

Information on the study "Psychological Consequences of Experiences of Repression in the GDR".

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What was it actually like back then? What were the experiences of Dresden's population in the GDR and how did they fare? Does it still bother them today sometimes?

We - that is a study team from the Faculty of Psychology at the TU Dresden - would like to find out how often certain experiences were made in the GDR and how they relate to the mental health of Dresden's population. By these experiences we mean, in particular, interventions in personal life and methods of repression for political purposes (repressions). For us, the personal life experiences under the GDR government and their processing in the following period are of particular importance.

Background and aims of the study

The aim of this study is to collect a meaningful sample of people who already lived in Dresden during GDR times. How many of the people were affected by state repression? What is the mental health of the people today? The goal of the study is to answer these questions. Another goal is to understand whether certain psychological symptoms are related to the repression that may have been experienced. To find out, it is equally important to assess the mental health of people without these experiences. Furthermore, the expression of readiness for reconciliation and the processing of the events should be recorded in order to investigate possible connections.

To date, there has been little psychological research on the effects of the full scope of the GDR's diverse methods of repression. Our study aims to obtain an initial overview of the above phenomena and correlations. To this end, a random sample was drawn in accordance with the issuance of a group information from the population register of the state capital Dresden pursuant to §34 and §44 or §46 of the Federal Registration Act.

Who is interviewed and how?

A random sample of 4,000 Dresden residents who lived in Dresden in 1986 and still do so today was drawn by issuing a group information request from the registration register of the city of Dresden. These persons were sent an invitation letter with the documents, with the request to return it filled out. Alternatively, the questionnaires can also be answered online. A corresponding link can be found in the invitation letter.

The study consists of six questionnaires and takes about 30 minutes to complete.

At the beginning, some general data, such as age and gender, are asked. This is followed by questions about the extent and nature of possible experiences of repression in the GDR. In addition, questions are asked about mental health, willingness to reconcile, thoughts in relation to the events of the time.

Voluntary participation and right to drop out

Participation in the study is voluntary. Participation in this study can be terminated at any time without giving reasons and without any disadvantages.

Contact the team

If you have any questions about the study, please feel free to contact our study management team:

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