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Anne Ellaway, Sally Macintyre and Xavier Bonnefoy

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(Received 18 August 2005)

doi 10.1136/bmj.38583.728484.3A

Papers

BMJ 2005;331:611–2

What is already known on this topic

Terrorist attacks can have emotional effects on people directly exposed to an attack as well as those in the wider population.

In the short term, these effects can be seen in the presence of stress symptoms and changes in behaviour.

Identifying correlates of these effects can be helpful in planning responses to future attacks.

What this study adds

The bombings in London on 7 July 2005 resulted in substantial stress among 31% of London’s population and altered travel intentions in 52%.

Muslims suffered disproportionately greater levels of stress than respondents from other faiths.

Previous experience of terrorism was associated with reduced likelihood of substantial stress, and difficulty contacting others by using the mobile phone network was associated with higher levels of stress.

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In this study of a range of European cities, we find that incivilities and greenery into five levels—low to high. The activity into two levels (never/seldom and often) and streets immediately surrounding it. We recoded physical of vegetation and greenery visible on the dwelling and amount of graffiti, litter, and dog mess, as well as the level of immediate residential environment, including the trained surveyors used an inspection sheet to assess the surrounding environment via face to face interview.

Trained surveyors used an inspection sheet to assess the immediate residential environment, including the amount of graffiti, litter, and dog mess, as well as the level of vegetation and greenery visible on the dwelling and streets immediately surrounding it. We recoded physical activity into two levels (never/seldom and often) and incivilities and greenery into five levels—low to high. The analysis controlled for age, sex, socioeconomic status, and city of residence. Odds ratio showed a linear relation with body mass index and physical activity (P<0.001 in trend test).

<table>
<thead>
<tr>
<th>Greenery:</th>
<th>No*</th>
<th>Adjusted odds ratio (95% CI)†</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (low)</td>
<td>1143</td>
<td>0.87 (0.77 to 0.97)</td>
<td>0.195</td>
</tr>
<tr>
<td>2</td>
<td>1666</td>
<td>0.74 (0.61 to 0.90)</td>
<td>0.003</td>
</tr>
<tr>
<td>3</td>
<td>1250</td>
<td>0.79 (0.64 to 0.97)</td>
<td>0.027</td>
</tr>
<tr>
<td>4</td>
<td>458</td>
<td>0.63 (0.49 to 0.82)</td>
<td>0.001</td>
</tr>
<tr>
<td>5 (high)</td>
<td>1192</td>
<td>1.00 —</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>1122</td>
<td>0.99 (0.82 to 1.18)</td>
<td>0.880</td>
</tr>
<tr>
<td>3</td>
<td>1513</td>
<td>1.16 (0.95 to 1.42)</td>
<td>0.150</td>
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<tr>
<td>4</td>
<td>1341</td>
<td>1.34 (1.12 to 1.60)</td>
<td>0.001</td>
</tr>
<tr>
<td>5 (high)</td>
<td>675</td>
<td>1.42 (1.15 to 1.96)</td>
<td>0.001</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Frequent physical activity</th>
<th>Greenery:</th>
<th>No*</th>
<th>Adjusted odds ratio (95% CI)†</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (low)</td>
<td>655</td>
<td>1.00 —</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>1133</td>
<td>1.70 (1.30 to 2.23)</td>
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<tr>
<td>3</td>
<td>1647</td>
<td>1.76 (1.38 to 2.27)</td>
<td>0.001</td>
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</tr>
<tr>
<td>4</td>
<td>1238</td>
<td>1.68 (1.29 to 2.18)</td>
<td>0.001</td>
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</tr>
<tr>
<td>5 (high)</td>
<td>454</td>
<td>3.32 (2.46 to 4.50)</td>
<td>0.001</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Litter and graffiti:</th>
<th>Greenery:</th>
<th>No*</th>
<th>Adjusted odds ratio (95% CI)†</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (low)</td>
<td>1180</td>
<td>1.00 —</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>1107</td>
<td>0.79 (0.60 to 0.88)</td>
<td>0.001</td>
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<tr>
<td>3</td>
<td>749</td>
<td>0.66 (0.54 to 0.85)</td>
<td>0.001</td>
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<tr>
<td>4</td>
<td>1331</td>
<td>0.51 (0.44 to 0.67)</td>
<td>0.001</td>
<td></td>
</tr>
<tr>
<td>5 (high)</td>
<td>668</td>
<td>0.53 (0.43 to 0.72)</td>
<td>0.001</td>
<td></td>
</tr>
</tbody>
</table>

*Number of respondents varies because of missing data on some variables.
†Adjusted for sex, age (in single years), socioeconomic status (based on variables deemed to be comparable across the eight countries—highest education qualification of any adult resident, size of dwelling in square metres, number of rooms in dwelling, number and percentage of adults working full time, number of full time equivalent jobs held by resident adults, number of people in the household, whether a single person household, number of people aged at least 60 in the household), and city of residence. Odds ratio showed a linear relation with body mass index and physical activity (P<0.001 in trend test).
‡Compares normal (body mass index 20-24.99) with overweight/obese (≥25).