

## **Military Sanctions, Humanitarian Interventions and Intrastate Conflict**

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This study examines the impact of economic sanctions, military sanctions, and third-party military interventions on the intensity of intrastate violent conflicts. Building on Lektzian and Regan (2016), who argue that economic sanctions are more effective when paired with military action, this paper reassesses these relationships by explicitly accounting for the joint implementation of different types of sanctions. Using a panel dataset of conflict-affected countries from 1945 to 2005, the findings indicate that sanctions alone, particularly economic sanctions, do not significantly reduce conflict intensity. Instead, a robust and statistically significant reduction in violence is observed when military sanctions are combined with humanitarian interventions. This interaction effect persists across multiple model specifications and is corroborated using both categorical measures of conflict intensity and continuous measures of battle-related deaths. The results suggest that previous findings attributing effectiveness to economic sanctions may, in part, reflect the omitted influence of concurrent military sanctions, which frequently co-occur in practice.