

Information om Transkulturel Psykiatri, april 2011

NYHEDER

I Ellebæk skal løkken strammes hårdere, før offentligheden får det af vide

Informations netavis 5. april 2010 / Sofie Tholl

Snittet fra barberbladet skal være dybere i asylfængslet Ellebæk end i Sandholmløjren, før selvskaden fremgår af statistikkerne. Endnu en måde at sløre tingenes tilstand på i asylfængslet, lyder kritikken. Venstre anerkender, at det er et problem, at selvskader defineres forskelligt

Asylfængslet Ellebæk ligger klos op ad asylcentret Center Sandholm i Birkerød i Nordsjælland. Alligevel er der stor forskel på, hvor meget offentligheden kan få at vide om de indsattes mentale tilstand og psykiske adfærd.

Ellebæk-fængslet huser asylansøgere, der er frihedsberøvet af frygt for, at de vil gå under jorden. Her skal en indsat gøre så voldsom fysisk skade på sig selv, at det kunne være lykkedes ham at tage livet af sig, før episoden fremgår af statistikkerne.

Anderledes er det i Sandholmløjren, der som landets andre asylcentre tilses af Røde Kors. Røde Kors lægger langt større vægt på, om den indsatte er i psykiske vanskeligheder, og registrerer alle tilfælde, der ender med en indlæggelse på hospitalet på grund af fysiske skader eller på en psykiatrisk afdeling.

Læs artiklen her: <http://www.information.dk/264642>

Musik i familien

Kristensen; Birgitte Sonne

Tryghed og trivsel i familien er et omdrejningspunkt i integrationen og behandlingen af traumatiserede flygtningefamilier. I den lange integrationsproces, hvor der stilles store krav til at kunne begå sig kulturelt og sprogligt, er familien den enhed, hvor forældre og børn bør kunne finde fællesskab og ro.

Det er i mange kommuner normalt, at man splitter behandlingen af en flygtningefamilie op i individuelle behandlingsforløb i form af psykologsamtaler, fysioterapi, rehabiliteringscentre, psykiatri, PPR-forløb for børn mv. Desværre melder mange sagsbehandlere og familier tilbage, at det er svært at mærke fremskridt. Børn og forældre bliver endnu dårligere fungerende som familie, fordi de udvikler sig forskelligt og forskudt fra hinanden, de ved ikke, hvad der foregår i hinandens behandlingsforløb, og forstår ikke hinandens reaktioner på det. Gennem en familiebasert indsats kan der skabes en energi og motivation i familien, der kan øge effekten af efterfølgende eller sideløbende individuel psykoterapi.

Ved **Integrationsnet**, som er en del af Dansk Flygtningehjælp, benytter musikerterapeuter og psykologer familiebehandling med musikerterapi til at få familien til at bearbejde traumer og styrke sammenhængskraften i familien, og kommuner bekræfter, at der efterfølgende er tegn på bedre trivsel. Musikken er her et nøglepunkt i forhold til at samle familien og få dem til at samarbejde om sig selv.

Psykolog nyt nr. 65(6), 8-11, 2011

Læs artiklen her: <http://infolink2003.elbo.dk/PsyNyt/Dokumenter/doc/16895.pdf>

Ny undersøgelse af flygtningebørns trivsel i skolen

OASISs hjemmeside 6. april 2011

OASIS er i gang med at foretage en undersøgelse af, hvordan børn fra traumatiserede familier trives i skolen. Undersøgelsen skal:

- afdække indikatorer på trivsel og mistrivsel
- undersøge skolens forudsætninger for at støtte børnene

I undersøgelsen vil indgå 25-30 børn, deres klassekammerater og lærere. Resultaterne skal anvendes til at give lærerne materialer og redskaber til at støtte børnene.

Undersøgelsen udføres af den erfarne børnepsykolog Else Ryding og laves i et samarbejde med Ingrid Leth, psykologisk institut på KU, som er tilknyttet Copenhagen Children Anxiety Project (CCAP).

Projektet er støttet af midler fra Aase og Ejnar Danielsens Fond, Rockwool fonden samt Susie og Peter Robinsohns Fond.

Rehabilitering: Holder traumer stangen

Lundh, Dorthe

En målrettet indsats kan gøre livet tåleligt for de 30.000 traumatiserede flygtninge, der bor i Danmark, og hvis liv er styret af oplevelser fra krig, fængsling og tortur. I de senere år er flere socialpædagoger begyndt at arbejde i fagfeltet pædagogisk rehabilitering. Her er udgangspunktet gruppeterapi, som kombinerer pædagogik med metoder fra behandlerverdenen

Reaktioner på traumer spænder vidt. Nogle traumatiserede sidder og kigger ind i væggen dagen lang, andre er rastløse og kan ikke finde hvile, andre igen er opfarende og aggressive. Men fælles for dem er, at de er ramt på alle niveauer af krop og sind. Eksperter i rehabilitering er enige om, at traumer påvirker tanker, følelser, evnerne til nærvær og sætter sig i kroppen som fysiske smerter.

– Når man er traumatiseret, har man mareridt og flashbacks, hvor det forfærdelige, man har oplevet, kører om og om igen som en indre film. Den tilstand giver ofte en psykisk følelsesløshed, hvor den traumatiserede lukker helt af for omverden og samtidig er i øget alarmberedskab, der kommer til udtryk i nervøse anfald eller vredesudbrud, fortæller psykolog Edith Montgomery, forskningschef for Rehabiliterings- og forskningscentret for torturofre, RCT, i København.

Socialpædagogen nr. 9, 2011

Læs artiklen her : <http://www.socialpaedagogen.dk/da/Arkiv/2011/09-2011/Rehabilitering-Holder-traumer-stangen.aspx>

Rehabilitering: Uden supervision går det ikke

Lundh, Dorthe

Det faglige miljø er meget vigtigt for at kunne arbejde med traumatiserede flygtninge, fremhæver direktøren for Synergaia rehabilitering

Pædagogisk rehabilitering foregår i en balance mellem individet og gruppen. Det kræver viden om gruppeprocesser og faglig viden fra den terapeutiske verden. Desuden er en stærk kollegial kultur på arbejdspladsen en forudsætning for at kunne arbejde med pædagogisk rehabilitering, for arbejdet stiller store personlige krav til pædagogerne. Det fremhæver Michael Stubberup, direktør i Synergaia Rehabilitering. Han peger på, at de vigtigste virkemidler i arbejdet med de traumatiserede er nærvær, kontakt og empati, og fortæller, at pædagogen i sit arbejde bliver empatisk forbundet med de traumatiserede i en grad, så der hele tiden skal være fokus på supervision og faglig træning på arbejdspladser, der rehabiliterer traumatiserede flygtninge.

– I kontakten med de traumatiserede går der en følelselinje fra pædagogen til kursisten. Tilbage ad den linje strømmer den traumatiseredes lidelse, som naturligt går ind i modtagerens system. Derfor skal pædagogen lære at adskille sig fra den lidelse, genkende grænsen mellem det personlige og private, og passe på sig selv i arbejdet med pædagogisk rehabilitering. Det er supervision et godt værktøj til, siger Michael Stubberup.

Socialpædagogen nr. 9, 2011

Rehabilitering: Værkstedet laver mennesker

Nørbygaard, Kim

Metalflet, madlavning og håndarbejde er på traumebehandlingscenteret RCT-Fyn andet og mere end husflid og sysselsætning. Det er vejen tilbage til livet og selvet for traumatiserede flygtninge. Stod det til værkstedspædagog Suzana Pupovci, skulle ethvert behandlingstilbud tilbyde værkstedsaktiviteter. Dagbehandlingen på RCT-Fyn er en sjælden fugl i det danske sundhedssystem til traumatiserede flygtninge: Et tilbud, der kombinerer individuel psykologbehandling, socialrådgivning og fysioterapi med pædagogiske aktiviteter. Der er plads til 12 klienter, der møder ind fire dage om ugen i et forløb, der gennemsnitligt varer ti måneder.

Værkstedspædagog Suzana Pupovci er den gennemgående figur i dagbehandlingen. Hun står dels for værkstedsaktiviteterne, der danner grundstammen i klienternes dagligdag, dels for to gruppeforløb, et for kvinder om onsdagen, hvor psykologen også er med, og et for mænd om torsdagen.

Pædagogikken i dagbehandlingen genopbygger klienternes selvværd og sociale kompetencer. Den centrale pointe med at kombinere værkstedsaktiviteter med traditionel behandling er, at de forskellige indsatser kan befrugte hinanden.

– Det vigtigste her, er, at vi får tingene til at hænge sammen. På værkstedet kan klienterne arbejde praktisk med den viden, de får om sig selv i behandlingen. Og omvendt kan de i behandlingen bearbejde de erfaringer, de gør sig på værkstedet, siger Suzana Pupovci.

Socialpædagogen nr. 9, 2011

Læs artiklen her : <http://www.socialpaedagogen.dk/Arkiv/2011/09-2011/Rehabilitering-Vaerkstedet-laver-mennesker.aspx>

Rehabilitering: Verdande skaber ro til erindring

Nørbygaard, Kim

Socialpædagog Niels Ravn er daglig leder af kursuscenteret Verdande, hvor han og to dansklærere arbejder med pædagogisk rehabilitering af traumatiserede flygtninge. Måltrettet danskundervisning og pædagogiske redskaber danner et givtigt krydsfelt, hvor kursisterne kan genvinde noget af deres livsduelighed. Men der mangler et værested, synes Niels Ravn

Verdande i Haderslev er et af Danmarks meget få kommunale tilbud om pædagogisk rehabilitering til traumatiserede flygtninge.

Tilbuddet består af danskundervisning kombineret med pædagogik. Niels Ravn er daglig leder af centret og har to medarbejdere, der begge er dansklærere med mange års erfaring i at undervise traumatiserede flygtninge.

Verdande arbejder med flygtninge, hvis traumer i middelsvær til svær grad hæmmer deres daglige livsførelse, mennesker, der har svært ved at være sammen andre, som ikke kan tilegne sig ny viden og har svært ved at koncentrere sig og slappe af. Mange af dem har fået diagnosen kronisk PTSD, posttraumatisk stresssyndrom. Betegnelsen 'kronisk' er dog ikke Niels Ravns kop te:

– Jeg kan ikke lide ordet 'kronisk'. I en pædagogets verden betyder det, at der ikke er noget at stille op, og det mener jeg altid, der er, siger han.

Han tilføjer, at det ikke er mange, der fra Verdande kommer videre i job eller uddannelse. Men alle får det bedre af at være på stedet. Problemet opstår så, når deres henvisning udløber og de falder tilbage i den isolation, de levede i tidligere. Derfor arbejder Niels Ravn på at skabe et værested, hvor tidligere kursister kan komme.

Socialpædagogen nr. 9, 2011

Læs artiklen her: <http://www.socialpaedagogen.dk/Arkiv/2011/09-2011/Rehabilitering-Verdande-skaber-ro-til-erindring.aspx>

Tolkeseminar

12. april holdt Forskningscenter for Migration, Etnicitet og Sundhed et tolkeseminar.

På tolkeseminaret var der oplæg af blandt andet adjunkt Dorthe Nielsen ved Indvandrermedicinsk klinik, Odense Universitetshospital og forfatter til rapporten "Kun en tåbe frygter ikke sproget", lektor Bente Jacobsen, Aarhus Universitet, Handelshøjskolen, Institut for Sprog og Erhvervs kommunikation og forfatter til kronikken "En uintelligent beslutning", Lektor, Peter Bak Mortensen, Patientombuddet og direktør Jonas Christoffersen, Institut for Menneskerettigheder.

Der er nu lagt overheads op, og du kan downloade dem herfra:

<http://mesu.ku.dk/dansk/arrangementer/tolkeseminar/>

Traumer i hjernen - en populærvideenskabelig film om traumer i et neurologisk perspektiv

Ny film på traume.dk, som du kan se herfra: <http://traume.dk/>

Udkast til ny bekendtgørelse om tolkegebyrer til høring i OASIS

OASISs hjemmeside 7. april 2011

Indenrigs- og Sundhedsministeriets udkast til bekendtgørelse om tolkebistand efter sundhedsloven undtager OASIS' patientgruppe, men giver alligevel anledning til bekymring. Derfor har vi sammen med rehabiliterings-centrene RCT Jylland og RCT i København sendt et høringsvar til ministeriet. Læs høringsvaret her: <http://www.oasis-rehab.dk/Nyheder/hoeringsvar%20tolkebistand2011.pdf>

LITTERATUR

ARTIKLER FRA FAGLIGE TIDSSKRIFTER

Asylum seekers' perspectives on their mental health and views on health and social services : contributions for service provision using a mixed-methods approach

Bernardes, Dora; Wright, John; Edwards, Celia; Tomkins, Helen; Difo, Darias; Livingstone, Andrew G.

The literature tends to use 'asylum seeker' and 'refugee' interchangeably, creating uncertainty about the mental health of asylum seekers. However, asylum seekers occupy a unique position in British society which differentiates them from people with refugee status and which may have implications for their mental health. For example, 'asylum seekers' are supported and accommodated in dispersal areas under the National Asylum Support Service and they are not entitled to work. This mixed-methods study investigated asylum seekers' symptoms of psychological distress, using mental health screening questionnaires ($N = 29$) and asylum seekers' subjective experiences of the asylum process, its potential impacts on their mental health, and participants' suggestions for tackling mental health needs, using in-depth interviews ($N = 8$). Asylum seekers, refugees and practitioners working with asylum seekers were consulted from the outset regarding the cultural sensitivity of the measures used. Given the potential limitations of using 'idioms of distress' across cultures, interview data provided rich descriptive accounts which helped locate the mental health needs that the asylum seekers experienced in the specificities of each participant's social context. Asylum seekers originated from 13 countries. The results revealed that psychological distress is common among asylum seekers (for example anxiety and post-traumatic stress), but so are post-migratory living difficulties (for example accommodation, discrimination, worry about family back home, not being allowed to work). They also report mixed experiences of health and social care services. These results suggest that asylum seekers' unique social position may affect their mental health. Implications for practice are presented and potential limitations highlighted.

Keywords asylum seeker, refugee, mental health, mixed-methods

International journal of migration, health and social care 6(4), 3-19, 2010

Core components in the care of immigrants with psychoses : a Delphi survey of patients, families, and health-care staff

Hultsjö, Sally; Berterö, Carina; Arvidsson, Hans; Hjelm, Katarina

The aim of the present study was to identify core components in the care of immigrants with psychosis in Sweden. Experts ($n=43$) from different perspectives (immigrants, families, and health-care staff) were assembled and used to score the importance of statements regarding components in the care for a person with psychosis in three questionnaire rounds. After each round, the opinions were consolidated and compared to identify whether consensus was reached. Consensus was reached about the importance of being treated on equal terms, regardless of country of birth. Staff interest and respect, shown in different ways of understanding, was valued. Consensus could not be reached on approximately half of the statements, of which four tended to be ranked towards unimportant. Those included that staff should have specific cultural knowledge or that the patient should be allowed to decide whether to be cared for by male or female staff. Nor was it regarded as important to identify a person's religious or ethnic background. The results illustrate the importance of fundamental psychiatric nursing, which should enable nurses to identify and meet the basic needs of all patients, regardless of country of origin. Areas for which consensus was not reached illustrate a future challenge for health-care staff to identify situations when cultural clashes could appear. Staff should have strategies to accomplish cultural negotiations to build an effective treatment alliance with the patient, as well as the family, to meet individual needs.

Keywords: Delphi technique; immigrant; psychotic illness; psychiatric nursing; Sweden
International journal of mental health nursing 20(3), 174–184, 2011

Crime and mental disorders among native Dutch and ethnic minority juvenile defendants in the Netherlands

Vinkers, David J.; Duits, Nils

We examined the prevalence of mental disorders and the recommendations regarding criminal responsibility and treatment in pre-trial mental health evaluations requested by Dutch juvenile courts for youths between the ages of 12 to 17. Youths of native Dutch (n = 2694) and of ethnic minority background (n = 1393) were compared. The prevalence of mental disorders was similar for both groups (76.8% versus 74.4%). Criminal responsibility in native Dutch youth was more often considered 'diminished' or 'strongly diminished' than in ethnic minority youth. Admission to a juvenile institution was more often recommended for ethnic minority juveniles than for native Dutch juveniles. It remains unclear from our data whether these differences reflect a false stereotype of ethnic minority populations as being more dangerous and threatening.

Keywords: Ethnicity; Youth; Mental disorder; Criminal responsibility; Stereotyping
International journal of law and psychiatry 34(2), 127-130, 2011

Cross-ethnic generalizability of the three-factor model of psychopathy : The Youth Psychopathic Traits Inventory in an incarcerated sample of native Dutch and Moroccan immigrant boys

Veen, Violaine C.; Stevens, Gonneke W. J. M.; Andershed, Henrik; Raaijmakers, Quinten A. W.; Doreleijers, Theo A. H.; Vollebergh, Wilma A. M.

Background

Previous research provides support for the existence of the psychopathy construct in youths. However, studies regarding the psychometric properties of psychopathy measures with ethnic minority youths are lacking.

Methods

In the present study, the three-factor structure of the Youth Psychopathic Traits Inventory (YPI) was examined for both native Dutch youth (N=158) and an ethnic minority group, Moroccans (N=141), in an incarcerated adolescent population in the Netherlands.

Results

Our results showed that the three-factor structure of the YPI is comparable across an ethnic majority and an ethnic minority group in an incarcerated sample in the Netherlands. Moreover, associations between psychopathic traits and mental health problems were similar for both ethnic groups.

Conclusion

The results support the cross-ethnic generalizability of the three-factor model of psychopathy as measured through the Youth Psychopathic Traits Inventory.

Keywords: Psychopathy; Juvenile delinquents; Ethnic differences; Factor structure
International journal of law and psychiatry 34(2), 131-134, 2011

Intersectionality and the mental health of elderly Chinese women living in the UK

Lane, Pauline; Tribe, Rachel; Hui, Rosa

In an age of globalisation and increased migration, intersectionality can help us to appreciate the complexity of various forms of structural inequality and the impact of divergent forms of oppression on a person over their lifetime. Focusing on some of the Chinese women who migrated to Britain in the 1950s and 1960s, we use the concept of intersectionality to understand how coalescing forms of structural inequality have affected the lives of many elderly Chinese immigrant women, and how these inequalities have put them at risk of poorer mental health. We acknowledge that many first-generation Chinese immigrant women have had very different experiences from those of second- and third-generation Chinese women and that each woman's life story is unique. None of the women is simply a victim of inequalities; all are active agents in their own lives, and many women will have found ways to negotiate their lives under pressure and build personal resilience.

However, research suggests that many elderly Chinese women living in the UK have spent much of their lives in the borderlands of inequality and, as a result, are often unable to live the lives that they deserve in their old age.

Keywords migration, Chinese women, intersectionality, mental health

International journal of migration, health and social care 6(4), 34-41, 2010

Mexican migration experiences to the US and risk for anxiety and depressive symptoms

Familiar, Itziar; Borges, Guilherme; Orozco, Ricardo; Medina-Mora Maria-Elena

Background

Scant and contradictory information prevails on the risk for common psychiatric disorders in Mexican immigrants to the United States (US). Extension of these results in larger samples is needed to better address treatment needs. This study investigates the association between migration to the US and development of depressive and anxiety symptoms in four urban areas of Mexico.

Methods

A cross-sectional survey in 2005 of individuals ages 12–65 from four cities formed a representative sample. Immigration-related experiences and prevalence of depressive and anxiety symptoms were recorded. Respondents were classified into three groups: (i) 'return migrants', (ii) 'relatives of migrants' and (iii) 'non-migrants' in the general population. Depression symptoms were assessed with the Center for Epidemiologic Studies Depression Scale (CES-D) and anxiety was determined using the Beck Anxiety Inventory (BAI). Prevalence of depressive and anxiety symptoms were estimated as the proportion of the entire sample reporting the outcome. Crude and adjusted OR's were estimated in logistic regression models.

Results

A total of 1630 respondents, represent a 70.5% response rate. Overall prevalence of depressive and anxiety symptoms were both approximately 16%. Increased risk for depressive symptoms (OR=1.49 CI 95%=1.01–2.20) among return migrants and depressive (OR=1.48, CI 95%=1.07–2.05) and anxiety symptoms (OR=1.38, CI 95%=1.08–1.78) in relatives of migrants was found in comparison to those without a migration experience.

Limitations

Specific age and timing of migration experiences were not recorded.

Conclusions

Migration experiences produce important levels of anxiety and depressive symptoms that could be linked to psychopathology.

Keywords: Immigrants; Depression; Anxiety; Migration

Journal of affective disorders 130(1-2), 83-91, 2011

Migration from Mexico to the United States and subsequent risk for depressive and anxiety disorders : a cross-national study

Breslau, Joshua; Borges, Guilherme; Tancredi, Daniel; Saito, Naomi; Kravitz, Richard; Hinton, Ladson; Vega, William; Medina-Mora, Maria Elena; Aguilar-Gaxiola, Sergio

Context

Migration is suspected to increase risk for depressive and anxiety disorders.

Objective

To test the hypothesized increase in risk for depressive and anxiety disorders after arrival in the United States among Mexican migrants.

Design

We combined data from surveys conducted separately in Mexico and the United States that used the same diagnostic interview. Discrete time survival models were specified to estimate the relative odds of first onset of depressive disorders (major depressive episode and dysthymia) and anxiety disorders (generalized anxiety disorder, social phobia, panic disorder, and posttraumatic stress disorder) among migrants after their arrival in the United States compared with nonmigrant Mexicans who have a migrant in their immediate family.

Setting

Population surveys in the United States and Mexico.

Participants

Two thousand five hundred nineteen nonmigrant family members of migrants in Mexico and 554 Mexican migrants in the United States.

Main Outcome Measures

First onset of any depressive or anxiety disorder.

Results

After arrival in the United States, migrants had a significantly higher risk for first onset of any depressive or anxiety disorder than did nonmigrant family members of migrants in Mexico (odds ratio, 1.42; 95% confidence interval, 1.04-1.94). Associations between migration and disorder varied across birth cohorts. Elevated risk among migrants relative to nonmigrants was restricted to the 2 younger cohorts (those aged 18-25 or 26-35 years at interview). In the most recent birth cohort, the association between migration and first onset of any depressive or anxiety disorder was particularly strong (odds ratio, 3.89; 95% confidence interval, 2.74-5.53).

Conclusions

This is, to our knowledge, the first study to compare risk for first onset of psychiatric disorder between representative samples of migrants in the United States and nonmigrants in Mexico. The findings are consistent with the hypothesized adverse effect of migration from Mexico to the United States on the mental health of migrants, but only among migrants in recent birth cohorts.

Archives of general psychiatry 68(4), 428-433, 2011

Prevalence of autism according to maternal immigrant status and ethnic origin

Dealberto, Marie-José

Objective

To examine the rates of autism separately according to maternal immigrant status and ethnic origin in respect to the vitamin D insufficiency hypothesis.

Method

Articles were identified by electronic searches. Studies were selected when they analysed autism rates according to maternal immigrant status and/or ethnic origin using multivariate techniques.

Results

This review gave further support to the association between maternal immigrant status and an increased risk of autism. The relationship with ethnic origin was more complex. Although the crude rates did not differ, multivariate analyses taking into account confounding factors found that black ethnicity was associated with an increased risk for autism. The risk was highly significant when considering the strict definition of autistic disorders as opposed to the large definition of other pervasive developmental disorders. The risk was also very significant for autism associated with mental retardation.

Conclusion

These results are consistent with the maternal vitamin D insufficiency hypothesis. Neurobiological studies are warranted to document the effect of maternal vitamin D insufficiency during pregnancy on the foetal brain and the window of vulnerability. This review stresses the importance of monitoring vitamin D levels in pregnant women, especially those who are immigrant, dark-skinned or veiled, and the urgency of randomized controlled trials.

Keywords: autism; epidemiology; immigrant status; skin pigmentation; ethnic origin; vitamin D; schizophrenia; review of the literature

Acta psychiatrica Scandinavica 123(5), 339-348, 2011

Two year psychosocial and mental health outcomes for refugees subjected to restrictive or supportive immigration policies

Steel, Zachary; Momartin, Shakeh; Silove, Derrick; Coello, Mariano; Aroche, Jorge; Tay, Kuo Wei

Australia has been at the forefront of implementing immigration policies that aim to limit the flow of asylum seekers over recent decades. Two controversial policies have been the use of immigration detention for unauthorized arrivals and the issuing of temporary protection visas (TPVs) for refugees who arrived without valid visas. We conducted a longitudinal survey over 2 years commencing in 2003 of 104 consecutive

refugees from Iran and Afghanistan attending a state-wide early intervention program in New South Wales. The sample included those released from immigration detention on TPVs ($n = 47$) and others granted permanent protection visas prior to entering Australia (PPVs, $n = 57$). Psychological symptoms were assessed at baseline and follow-up by the Harvard Trauma Questionnaire (HTQ), the Hopkins symptom checklist-25 (HSCL), the GHQ-30 and the Penn State Worry Questionnaires (PSWQ). English language competency, daily living difficulties and coping-related activities were also assessed. The results indicated that TPVs had higher baseline scores than PPVs on the HTQ PTSD scale, the HSCL scales, and the GHQ. ANCOVA models adjusting for baseline symptom scores indicated an increase in anxiety, depression and overall distress for TPVs whereas PPVs showed improvement over time. PTSD remained high at follow-up for TPVs and low amongst PPVs with no significant change over time. The TPVs showed a significant increase in worry at follow-up. TPVs showed no improvement in their English language skills and became increasingly socially withdrawn whereas PPVs exhibited substantial language improvements and became more socially engaged. TPV holders also reported persistently higher levels of distress in relation to a wide range of post-migration living difficulties whereas PPVs reported few problems in meeting these resettlement challenges. The data suggest a pattern of growing mental distress, ongoing resettlement difficulties, social isolation, and difficulty in the acculturation process amongst refugees subject to restrictive immigration policies.

Keywords: Australia; Refugees; Immigration detention; Policies of deterrence; Psychosocial outcomes; Mental health

Social science and medicine 72(7), 1149-1156, 2011