

## Information om Transkulturel Psykiatri, april 2009

### NYHEDER

#### Ensamkommande flyktingbarn måste få stöd

Läkartidningen.se 28. april 2009 / Henry Ascher

##### **Respekt och omsorg kan begränsa effekterna av tidigare trauman.**

Antalet ensamkommande asylsökande flyktingbarn i Sverige har tredubblats under de senaste åren.

Dessa barn utgör en extremt sårbar grupp.

Traumatiserande upplevelser i hemlandet har stort inflytande över hälsa och välbefinnande under den första tiden i ankomstlandet, medan faktorer i ankomstlandet påverkar på längre sikt.

Skola, boende, goda sociala nätverk och stödjande vuxna kan utgöra viktiga hälsofrämjande faktorer, medan misstänkliggörande, våld och främlingsfientlighet är riskfaktorer. '

Läs artiklen her : <http://www.lakartidningen.se/07engine.php?articleId=11890>

#### Lange ventetider på traumebehandling af flygtninge

Dansk Flygtningehjælps hjemmeside 21. april 2009

Der kan gå flere år før der er tid på de centre, der tilbyder behandling til traumatiserede flygtninge. Selvom ventetiderne flere steder i landet er blevet kortere, venter hundredvis af traumatiserede flygtninge ofte meget længe på at få hjælp til at håndtere svære psykosociale og helbredsrelaterede problemer.

Læs nyheden her:

[http://flygtning.dk/Enkel\\_nyhed.1120.0.html?&cHash=6f5f083552&tx\\_ttnews%5bbackPid%5d=1119&tx\\_ttnews%5btt\\_news%5d=969](http://flygtning.dk/Enkel_nyhed.1120.0.html?&cHash=6f5f083552&tx_ttnews%5bbackPid%5d=1119&tx_ttnews%5btt_news%5d=969)

### LITTERATUR

#### ARTIKLER FRA FAGLIGE TIDSSKRIFTER

#### Employment status, duration of residence and mental health among skilled migrants to New Zealand : results of a longitudinal study

Pernice, Regina; Trlin, Andrew; Henderson, Anne; North, Nicola; Skinner, Monica

##### **Abstract**

##### **Aims**

To report findings on employment, duration of residence and mental health from a longitudinal study of 107 skilled immigrants to New Zealand from the People's Republic of China, India and South Africa.

##### **Methods**

Demographic and employment data were collected by face-to-face interviews using a structured questionnaire that included (as the mental health instrument) the General Health Questionnaire 12 (GHQ-12). The initial interview took place after the immigrants had been resident in New Zealand for an average of five months. Four subsequent interviews were conducted annually (1999—2002) on or about the anniversary of the first interview.

##### **Results and Conclusion**

Rather than an initial euphoric period followed by a mental health crisis, the results indicated poor mental health status in the first two years irrespective of employment status. Thereafter, mental health slightly improved as did employment rates. A surprising result was that although the South Africans had the highest employment rate, there were neither substantial mental health differences among the three groups nor was there a significant improvement during the course of the longitudinal study.

Key Words duration of residence – employment – immigrants - mental health - New Zealand

**International journal of social psychiatry 55(3), 272-287, 2009**

#### Incidence of schizophrenia among second-generation immigrants in the Jerusalem perinatal cohort

Corcoran, Cheryl; Perrin, Mary; Harlap, Susan; Deutsch, Lisa; Fennig, Shmuel; Manor, Orly; Nahon, Daniella; Kimhy, David; Malaspina, Dolores; Susser, Ezra

##### **Abstract**

##### **Objective**

Increased incidence of schizophrenia is observed among some immigrant groups in Europe, with the offspring of immigrants, ie "second-generation" immigrants particularly vulnerable. Few contemporary studies have evaluated the risk of schizophrenia among second-generation immigrants in other parts of the world.

### Methods

We studied the incidence of schizophrenia in relation to parental immigrant status in a population-based cohort of 88 829 offspring born in Jerusalem in 1964–1976. Parental countries of birth were obtained from birth certificates and grouped together as (1) Israel, (2) Other West Asia, (3) North Africa, and (4) Europe and industrialized countries. Cox proportional hazards methods were used in adjusting for sex, parents' ages, maternal education, social class, and birth order.

### Results

Linkage with Israel's Psychiatric Registry identified 637 people admitted to psychiatric care facilities with schizophrenia-related diagnoses, before 1998. Incidence of schizophrenia was not increased among second-generation immigrants in this birth cohort, neither overall nor by specific group.

### Conclusions

The difference in risk of schizophrenia among second-generation immigrants in Europe and in this Israeli birth cohort suggests that the nature of the immigration experience may be relevant to risk, including reasons for migration, the nature of entry, and subsequent position in the host country for immigrants and their offspring. Minority status may be of importance as, in later studies, immigrants to Israel from Ethiopia had increased risk of schizophrenia.

**Keywords:** immigration / risk / Israel / birth cohort / longitudinal

**Schizophrenia bulletin 35(3), 596-602, 2009**

## Nightmares among Cambodian refugees : the breaching of concentric ontological security

Hinton, Devon E.; Hinton, Alexander Laban; Pich, Vuth; Loeum, Reattidara J.-R.; Pollack, Mark H.

### Abstract

This article explores the nightmares of Cambodian refugees in a cultural context, and the role of nightmares in the trauma ontology of this population, including their role in generating post-traumatic stress disorder (PTSD). Among Cambodian refugees attending a psychiatric clinic, we found that having a nightmare was strongly associated with having PTSD ( $\chi^2=61.7$ ,  $P<0.001$ , odds ratio=126); that nightmares caused much distress upon awakening, including panic attacks, fear of bodily dysfunction, flashbacks and difficulty returning to sleep; that nightmare content was frequently related to traumatic events; that nightmares resulted in a decrease in the sense of "concentric ontology security" (i.e., in an increased sense of physical and spiritual vulnerability in a culture that conceives of the self in terms of concentric, protective layers), including fears of being attacked by ghosts; and that nightmares frequently led to the performance of specific practices and rituals aiming to extrude and repel attacking forces and to create "protective layers." Cases are presented to illustrate these findings. The Discussion considers some treatment implications of the study.

**Keywords** Nightmares - Post-traumatic stress disorder – Refugees – Cambodians - Self

**Culture, medicine and psychiatry 33(2), 219-265, 2009**

## Perceived racial / ethnic discrimination among 5th-grade students and its association with mental health

Coker, Tumaini R; Elliott, Marc N.; Kanouse, David E.; Grunbaum, Jo Anne; Schwebel, David C.; Gilliland, M. Janice; Tortolero, Susan R.; Peskin, Melissa F.; Schuster, Mark A.

### Abstract

#### Objectives

We sought to describe the prevalence, characteristics, and mental health problems of children who experience perceived racial/ethnic discrimination.

#### Methods

We analyzed cross-sectional data from a study of 5147 fifth-grade students and their parents from public schools in 3 US metropolitan areas. We used multivariate logistic regression (overall and stratified by race/ethnicity) to examine the associations of sociodemographic factors and mental health problems with perceived racial/ethnic discrimination.

#### Results

Fifteen percent of children reported perceived racial/ethnic discrimination, with 80% reporting that discrimination occurred at school. A greater percentage of Black (20%), Hispanic (15%), and other (16%) children reported perceived racial/ethnic discrimination compared with White (7%) children. Children who reported perceived racial/ethnic discrimination were more likely to have symptoms of each of the 4 mental health conditions included in the analysis: depression, attention deficit hyperactivity disorder, oppositional defiant disorder, and conduct disorder. An association between perceived racial/ethnic discrimination and depressive symptoms was found for Black, Hispanic, and other children but not for White children.

#### Conclusions

Perceived racial/ethnic discrimination is not an uncommon experience among fifth-grade students and may be associated with a variety of mental health disorders.

**American journal of public health 99(5), 878-884, 2009**

## Psychotic symptoms and general health in a socially disadvantaged migrant community in Bologna

Tarricone, Ilaria; Atti, Anna Rita; Salvatori, Federica; Braca, Mauro; Ferrari, Silvia; Malmusi, Davide; Berardi, Domenico

### Abstract

#### Background and aims

Social exclusion and reduced access to community health services can lead to urgent health problems among immigrants; this may explain their increasing rate of admittance to psychiatric inpatient units. This cross-sectional study aims to evaluate the prevalence of psychotic symptoms among Romanian immigrants living in very poor conditions at an abandoned hotel in Bologna and to highlight the possible correlation with general health status, distress and socio-demographic characteristics.

#### Methods

The Psychosis Screening Questionnaire (PSQ) and General Health Questionnaire-12 (GHQ-12) were administered to all immigrants residing at the hotel during two index days with the help of a cultural mediator. Socio-demographic, migration and health characteristics were also collected.

#### Results

Sixty eight subjects were evaluated. More than 80% had left Romania for economic reasons. Of immigrants, 57% exceeded the four-point GHQ-12 threshold of potential mental disorder and 19% scored positively at the PSQ. Immigrants with positive PSQ showed higher mean GHQ-12 scores ( $5.9 \pm 3.5$  vs.  $3.8 \pm 2.75$ ;  $p = 0.02$ ). The development of post-migration health problems significantly predicts positive PSQ cases even after adjusting for age, sex and GHQ-12 dichotomized score ( $OR = 21.2$ ,  $CI = 1.1-169.4$ ).

#### Conclusion

This community of immigrants living in deprived conditions showed a high prevalence of distress and psychotic symptoms, related to health problems. Preventing excess of psychosis among immigrants and ethnic minorities in critical socio-economic conditions should mean, first and foremost, facilitating social integration and access to primary care.

Key Words migration - social distress - psychic morbidity - psychotic symptoms - physical health

**International journal of social psychiatry 55(3), 203-213, 2009**

## Relation of schizophrenia prevalence to latitude, climate, fish consumption, infant mortality, and skin color : a role for prenatal vitamin D deficiency and infections?

Kinney, Dennis K.; Teixeira, Pamela; Hsu, Diane; Napoleon, Siena C.; Crowley, David J.; Miller, Andrea; Hyman, William; Huang, Emerald

### Abstract

Previous surveys found a large (>10-fold) variation in schizophrenia prevalence at different geographic sites and a tendency for prevalence to increase with latitude. We conducted meta-analyses of prevalence studies to investigate whether these findings pointed to underlying etiologic factors in schizophrenia or were the result of methodological artifacts or the confounding of sites' latitude with level of healthcare at those sites. We found that these patterns were still present after controlling for an index of healthcare—infant mortality—and focusing on 49 studies that used similar diagnostic and ascertainment methods. The tendencies for schizophrenia prevalence to increase with both latitude and colder climate were still large and significant and present on several continents. The increase in prevalence with latitude was greater for groups with low fish consumption, darker skin, and higher infant mortality—consistent with a role of prenatal vitamin D deficiency in schizophrenia. Previous research indicates that poor prenatal healthcare and nutrition increase risk for schizophrenia within the same region. These adverse conditions are more prevalent in developing countries concentrated near the equator, but schizophrenia prevalence is lowest at sites near the equator. This suggests that schizophrenia-producing environmental factors associated with higher latitude may be so powerful they overwhelm protective effects of better healthcare in industrialized countries. The observed patterns of correlations of risk factors with prevalence are consistent with an etiologic role for prenatal vitamin D deficiency and exposure to certain infectious diseases. Research to elucidate environmental factors that underlie variations in schizophrenia prevalence deserves high priority.

**Keywords:** epidemiology / etiology / immune function / prenatal / geography / risk factor

**Schizophrenia bulletin 35(3), 582-595, 2009**

## Schizophrenie – ethnopsychiatrische und ethnopharmakologische Aspekte

Assion, H.-J.; Weiss, A.; Korwischka, J.

### Zusammenfassung

Die ethnische Herkunft und die mit Migrationsprozessen verbundenen psychosozialen Herausforderungen haben Bedeutung bei der Entwicklung von psychischen Erkrankungen und beeinflussen die Behandlung von Migranten. Im klinischen Versorgungsalltag wird ethnopsychiatrisches Wissen bei der Diagnostik und Therapie bisher noch unzureichend berücksichtigt. Migranten sind komplexen Belastungsfaktoren und einem höheren Stressniveau ausgesetzt, was wiederum als Risikofaktor für psychische Erkrankungen wirken kann. Das lässt sich anhand von Studiendaten zur Schizophrenie zeigen. Migranten haben ein höheres Risiko, an einer Schizophrenie zu erkranken als

die ansässige Bevölkerung. Es werden Hypothesen erläutert, wie das Zusammenspiel von sozialen Stressoren und neurobiologischen Auslösern erklärt werden kann. Schizophren Erkrankte erfahren in Abhängigkeit von ihrer ethnischen oder rassischen Zugehörigkeit eine unterschiedliche psychopharmakologische Behandlung.

**Die Psychiatrie 6(1), 31-35, 2009**

## ANMELDELSER

### Flyktning-pasienten

Varvin, Sverre

207 s. Oslo: Universitetsforlaget, 2008. Pris NOK 279. - ISBN 978-82-15-00879-0

#### Fra starten af anmeldsen

Boken behandler detaljert og seriøst et svært viktig og underkommunisert problem i det norske helsevesen og samfunnet ellers: det å være flyktning. Forfatteren sier at dette er en tvetydig situasjon, hvor flyktninger på den ene siden bærer med seg virkninger av undertrykkelsen, forfølgelsen, de fysiske og psykiske overgrepene fra sitt hjemland, og på den andre siden havner i et fremmed land hvor de ble sett på som annerledes og møtt med fordommer og sosialt uvante krav. Med den psykologiske ballasten de har med seg møter de daglige utfordringer i forsøket på å tilpasse seg levesettet i et nytt land. I grensesnittet mellom personlige muligheter og egne forventninger til å skape seg et nytt liv, vil mange av flyktingenes forestillinger om landet de er kommet til, bli forandret og skape problemer både personlig, i egne familier og i lokalsamfunnet. Noen er flinke til å søke hjelp, andre vet ikke at hjelpen finnes og hvor, slik at andre må identifisere problemene og formidle hjelpen. I slike situasjoner kreves det engasjement både av fastlegen, psykiatriske tjenester i helsevesenet, arbeidsstedet og andre sosiale nettverk for videre oppfølging.

Læs resten af anmeldelsen i Tidsskrift for Den norske legeforening her :

[http://www.tidsskriftet.no/index.php?seks\\_id=1831512](http://www.tidsskriftet.no/index.php?seks_id=1831512)

## BØGER

### Samtaler med tolk i udredning, behandling og rådgivning

Tatiana Jessen, Inge Baaring og Tytte Hetmar (red)

Bogforlaget Frydenlund. – 184 s., 2009

Samtaler med tolk udkommer d.1. marts og tager udgangspunkt i den tolkede psykologsamtale, men den belyser også mange andre aspekter ved tolkede samtaler, hvorfor også andre faggrupper vil kunne drage nytte af bogen; socialrådgivere, fysioterapeuter, læger, speciallæger og sygeplejersker på medicinske afdelinger samt i hospitals psykiatri, social- og distriktspsykiatri, sundhedsplejersker, jordemødre, pædagoger, lærere og selvfølgelig tolkene selv.

Tolken er en uundværlig og væsentlig del af de samtaler, som psykologer, læger, psykiatere, socialrådgivere, sygeplejersker, kropsterapeuter, m.fl. har med indvandrere, flygtninge og deres børn.

Ny bog sætter fokus på det særlige ved tolkede samtaler, på forholdet mellem tolk og klient, tolk og behandler, tværfagligt samarbejde med tolk, etiske spørgsmål, kollegial sparring og supervision, o.a. Desuden belyses forhold vedrørende tolkens arbejdsbetingelser, trivsel og uddannelsesmuligheder.

Samtaler med tolk er skrevet af seks psykologer fra Selskabet Interkulturel Psykologi (Dansk Psykolog Forening) og tre professionelle tolke og belyser den tolkede samtale ud fra både et psykologfagligt og et tolkefagligt perspektiv. Formålet er at inspirere til en solid tværfaglig og fagligt funderet praksis.

Samarbejde, der bygger på sproglig kommunikation mellem mennesker, er afhængig af, at parterne forstår hinanden. En dygtig tolk bidrager til, at samtaleparterne forstår hinanden på tværs af kulturelle, sociale og personlige forskelle, ligesom den kompetente tolk får alle nuancer frem i det sagte.

#### Samtaler med tolk

**Psykologen er fra Danmark, klienten er fra Afghanistan, Bosnien eller Irak. I den terapeutiske samtale mellem dem er der brug for en tolk.**

Interview med psykolog Tatiana Jessen i anledning af bogen:

Læs interviewet i Psykolog nyt nr. 7 her : <http://infolink2003.elbo.dk/PsyNyt/Dokumenter/doc/15898.pdf>

## NYHEDSBREVE

### CETT NU : Center for Traume- og Torturoverlevende

Februar 2009

- MTV for PTSD
- Håndplukkede anbefalinger : Hvad vil MTV'en betyde for indsatsen på RCT-centrene?
- PTSD: Et langhåret emne : Hvad er en MTV – og kan den sige noget meningsfuldt om behandling af flygtninge med traumer?
- Krigstraumer hos ældre i Vollsmose - et uddannelsesforløb for personalet på Mimers Brønd, Vollsmose

Download nyhedsbrevet herfra : <http://www.cett.dk/wm211547>