as other mental disorders, mainly, major depression disorder, panic disorder, generalized anxiety disorder, agoraphobia, and alcohol and other substance dependence/abuse disorders. It has also been reported that indirect victims of terrorist attacks experienced some sort of psychopathological symptoms although not as direct victims. The implication of the above findings is that both direct and indirect victims will need some form of psychological attention be it short, medium or long-term.

Taking cognisance of the above, the following sections will focus on the psychological intervention of the victims of terrorist attacks.

Following terrorist attacks and other traumatic events, PTSD is the most frequent disorder (García-Vera & Sanz, 2008; Norris, Friedman, Watson, Byrne, Diaz, & Kaniasty, 2002). Consequently, most research on the psychological treatment and its efficacy has focused on this disorder. Specifically, according to empirical evidence, the treatments with the greatest empirical guarantees are currently: Psychological first aid; Eye movement desensitisation and reprocessing (EMDR); Group Therapy; Mindfulness based intervention; trauma-focused cognitive-behavioural therapies, exposure therapies (which include cognitive restructuring techniques and exposure techniques) anxiety control training/stress-inoculation training.

Psychological First Aid

This involves providing immediate emotional and practical support to victims in the aftermath of a terrorist attack. It aims to reduce distress, promote resilience and facilitate coping and functional recovery. Psychological first aid has become a globally acceptable component of emergency and disaster response (WHO, 2011). The core principles of psychological first aid

as depicted in Everly and Lating (2017) include the followings: self-efficacy and hope, promoting calmness, connectedness and a sense of safety.

The recommended sets of actions and techniques for applying PFA are as follows:

i.   Contact and engagement: As a therapist or counsellor one needs to establish a respectful and compassionate rapport with the terror victim (s) by actively listening and creating a safe space for victim (s) to express their emotions and concerns.
ii. Safety and comfort: Ensuring immediate physical safety and providing comfort measures for the victim (s) for example assisting them in finding a secure environment, access to basic amenities and connecting them with social support services.
iii. Stabilisation: The therapist or counsellor should assist the victims in managing their emotions and regulating distress by providing them with techniques such as breathing exercise, grounding exercise, systematic desensitisation, relaxation and other soothing techniques.
iv. Information Gathering: Collecting information about the victims needs and concerns as well as their strengths and available supports. These will enable the counsellor help in building a personalised recovery plan for the victims.
v.   Identifying practical needs, such as medical care, housing, legal support and assisting the victims access appropriate resources and services.
vi. Lastly the victims are connected with supportive services such as social support systems, community resources and mental health professional who can provide further assistance and ongoing care.

Please note that the practices may vary slightly across therapists and counsellors but the core principles and techniques remain consistent (Everly & Lating, 2017).

EMDR Therapy

This is a form of psychotherapy used in the treatment of trauma and other psychological issues. It is based on the idea that traumatic or distressing experiences can cause blocked information processing, leading to lingering negative thoughts, emotions and physical sensations. The therapy involves a standardized set of procedures that use bilateral stimulation such as eye movements, tapping or sounds to help the brain process and integrate this blocked information. The goal is to help victims of traumatic experiences (like terrorist acts) overcome the distressing effects of past terrorist attack experience and promote positive change in the present. (Shapiro, 2018).

Group Therapy

Group Therapy can provide can provide a supportive environment where victims can share their experiences and learn coping skills from others who have been through similar situations.

Mindfulness Based Intervention

This intervention method can help people develop greater awareness of their thoughts and emotions, and learn coping skills to manage stress and anxiety in the aftermath of terrorist attack (Hofmann, Sawyer, Witt, and Oh, 2010).

Trauma-Focused Cognitive Behavioural Therapy

Trauma-focused cognitive behavioural therapy (TF-CBT) is an evidence-based treatment model designed to people in overcoming the negative effects of a traumatic experience such as those of terrorist attacks. In TF-CBT, the intervention is specifically designed to meet the needs of people experiencing emotional and psychological difficulties as a result of a trauma (such as terrorist attacks) are integrated with humanistic, cognitive behavioural and familial strategies. This treatment is normally short-term and has been generally reported to lasts no more than 16 sessions, as more than 80% of traumatized people see improvement in this time. In TF-CBT, people who experienced trauma are taught to better process their emotions and thoughts relating to a traumatic experience, which can provide and equip them with the necessary tools to alleviate the overwhelming thoughts causing stress, anxiety, and depression. Trauma-focused cognitive behavioural therapy can help people who have experienced trauma learn how to manage difficult emotions in a healthier way and reduce symptoms. It is during this time that cognitive and learning theories of treatment are applied. Through TF-CBT technique, terrorist attacks victims are shown how their perceptions may be distorted and are given the tools to redesign those perceptions.

The therapy normally includes various cognitive strategies to evoke and reappraise the victims' negative evaluations and dysfunctional attitudes, especially strategies of cognitive restructuring based on designing behavioural experiments in which the patients test their negative appraisals of the trauma and its consequences and their beliefs about the usefulness of their dysfunctional strategies. But, as is usual with cognitive-behavioural therapies for PTSD, in order to achieve the goals, the treatment should be used also with the intention to guide imaginal exposure (visualizing the attack and reliving it in the present, including thoughts and feelings) intensively, and even, when considered necessary, in vivo exposure (direct exposure to the real situations and stimuli associated with the attack).

Exposure Therapy

From the psychological perspective, most clinicians agree that victims of terrorist attacks who experienced PTSD should face the original trauma, process the intense emotions, and develop effective coping procedures in order to overcome the debilitating effects of the disorder (Beck and Sloan, 2012). According to psychoanalytic theory, reliving emotional trauma to relieve emotional suffering is referred to as catharsis. It is important to state that in exposure therapy, the re-exposure process should be done to make it therapeutic rather than traumatic and sometimes it is difficult to recreate traumatic events although similar scenario can be created which is likely to elicit similar emotions. In most cases, imaginal exposure, in which the content of the trauma and the emotions associated with it are worked through systematically, has been used for decades under a variety of names. At the moment, the most common strategy to achieve this purpose with people is to work with the victim to develop a narrative of the traumatic experience that is then reviewed extensively in therapy. Cognitive therapy in most cases which is done to correct negative assumptions about the trauma, such as blaming oneself in some way, feeling guilty, or both is often part of treatment process (Najavits, 2007).

As simple as this may sound, one complication associated with the treatment of trauma is that trauma victims often repress the emotional side of their memories of the event and sometimes, it seems, the memory itself. This happens automatically and unconsciously. Sometimes, with treatment, the memories flood back and the patient dramatically relives the episode which is

therapeutic and healthy. Although this may be frightening to both patient and therapist, it can be therapeutic if handled appropriately. Evidence is now accumulating that early, structured interventions delivered as soon after the trauma (like terrorist attacks) as possible to those who require help are useful in preventing the development of PTSD (Kearns, Ressler, Zatzick, & Rothbaum, 2012).

Exposure therapy is considered a behavioural treatment for PTSD and other trauma-related experience because exposure therapy targets learned behaviours that people engage in (most often the avoidance) in response to situations or thoughts and memories that are viewed as frightening or anxiety-provoking. For example, a terrorist attacks survivor may begin to avoid crowd or even going out, fearing that he/she will be attacked again. It is important to understand that this learned avoidance serves a purpose. When a person experiences a traumatic event, he may begin to act in ways to avoid threatening situations with the goal of trying to prevent that traumatic experience from happening again.

Avoidance is a safety-seeking or protective response. However, as this avoidance behaviour becomes more extreme, a person's quality of life may lessen. He may lose touch with family or experience difficulties at work or in relationships.

According to Kumpula, Orcutt, Berden and Varkovitzky (2011), avoidance can make traumatic symptoms such as those of PSTD stick around longer or even intensify it and this is because the person is avoiding certain situations, thoughts, or emotions, he doesn't have the opportunity to learn or experience that these situations may not be quite as threatening as they seem to be. In other words, this avoidance aggravates the traumatic symptoms experience.

Therefore, the goal of exposure therapy is to help reduce a person's fear and anxiety, with the ultimate goal of eliminating avoidance behaviour and increasing quality of life and psychological wellbeing. This is achieved by actively confronting the things that a person fears through the guidance of therapist. By confronting feared situations, thoughts, and emotions, a person can learn that anxiety and fear will lessen on its own overtime.

Forms of Exposure Therapy

Imaginal Exposure

For example, it would not be safe to have a terrorist attack victim with PTSD to directly confront the situation again. Therefore, he may be asked to imagine a feared terrorist situation that he experienced with the help of a therapist.

In Vivo Exposure

In vivo exposure refers to the direct confrontation of feared objects, activities or situations by a person under the guidance of a therapist. For example, a woman with PTSD who fears the location where she was assaulted may be assisted by her therapist in going to that location and directly confronting those fears (as long as it is safe to do so). Likewise, a person with social anxiety disorder who fears public speaking may be instructed to directly confront those fears by giving a speech.

Interoceptive Exposure

Interoceptive exposure was originally designed to treat panic disorder. However, there is evidence that interoceptive exposure may be successful in the treatment of PTSD as well according to Boswell, Fairchione, Sauer-Zavale, Murray, Fortune and Barlow (2013). It is designed to help people directly confront feared bodily symptoms often associated with anxiety, such as an increased heart rate and shortness of breath. The therapist may assist this by having a person (in a controlled and safe manner) hyperventilate for a brief period of time, exercise, breathe through a straw or hold his breath.

Implications of Study

These theoretical expositions of terrorism will help us understand the underlying factors that contribute to the emergence of terrorism as well as preventive and counter terrorism efforts. It is noteworthy to highlight that psychological intervention strategies remain notable for supporting victims of terrorist attacks, addressing their trauma and facilitating their recovery process. Individual and cultural factors may vary the effectiveness of intervention strategies. Therefore, in implementing the interventions cultural sensitivities and individual adaptations must be considered. It is also important to state that the collaborations of professionals from various fields for example: psychology, sociology, criminology, social works, etc. are essential in understanding and responding to acts of terrorism.

Finally, further studies and refinement of intervention strategies are needed to ensure evidence – based practices and effective support for victims.

Conclusion and Recommendations

From the reviews so far, it is evident that the models of terrorism provide a framework for our understanding of the complex phenomenon of terrorism. The reviews further enable the identification of gaps in our understanding of terrorism and provide directions for future research, while psychological intervention strategies for victims of terrorist attacks were noted as being very essential in helping individuals cope with the psychological trauma associated with terrorist attacks.

In view of the literature and framework reviewed above, we therefore recommend as follows:

1. Develop integrated models of terrorism: Given the multifaceted nature of terrorism, it is important to develop integrated models that take into account the psychological, social, cultural, and political factors that contribute to terrorism. Such models can provide a comprehensive understanding of terrorism and help develop effective counter-terrorism strategies.
2. Develop policies and programmes that address the impact and root causes of terrorism: Policies and programs that address the root causes of terrorism and its impact such as poverty, marginalization, psychopathology and discrimination can help prevent the emergence of terrorism in the first place. Therefore, it is important for governments and other stakeholders to invest in such policies and programs.
3. Provide psychological interventions for victims of terrorist attacks: Psychological interventions such as Cognitive Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), group therapy, and support groups are

effective in helping victims of terrorist attacks cope with the psychological trauma associated with such attacks. Therefore, it is important to ensure that victims of terrorist attacks have access to these intervention

4. Promote intercultural and interreligious dialogue: The cultural and religious factors that contribute to terrorism can be addressed through intercultural and interreligious dialogue. Therefore, it is important to promote such dialogue to foster understanding and respect between different cultures and religion.

In summary therefore, we recommend that further research be conducted on terrorism. While significant progress has been made in understanding terrorism, there are still gaps in our knowledge. Further research is needed to gain a deeper understanding of the factors that contribute to terrorism and to develop effective counter-terrorism strategies

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