

THE PSYCHO-SOCIAL IMPACTS OF MAM 2024 FLOODS

Spring of the Arid and Semi-Arid Lands
(SASAL)



July, 2025



[Images showing: **A helicopter rescuing stranded individuals during the floods and livestock the morning after heavy rainfall pounded the area**]

Summary

This report aimed to assess the psychosocial impacts of the MAM 2024 floods in Entasopia Village, Magadi Ward, Kajiado County in Kenya. Entasopia is a village located in the Nguruman Escarpment within Magadi Ward, Kajiado County in Kenya. The area is prone to periodic flooding due to extreme precipitation events and overflow from the nearby River Entasopia, a tributary of the Ewaso Ng'iro River. The flooding magnitude intensifies when both rivers exceed their bank capacity, leading to widespread inundation and associated socio-environmental impacts. During the March-April-May (MAM) 2024 floods, heavy rainfall caused severe flooding in Entasopia, displacing over 300 families across several villages. The disaster destroyed homes, property, and essential infrastructure, including the Entasopia Healthcare Centre, a critical Level 3 facility serving nearly 3,000 residents. Additionally, the only bridge that could have facilitated rescue operations and humanitarian aid was destroyed, severely hampering emergency response efforts.

This assessment adopted a cross-sectional mixed-methods approach. Data was collected through household surveys, key informant interviews (KIIs), and focus group discussions (FGDs) to capture both individual and community-level experiences. Additionally, field observations were conducted to document physical and environmental impacts, ensuring alignment with qualitative and quantitative findings. This comprehensive methodology provided a holistic understanding of the disaster's effects, informing the recommendations for recovery and resilience-building.

Key Findings: The assessment found out that the floods led to widespread displacement, disruption of education, and the breakdown of social networks, all of which weakened communal bonds and heightened vulnerability to mental health challenges. The destruction of places of worship, which serve as pillars of spiritual resilience and social cohesion, further deepened emotional distress among affected individuals.

From a psychological perspective, the floods triggered emotional distress, helplessness, trauma, and social withdrawal among individuals in Entasopia Village. Findings from psychometric assessments revealed:

- 55.6% of participants experienced a heightened sense of hopelessness, while 44.4% reported increased distress compared to their usual state.
- The BDI (Beck Depression Inventory) assessment showed that 33.3% of respondents fell into mild to severe depression categories, while 22.2% exhibited moderate depressive symptoms.
- The PCL-5 assessment revealed that 99% of participants exhibited moderate to severe intrusive PTSD symptoms (e.g., distressing memories, nightmares, and flashbacks).
- Additionally, 55.5% reported moderate to severe arousal symptoms, including hypervigilance, sleep disturbances, and heightened startle responses as per the PCL-5 assessment.

Moreover, emotional withdrawal was a key coping mechanism for many individuals. While short-term withdrawal is a natural reaction to trauma, prolonged isolation deepened emotional suffering, disrupted family and community dynamics, and further complicated recovery efforts.

Conclusion

The findings highlight the urgent need for multi-sectoral collaboration between government agencies, humanitarian organizations, and community stakeholders to address both the immediate psychosocial impacts and long-term mental health needs of flood-affected populations. Without targeted interventions, the socio-economic and mental well-being of affected individuals remain at risk, potentially leading to chronic distress and hindered community recovery. Sustainable mental health support, strengthened social structures, and improved disaster preparedness are critical to fostering resilience and ensuring future continuity for the people of Entasopia Village.

Full report link: [🌐 Psychosocial impacts of MAM floods in Entasopia.docx](#)