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## Information om Transkulturel Psykiatri, august 2007

### NYHEDER

#### 2 hospitaler kan få kulturelle tolke

Dagens medicin 3. august 2007 / af Steffen Bang Nielsen

Sundhedsstyrelsen sætter gang i to-årig projekt med tolke, som skal patientforløbet for etniske patienter. Sundhedsstyrelsen leder efter to danske hospitaler, som vil deltage i et forsøg med kulturelle tolke som en hjælp til etniske patienter. Interesserede sygehuse kan frem til slutningen af september søge om at deltage i projektet. Udenlandske erfaringer tyder på, at kulturelle tolke kan forbedre patientforløbet for patienter med anden etnisk baggrund.

De to deltagende sygehuse vil få et til tilskud på i alt en mio. kr. til at ansætte tolkene i en to-årig periode fra 2007 til 2009. (lagt på www 3. september)

læs artiklen her : <http://www.dagensmedicin.dk//nyheder/2007/08/03/to-hospitaler-kan-fa-kultu/index.xml>

#### 2 kulturer kan give et splittet sind

Kristeligt Dagblads netavis 20. august 2007 / Rasmussen, Morten

Skiftet fra en kultur til en anden kan fremkalde psykisk sygdom, mener stadig flere eksperter. Og problemet fortsætter også blandt indvandrernes børn, viser undersøgelser

De kom som indvandrere fra landområderne i Mellemøsten eller som flygtninge fra verdens brændpunkter. De håbede på trykthed og et bedre liv, men for nogle var omvæltningerne så store og vanskelige, at det satte sig spor i sindet. De blev ramt af psykisk sygdom, fremkaldt af dårlig integration, en barsk fortid og kulturelle modsætninger mellem det nye og det gamle land.

Det er den virkelighed, som indvandrere i hele verden, også Danmark, risikerer at stå i. Flere undersøgelser dokumenterer, at psykisk sygdom er væsentligt mere udbredt blandt etniske minoriteter end blandt etniske danskere. Og problemet gælder ikke kun for den generation, der foretog skiftet fra et land til et andet. Også de kommende generationer af efterkommere er hårdere ramt end deres etnisk danske landsmænd.

#### Psykisk syge indvandrere behandles for sent

Kristeligt Dagblads netavis 20. august 2007 / Rasmussen, Morten

Dårlig integration, en udbredt berøringsangst og kulturelle misforståelser er skyld i, at alt for mange psykisk syge med minoritetsbaggrund går rundt år efter år uden den rette behandling.

Det er vurderingen hos både eksperter og politikere, som nu efterlyser en øget fokusering på problemet.

Det er velkendt, at etniske minoriteter er overrepræsenterede i flere dele af det psykiatriske system.

Eksempelvis udgør etniske minoriteter mere end 40 procent af patienterne på den retspsykiatriske afdeling på Skt. Hans Hospital. Samtidig ved man, at der blandt både indvandrere og deres efterkommere er flere tilfælde af skizofreni, depressioner og adfærdsforstyrrelser end blandt etniske danskere.

læs artiklen her : <http://www.kristeligt-dagblad.dk/artikel/259382>

#### Selvordsforsøg hjælper på asylansøgningen

Politikens netavis 4. august 2007 / af Anne Andersen og Tone Mygind Rostbø

Der er sket en tredobling af selvordsforsøg blandt danske asylansøgere.

**Selvordsforsøg er et afgørende argument, når der gives humanitær opholdstilladelse.**

Det oplyser en embedsmand i Integrationsministeriet, som dagligt behandler ansøgninger fra afviste asylansøgere, men som ønsker at være anonym i avisen.

**Tredobling af selvordsforsøg**

Tal fra Dansk Flygtningehjælp har for nylig vist, at der siden 2001 er der sket en tredobling i selvordsforsøg blandt danske asylansøgere.

Og det er problematisk, fordi selvordsforsøgene bliver en sidste udvej, som asylansøgerne vælger i desperation for at få humanitær opholdstilladelse, mener Peter Engholm Jensen, som har set flere eksempler på det i sin tid som centerleder på asylcentret Kongelunden.

læs artiklen her : <http://politiken.dk/indland/article353716.ece>

#### Minister overvejer nye regler for asyl til syge

Politikens netavis 6. august 2007 / Af Anne Andersen, Tone Mygind Rostbøll og Olav Hergel

Flygtninge med psykiske problemer skal behandles for deres sygdomme, siger integrationsminister Rikke Hvilshøj (V), som overvejer humanitært opholdstilladelse til de syge.

**Integrationsminister Rikke Hvilshøj (V) er villig til at bløde op på de regler for humanitær opholdstilladelse, som ifølge kritikerne fastholder flygtninge i psykisk sygdom.**

»Jeg er ikke interesseret i at fastholde folk i et sygdomsbillede. Jeg er interesseret i, at vi kan behandle folk for deres sygdomme, og hvis vi kan finde en anden balance i respekt for, at den humanitære opholdstilladelse er en opholdstilladelse af en helt særlig karakter, så er jeg klar til at se på, hvilke håndtag vi kan skrue på«, siger Rikke Hvilshøj, men fastholder, at en humanitær opholdstilladelse skal være midlertidig.

læs artiklen her : <http://politiken.dk/indland/article353976.ece>

## Trådene omkring traumatiserede skal samles

Flygtninge i fokus : nyt fra Dansk Flygtningehjælp - august 2007

Traumatiserede og udsatte flygtninge kan være i kontakt med mange professionelle aktører; på jobcentret, i børne- og familieafdelingen, på sprogcentret, i en behandlingsinstitution og måske også i et beskæftigelsesprojekt.

"I dag skal borgeren faktisk selv koordinere de forskellige indsatser. Men det kan de svageste familier ikke," siger Mette Blauenfeldt fra Center for Udsatte Flygtninge (CUF). Konsekvensen er, at de forskellige instanser omkring en traumatiseret flygtning ikke har en fælles forståelse af rehabiliteringsforløbets trin og mål. "Lige nu ser vi alt for mange traumatiserede, der ender på pension, og børn til traumatiserede, der mistrives. Derfor starter vi nu et projekt, der skal være med til at skabe både sammenhæng og indflydelse for den traumatiserede. Den traumatiserede skal opleve, at alle trækker i samme retning," siger Mette Blauenfeldt. "Et af elementerne er det, vi kalder en *brugerorienteret koordinator*, der skal samle trådene omkring borgeren". Projektet vil blive forankret i 3 kommuner, hvor de enkelte dele af projektet udvikles og testes. CUF står for koordineringen af projektet og sikrer inddragelse af relevante ressourcepersoner, organisationer og aktører.

**Projektet indeholder følgende elementer:**

Modeller for kommunal koordinering af den beskæftigelsesrettede rehabiliteringsindsats for den enkelte flygtning

Kurser for relevante medarbejdere om beskæftigelsearbejdet med traumatiserede flygtninge

Gruppeforløb for traumatiserede flygtninge som supplement til andre aktiviteter

Gå-hjem-møder om arbejdet med traumatiserede flygtninge og om at være mentor på en virksomhed

Etablering af vidensnetværk, som skal sikre vidensdeling, læring og løbende sparring mellem de tre lokale projekter

**Tre kommuner kan deltage**

Center for Udsatte Flygtninge (CUF) har fået bevilget 2.2 millioner kroner fra Integrationsministeriet til projektet.

Kommuner, der er interesserede i at deltage eller høre mere om projektet, kan kontakte Mette Blauenfeldt, [mette.blauenfeldt@drc.dk](mailto:mette.blauenfeldt@drc.dk), telefon 33 73 51 44.

## Voksne adopterede har brug for hjælp

Kristeligt Dagblads netavis 3. august 2007 / af Laura Elisabeth Schnabel og Maria Bendix Olesen

**Flere adoptions-organisationer efterlyser hjælp til voksne adopterede, som ofte har flere psykiske problemer end andre. Venstres familieordfører er enig i, at hjælpen er utilstrækkelig**

Voksne adopterede får ingen hjælp fra det offentlige, selvom de i højere grad dør med psykiske problemer end etniske danskere, indvandrere og flygtninge. De første år efter adoptivbørn kommer til Danmark, kan adoptivfamilier få støtte og rådgivning på det offentlige regning. Men når børnene bliver teenagere og voksne, er der ikke længere hjælp at hente for de unge og de omkring 10.500 adopterede over 18 år i Danmark.

En undersøgelse fra Statens Institut for Folkesundhed viser, at adopterede mellem 15 og 24 år har flest psykiske problemer i forhold til etniske danskere, unge af indvandrere og flygtninge. Adopterede unge har flere depressioner, spiseforstyrrelser, selvmordsforsøg, alkoholproblemer og mareridt.

læs artiklen her : <http://www.kristeligt-dagblad.dk/artikel/258032>

## FRA FOLKETINGET

### LITTERATUR

### ARTIKLER FRA FAGLIGE TIDSSKRIFTER

#### Apatiska barn –ett iatrogen tillstånd?

Joelsson, Lars

I diskussionen om de apatiska barnen har det framför allt handlat om att de antingen är manipulerade och drogade av sina föräldrar eller att de lider av en livshotande sjukdom som kräver sjukhusvård som

barnpsykiatrin inte velat ta ansvar för. Inget av detta känner jag igen från mitt arbete med asylsökande barn och deras familjer.

**Tidskriften för svensk psykiatri nr. 1, 18-20, 2007**

tidskriften kan downloadas härifrån: <http://www.svenskpsykiatri.se/member/journal/index.html>

## **Attitudes toward counseling and alternative support among Muslims in Toledo, Ohio**

Khan, Zeenat

### **Abstract**

This descriptive cross-sectional study is designed to describe subgroup variation in attitudes toward help-seeking, and to determine perceived need for and actual use of professional counseling among Muslims in Toledo, Ohio. The study hypothesized that there are meaningful and statistical relationships between socio-demographic variables and attitudes, perceived need and reported use and that there will be differences in these relationships between African American, Arab, and South Asian Muslims. 459 Muslims (44 African Americans, 240 Arabs, 119 South Asians and 56 Others) participated in the study. Participants completed self-report questionnaires including a demographic data sheet and a shortened form of Fischer and Turner's Attitudes Toward Seeking Professional Psychological Help Scale (Fischer and Farina, 1995). Analysis indicated that age and sex were significantly associated with attitudes toward help-seeking. Sex was also associated with the need for counseling. Age, attitude and need for counseling were all associated with use of professional counseling. Race/ethnicity, as a variable, was associated with use for the African American and Arab subgroups. In terms of other sources of support, results revealed that all three groups considered prayer a regular source of comfort. The study concludes that a majority of Muslims sampled, reportedly possess positive attitudes toward counseling. There is possible unmet need in the community with regard to discrepancy between reported need and reported under-use of services. Muslim females were more likely than Muslim males to indicate positive attitudes toward counseling and the need for counseling. However, older age groups were more likely than younger age groups to indicate use of counseling services. Both need and positive attitudes are significant predictors of use of counseling services among Muslims. Implications for both future research and the provision of more appropriate mental health services for Muslims in the United States are discussed.

**Keywords:** help-seeking; attitudes; counseling; Muslims; need; use

**Journal of Muslim mental health 1(1), 21-42, 2006**

## **Coping Response Inventory : Assessing coping among Iranian college students and introductory development of an adapted Iranian Coping Response Inventory (CRI)**

Aguilar-Vafaie, Maria E.; Abiari, Mohsen

### **Abstract**

Coping is related to mental and physical health outcomes, but cultural and societal differences may influence its nature and structure. This study reports on the adaptation of the Coping Responses Inventory for Adult (CRI-A) to the Iranian social and cultural context. Study 1 was designed to obtain qualitative data and test the construct and discriminative validity of coping scales. Factor analysis of the CRI and Iranian items yielded seven factors: Religious Coping, Problem Solving, Cognitive Avoidance, Positive Reappraisal, Seeking Guidance and Support, Seeking Alternative Rewards, and Acceptance/Resignation. Internally, consistencies varied considerably from 0.92 to 0.53. All sub-scales from the Coping Responses Inventory for Adult (CRI-A) were resistant to social desirability biases with the exception of Religious Coping and Problem Solving. In Study 2, the replicability of the adapted CRI-A factorial structure and concurrent validity for the newly developed religious coping sub-scale was demonstrated. Given the importance of the role of religious coping in health and well-being outcomes, the expression and use of which may be substantially influenced by cultural practices and norms, it is recommended that future research pursues the validation of context-specific constructs of religious and spiritual coping.

**Mental health, religion and culture 10(5), 489-513, 2007**

## **Culture, somatization, and psychological distress : symptom presentation in South Indian patients from a public psychiatric hospital**

Rao, D.; Young, M.; Raguram, R.

### **Abstract**

#### **Background**

A number of clinical research studies have found evidence that patients from Western and non-Western countries express both somatic and psychological symptoms. Although somatic and psychological symptoms appear to coexist, patients may express more of one type of symptom, somatic or psychological, over the other depending upon the nature of the illness and the patients' psychosocial contexts.

#### **Sampling and Methods**

The present study investigated the influence of Westernization, stigma, severity of symptoms, and other factors on the symptom presentation of 60 South Indian psychiatric patients, using both open-ended and symptom-directed interviewing methods. Symptom presentation was explored in terms of a balance of psychological and somatic symptoms.'

#### **Results**

Participants predominantly emphasized somatic symptoms as their first spontaneously reported symptom. More Westernized participants and those with higher symptom severity scores tended to present a more psychological balance of symptoms. Participants with a greater concern about stigma tended to present a more somatic balance of symptoms.

#### **Conclusions**

The findings suggest that several factors, including the Westernization that occurs in non-Western countries as a result of globalization, can impact an individual's expression of distress.

**Key Words** Somatization, Somatic symptoms, Psychological symptoms, Westernization  
**Psychopathology 40(5), 349-355, 2007**

## **Don't throw out the baby with the bathwater (PTSD is not overdiagnosed)**

Brunet, Alain; Akerib, Vivian; Birmes, Philippe

#### **Fra starten af artiklen**

In debate

In the aftermath of the terrorist attacks on the World Trade Center, some media "experts" predicted that up to 1 out of 5 New Yorkers would suffer from full-blown posttraumatic stress disorder (PTSD). In fact, 2 months after the attacks, among a random sample of 1008 adults living in Manhattan, only 7.5% reported symptoms consistent with a diagnosis of acute PTSD.<sup>1</sup> It is relatively easy these days to find instances among the media and the general public where the concept of psychological trauma is overapplied or misrepresented, giving the impression that PTSD must be rampant and therefore overdiagnosed. Despite the popular use of this term, actual prevalence rates demonstrate that PTSD is not overdiagnosed by those whose job it is to diagnose: the epidemiologists and the mental health professionals. If we consider the evolution in the field of trauma research, there are at least 2 major tendencies: on the one hand, the criteria for diagnosing PTSD have become stricter, while, on the other hand, our ability to detect and correctly assess trauma exposure and PTSD has improved, thereby leading to the identification of new, previously undiagnosed cases. The net result of these 2 tendencies is a remarkably stable rate of PTSD in the epidemiologic surveys of the last decade.

**Canadian journal of psychiatry 52(8), 501-502, 2007**

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## **Exploratory study examining attitudes toward mental health and mental health services among young South Asians in the United Kingdom**

Randhawa, Gurch; Stein, Samuel

#### **Abstract**

Research findings to date highlight the underutilization of mental health services by minority ethnic families. However, research in this area has been adult focused and concentrated on the views of parents. This study therefore seeks to redress that imbalance within the research arena by making children the focus of consultation on mental health issues. The article presents results from an exploratory study, commissioned by the Association for Professionals in Services for Adolescents, to explore the views of young South Asians in Luton and Bedford toward mental health and mental health services. Overall, only one in five of the respondents was aware of clinics available to support children, adolescents, or families who are experiencing emotional or behavioral difficulties. The role of schools emerged to be potentially very influential in the study. Schools were seen as a focal point from which young people could gain information regarding support services, and were also perceived as a good venue from which to offer clinics. In this study, 65% of the young respondents who stated they would not access a support clinic to assist them with their difficulties were of South Asian origin. Similarly, 66% of the respondents who stated that their friends or family were unlikely to use the clinic for support were of South Asian origin. Notably, however, the level of awareness of services was the same across all ethnic groups. Therefore, the difference in the proposed use of services was not lack of awareness, but instead that the South Asian respondents felt more strongly about not wanting to share their problems with "strangers."

**Keywords:** ethnicity; mental health; South Asian

Journal of Muslim mental health 2(1), 21-37, 2007

## Health service utilization by Ethiopian immigrants and refugees in Toronto

Fenta, Haile, Hyman, Ilene; Noh, Samuel

### Abstract

The purpose of this study was to examine the health service utilization patterns of Ethiopian immigrants and refugees in a random sample of 342 adults residing in Toronto. The results suggested that 85% of the study participants used one or more type of health services, most often from a family physician. However, only 12.5% of them with a mental disorder received services from formal healthcare providers, mainly family physicians. While the presence of somatic symptoms was significantly associated with increased use of healthcare ( $p < 0.05$ ), having a mental disorder was associated with lower rate of health service use ( $p < 0.05$ ). These findings suggest that family physicians could play important role in identifying and treating Ethiopian clients who present with somatic symptoms, as these symptoms may reflect mental health problems. Further research is necessary to determine the reasons for the low rates of mental health services use in this population.

Keywords Health services utilization - Mental health - Family physician visits - Ethiopian immigrants

Journal of immigrant and minority health 9(4), 349-357, 2007

## Hur införlivas transkulturella aspekter på psykiatrin

Ekblad, Solvig; Kastrup, Marianne

Svensk psykiatri hade transkulturell psykiatri som temanummer 1 2007. I en fortsättning diskuterar Solvig Ekblad och Marianne Kastrup en workshop i ämnet som tog plats under den internationella konferensen "Classification, Diagnosis and Context: Celebrating Linnaeus 300th Birthday" i Uppsala 30–31 maj. Syftet med denna workshop var att diskutera frågor av allmänt intresse och angelägenhet inom området transkulturell psykologi och psykiatri.

Tidskriften för svensk psykiatri nr. 3, 30-31, 2007

tidskriftet kan downloadas herfra: <http://www.svenskpsykiatri.se/member/journal/index.html>

## Impact of life events and difficulties on the mental health of Chinese immigrant women

Tang, Taryn N.; Oatley, Keith; Toner, Brenda B.

### Abstract

This study examined the life events and difficulties inherent to the immigration process and the sources of social support that influenced mental health. A six-month longitudinal study, utilizing a detailed semi-structured interview protocol and standardized questionnaires, was conducted with a group of Chinese women who had migrated to Canada with their spouses in the last decade. All of the women and all of their spouses experienced major downward mobility. Correspondingly, the most frequent negative life event was employment-related and the most frequent difficulty was the financial strain of living below the poverty line, factors which significantly predicted the women's mental health. Social support had neither a main effect on mental health nor a buffer effect on the relationship between life events and difficulties and mental health. Implications for immigration and settlement policy are discussed.

Keywords

Chinese - Immigrant women - Mental health - Life events and difficulties - Social support

Journal of immigrant and minority health 9(4), 281-290, 2007

## Investigation of the psychological distress of Muslim migrants in Australia

Khawaja, Nigar Gohar

### Abstract

The present study investigates the psychological distress of Muslims migrants in Brisbane, Australia. Literature indicates that a range of demographic and psychosocial factors are related to the psychological distress of the migrants. Two hundred and eighty Muslims were asked to complete a variety of questionnaires in either the English or Arabic language. A series of analyses of variances indicated that participants' psychological distress was affected by their marital and visa statuses. Further, hierarchical regression indicated that psychological distress of the participants was predicted by their perceived difficulties with the English language, lack of social support, and tendency to use emotional and avoidance coping. It is expected that the study's findings will assist mental health workers, working in multicultural settings, to understand and treat the mental health issues of Muslim migrants in Australia.

**Keywords:** Muslim migrants; psychological distress

Journal of Muslim mental health 2(1), 39-56, 2007

## Longitudinal study of the use of mental health services by persons with serious mental illness : do Spanish-speaking Latinos differ from English-speaking Latinos and Caucasians?

Folsom, David P.; Gilmer, Todd; Barrio, Concepcion; Moore, David J.; Bucardo, Jesus, Lindamer, Laurie A.; Garcia, Piedad; Hawthorne, William; Hough, Richard; Patterson, Thomas; Jeste, Dilip V.

### Abstract

#### Objective

Reports of mental health care use by Latinos compared to Caucasians have been mixed. To the authors' knowledge, no large-scale studies have examined the effects of language on mental health service use for Latinos who prefer Spanish compared to Latinos who prefer English and to Caucasians. Language is the most frequently used proxy measure of acculturation. The authors used the administrative database of a mental health system to conduct a longitudinal examination of mental health service use among Spanish-speaking versus English-speaking Latinos and Caucasians with serious mental illness.

#### Method

There were 539 Spanish-speaking Latinos, 1,144 English-speaking Latinos, and 4,638 Caucasians initiating treatment for schizophrenia, bipolar disorder, or major depression during 2001–2004. Using multivariate regressions, the authors examined the differences among the groups in the type of service first used. The authors also examined the probability of use of each of four types of mental health services and the intensity of outpatient treatment.

#### Results

Spanish-speaking Latinos differed from both English-speaking Latinos and Caucasians on most measures. Compared to patients in the other groups, the Spanish-speaking Latinos were less likely to enter care through emergency or jail services and more likely to enter care through outpatient services. There were no group differences in the proportion that stayed in treatment or used inpatient hospitalization.

#### Conclusions

This study suggests that for Latinos, preferred language may be more important than ethnicity in mental health service use. Future studies comparing mental health use may need to differentiate between Spanish- and English-speaking Latinos.

*American journal of psychiatry* 164(8), 1173-1180, 2007

## När Irak faller sönder ställs svensk psykiatri inför nya utmaningar

AL-Baldawi, Riyad

### Fra starten af artiklen

Ett av de viktiga kliniska områdena inom den transkulturella psykiatrin (det som internationellt kallas för kulturell psykiatri idag) är att arbeta med migrationsrelaterade problem och dess verkan på den psykosociala hälsan. Det är känt att migration är en process som ofta är komplicerad och långvarig. Denna process medför ofta en rad olika förluster och separationer och kan försäkra en mängd olika stressrelaterade upplevelser. Människor som kommer från krigshärjade områden har ytterligare faktorer som påverkar deras psykosociala hälsa. Trauman i samband med krigsoperationer, förluster av närstående personer inom familjen eller egendomar som människorna förlorar under kriget kan räknas in i de faktorer som påverkar individer och även hela familjer.

*Tidskriften för svensk psykiatri*, nr. 1, 10-12, 2007

tidskriftet kan downloadas herfra : <http://www.svenskpsykiatri.se/member/journal/index.html>

## On models of hospital chaplaincies : which one works best for the Muslim community?

Hamza, Doha Raik

### Abstract

The Muslim community and professional chaplains associations are realizing the need for Muslim chaplains to get involved in the many institutions that require their services, such as universities, hospitals, prisons, and the military. Having observed different models by which hospital chaplaincies operate, the research presented in this article seeks to outline and examine three models of operating chaplaincy service: the chaplain-only model, the volunteer model, and the volunteer-chaplain model. While the models outlined here are restricted to hospital ministry, they might be beneficial, with varying degrees, to people engaged in other areas of chaplaincy services. This article investigates the model that might work best for the Muslim community, and ends with a summary of future steps for the proper implementation of this health care chaplaincy model.

**Keywords:** health care chaplaincy models; Muslim chaplains; Muslim volunteers; spiritual care

Journal of Muslim mental health 2(1), 65-79, 2007

## Perceived religious discrimination and its relationship to anxiety and paranoia among Muslim Americans

Rippy; Alyssa E.; Elana Newman

### Abstract

Although the effects of discrimination and hate crimes among various minority member's mental health is documented, no research to date examines the correlates of perceived discrimination among Muslim Americans. Therefore, this study examined perceived discrimination and its association with subclinical paranoia and anxiety among 152 Muslim Americans. A statistically significant relationship was found between perceived religious discrimination and subclinical paranoia, but perceived discrimination and anxiety were not related. There were also significant differences among ethnic groups and between convert, immigrant, second-generation Muslims in the perception of discrimination. Results suggest that perceived discrimination among Muslim Americans is related to the expression of increased vigilance and suspicion and that group differences affect the perception of discrimination.

**Keywords:** perceived discrimination; non-clinical paranoia; Muslim; minority groups

Journal of Muslim mental health 1(1), 5-20, 2006

## Perception of the public towards the mentally ill in developed Asian country

Chong, Siow Ann; Verma, Swapna; Vaingankar, Janhavi Ajit; Chan, Yiong Huak; Wong, Lai Yin; Heng; Bee Hoon

### Abstract

#### Objective

This study assessed public perceptions and attitudes towards and causal beliefs about mental health problems in Singapore – a multi-racial country in South-East Asia.

#### Method

A nation-wide survey using a structured questionnaire was conducted on those aged between 15 and 69 years.

#### Results

The overall response rate was 68.1% with a total of 2,632 respondents. About 38.3% (95% CI, 36.4–40.2) believed that people with mental health problems were dangerous and 49.6% (95% CI, 47.7–51.5) felt that the public should be protected from them. A negative attitude towards mental health problems correlated with greater age and less education. The Chinese were more likely to want to hide their illness should they become mentally unwell while the Malays seemed to have a more tolerant attitude ( $P=0.032$ ).

#### Conclusion

Public awareness and anti-stigma campaigns should focus on those commonly held misconceptions and target specific populations.

**Key words** Asian – attitudes – perceptions – stigma - mental health problems

Social psychiatry and psychiatric epidemiology 42(9), 734-739, 2007

## Posttraumatic stress disorder is overloaded

Merskey, Harold; Piper, August

### Fra starten af artiklen

In debate

Valid disorders are subject to the disease of inflation. Any solid, established diagnosis that is popular and appealing risks overuse and becomes overloaded with excess features. Such is the fate of posttraumatic stress disorder (PTSD). Once a well-defined, well-characterized condition, it has currently expanded from the consequences of terrifying battles to the outcome of purported abuse in childhood. The alleged abuse is sometimes “recovered” and ranges from forgotten forbidden touching to the most serious and harmful invasion of the bodies and minds of children. It is time to call a halt to the unscientific expansion of PTSD. It harms patients to give them the wrong diagnosis with the wrong assumptions.

Canadian journal of psychiatry 52(8), 499-500, 2007

download artiklen herfra : <http://publications.cpa-apc.org/browse/documents/2>

## Psychological well-being in black Caribbean, black African, and white adolescents in the UK Medical Research Council DASH study

Maynard, Maria J.; Harding, Seeromanie; Minnis, Helen

### Abstract

## Background

It is not known if adolescents from diverse groups of Black African origin experience similar or different psychological well-being.

## Aims

To examine adolescent self-report of psychological well-being among Black African and White UK origin groups and to assess the extent to which family type and social deprivation influence any ethnic differences.

## Method

The 25-item Strengths and Difficulties Questionnaire (SDQ) was used to assess psychological well-being in a study of 6,632 11–13 year-olds in 51 schools in London.

## Results

Overall, family type (but not material deprivation) was an important independent correlate of psychological well-being. Nigerian/Ghanaian boys reported the lowest mean Total Difficulties Score (TDS) compared to White boys (regression coefficient (95% CI)  $-2.09$  ( $-2.83, -1.35$ )  $p < 0.001$ ). They also had significantly higher mean pro-social behaviour score, and were at reduced risk of a high (i.e., likely psychological distress) TDS score. TDS was also significantly lower than Whites for Other African boys and girls. Other African and Mixed ethnicities were protective factors against risk of psychological distress for girls.

## Conclusions

Black African boys and Other African boys and girls reported the most favourable psychological well-being scores. The influence of family type on mental health may operate differently for girls compared to boys and for Africans compared to other ethnic groups.

**Key words** ethnicity – adolescents – family – social disadvantage – mental health

**Social psychiatry and psychiatric epidemiology 42(9), 759-769, 2007**

## Psykisk och fysisk tortyr ger samma lidande

Ekblad, Solvig

### Fra starten af artiklen

Psykisk tortyr, såsom inhumant bemötande under fångenskap, kan medföra lika svåra psykologiska effekter, även på lång sikt, som fysisk tortyr. Dessa rön har relevans i det svenska asyl- och flyktingmottagandet.

Ämnet är internationellt angeläget mot bakgrund av Amnestys årsrapport om våld och misshandel i 104 av världens länder [1]. Dock är prevalensen av rapporterad tortyr i olika studier svår att jämföra, eftersom definitionen av tortyr varierar liksom studiepopulationen och mätmetoderna.

Basoglu och medarbetare [2] genomförde en semistrukturerad intervjustudie bland 279 huvudsakligen manliga tortyröverlevande från kriget i det forna Jugoslavien. Rönen ökar den teoretiska ramen kring prediktorer för psykologiska effekter av fysisk och psykisk tortyr.

Det är en tvärsnittsstudie med ett populationsbaserat urval som genomfördes genom länkat urval på huvudsakligen fyra olika ställen i landet. Tre fjärdedelar hade någon gång under livet haft posttraumatiskt stressyndrom (PTSD), och 55,7 procent hade pågående PTSD. Komorbiditeten för PTSD och depression var 29,7 procent.

**Läkartidningen nr. 34, 2318, 2007**

läs artiklen her : <http://www.lakartidningen.se/07engine.php?articleId=7250>

## Psykisk torturs skadelighed

Berliner, Peter

Tortur er tortur, uanset form, og har voldsomme konsekvenser for ofrene. Ny psykologisk forskning rammer en pæl igennem den opfattelse, at psykisk tortur skulle være mere harmløs end fysisk.

**Psykolog nyt (61)14, 20-24, 2007**

artiklen kan downloades her : <http://193.89.230.12/PsyNyt/Dokumenter/doc/14870.pdf>

## Relationship between psychological well-being and adjustment of both parents and children of exiled and traumatized Iraqi refugees

Hosin, Amer A.; Moore, Simon; Gaitanou, Christina

### Abstract

Research involving both children's problems and those of their parents who experienced displacement, war, civil strife, and multiple traumas or distress while living in unfamiliar environments (dissimilar host culture) is extremely limited. This study has examined the relationship between psychological well-being and adjustment (in the host culture) of samples of both parents and children of exiled and traumatized Iraqi refugees in London. Participants included in this study were Arab and Kurdish Iraqi refugees; 61 families (mainly adult participants) with a total number of 162 children. The sample consisted of both parents and children who were, at the time of conducting this research (2003–2004), residing in various boroughs of London. The 30-item version of General

Health Questionnaire (GHQ) and a short and modified version of the Child Behavioral Checklist (CBCL) questionnaire were used. Both of these measures have been translated and used in different cultures with success. Parents were asked to complete both the GHQ and the CBCL; on the latter, parents were asked to reflect on any problems (including psychosocial and behavioral symptoms of ill health) which may have manifested themselves in the recent past among their children. The main results of this study appear to indicate that the estimated level of distress among parents who completed the GHQ was very high, with 52.46% of the sample reaching the threshold level. It also suggests that parents or adult refugees in this study manifested poor mental health and this, in turn, was found to be associated positively with children's poor adjustment in the host culture. Further results of t tests revealed that there were no significant differences found between male and female scores on the GHQ. Educational background was not a significant factor in determining the adjustment or the level of distress among the population of this study. Larger family size and refugee parents who had more than one child at home appeared to show vulnerability to distress more than those who had smaller families. Newly arrived refugees seemed to score higher on the GHQ than participants who had been in the host culture for a longer period of time. The major findings of this study were discussed in relation to culture learning theory, acculturation paradigm, U-curve theory, and the multidimensional model of adjustment. The latter seem to reflect on several factors associated with adjustment problems, including the prearrival phase and the new demands of the new host culture. Finally, the results of this investigation suggest that emotional and adjustment problems manifested among children of refugee families will not disappear without proper intervention programs or proper consideration of all risk factors, including family circumstances and previous parental psychopathology.

**Journal of Muslim mental health 1(2), 123-136, 2006**

## **Religiosity, health, and psychopathology in two cultures : Kuwait and USA**

Abdel-Khalek, Ahmed M.; Lester, David

### **Abstract**

To explore the associations between religiosity, health, and psychopathology, samples of 460 Kuwaiti and 274 American college students were recruited. Religiosity, pessimism, anxiety, obsession-compulsion, death obsession, and ego-grasping were significantly higher among the Kuwaitis than among their American counterparts. On the other hand, self-ratings of mental health and optimism were significantly higher among the Americans than their Kuwaiti counterparts. Religiosity was significantly and positively associated with ratings of physical health, mental health, and optimism (both countries), and negatively with pessimism, anxiety, suicidal ideation, and ego-grasping (Kuwaitis), and pessimism and suicidal ideation (Americans). A factor analysis of the correlational matrix yielded in both countries two independent factors labeled "Normality vs. psychopathology", and "Religiosity, health, and optimism". Backward multiple regressions revealed that the main predictors of religiosity were mental health, optimism and physical health positively, and obsession-compulsion and ego-grasping negatively in Kuwaitis; and optimism positively and anxiety, and suicidal ideation negatively in Americans. By and large, those who consider themselves as religious were more healthy and optimistic, and obtained lower scores on psychopathology in both countries.

**Mental health, religion and culture 10(5), 537-550, 2007**

## **Religious beliefs in schizophrenia : their relevance for adherence to treatment**

Borras, L.; Mohr, S.; Brandt, P.-Y.; Gilliéron, C.; Eytan, A.; Huguelet, P.

### **Abstract**

The study examined how religious beliefs and practices impact upon medication and illness representations in chronic schizophrenia. One hundred three stabilized patients were included in Geneva's outpatient public psychiatric facility in Switzerland. Interviews were conducted to investigate spiritual and religious beliefs and religious practices and religious coping. Medication adherence was assessed through questions to patients and to their psychiatrists and by a systematic blood drug monitoring. Thirty-two percent of patients were partially or totally nonadherent to oral medication. Fifty-eight percent of patients were Christians, 2% Jewish, 3% Muslim, 4% Buddhist, 14% belonged to various minority or syncretic religious movements, and 19% had no religious affiliation. Two thirds of the total sample considered spirituality as very important or even essential in everyday life. Fifty-seven percent of patients had a representation of their illness directly influenced by their spiritual beliefs (positively in 31% and negatively in 26%). Religious representations of illness were prominent in nonadherent patients. Thirty-one percent of nonadherent patients and 27% of partially adherent patients underlined an incompatibility or contradiction between their religion and taking medication, versus 8% of adherent patients. Religion and spirituality contribute to shaping representations of disease and attitudes toward medical treatment in patients with schizophrenia. This dimension should be on the agenda of psychiatrists working with patients with schizophrenia.

**Keywords:** schizophrenia / religion / spirituality / treatment adherence

Schizophrenia bulletin 33(5), 1238-1246, 2007

## Self-reported anxiety, sleeping problems and pain among Turkish-born immigrants in Sweden

Steiner, Kristin Hjörleifsdottir; Johansson, Sven-Erik; Sundquist, Jan; Wändell, Per E.

### Abstract

#### Objectives

To study whether symptoms of self-reported anxiety, sleeping problems and severe pain are more common among Turkish-born immigrants in Sweden than among Swedes, and whether age and socio-economic status can explain this hypothesised difference.

#### Design

Two random samples were studied - the Swedish National Board of Health and Welfare Immigrant Survey, and the Swedish Annual Level-of-Living Survey, both from 1996. A total of 526 Turkish-born immigrants in Sweden were compared with 2,854 Swedish controls, all aged between 27 and 60 years. Data were analysed by sex, in an age-adjusted model; and a full model also included age, education, marital status, employment and country of origin (logistic regression).

#### Results

In the full model, odds ratios were 2.12 (1.43-3.15) for anxiety, 2.60 (1.82-3.72) for sleeping problems, and 2.14 (1.50-3.05) for severe pain among Turkish-born men, and 2.44 (1.69-3.53) for anxiety, 3.01 (2.09-4.33) for sleeping problems, and 2.59 (1.80-3.71) for severe pain among Turkish-born women, using the Swedish controls as references.

#### Conclusions

Being a Turkish-born immigrant in Sweden significantly increases the risks for self-reported anxiety, sleeping problems and severe pain, even after adjusting for age and socio-economic status (education, marital status and employment).

**Keywords** Turkish-born; immigrants; Sweden; self-reported; anxiety; sleeping problems; pain

**Ethnicity and health 12(4), 363-379, 2007**

## Socio-demographic differences in acculturation and mental health for a sample of 2nd generation/early immigrant Arab Americans

Amer, Mona M.; Hovey, Joseph D.

### Abstract

This study examined socio-demographic differences in acculturation patterns among early immigrant and second-generation Arab Americans, using data from 120 participants who completed a Web-based study. Although sex, age, education, and income did not significantly relate to the acculturation process, respondents who were female and those who were married reported greater Arab ethnic identity and religiosity. Striking differences were found based on religious affiliation. Christian patterns of acculturation and mental health were consistent with acculturation theory. For Muslims, however, integration was not associated with better mental health, and religiosity was predictive of better family functioning and less depression. The results of this study suggest unique acculturation patterns for Christian and Muslim subgroups that can better inform future research and mental health service.

**Keywords** Arab American – Muslim – Acculturation – Religiosity - Mental health

**Journal of immigrant and minority health 9(4), 335-347, 2007**

## Torture

Wenzel, Thomas

### Abstract

#### Purpose of review

Torture has become a key theme in healthcare and a rising number of publications, especially over the last years, confirm its relevance also in regard to mental health.

#### Recent findings

Torture survivors appear to be a frequent but also underdetected group in clinical and general populations. Exposure to further stressful and traumatic events is common. Sequelae include posttraumatic stress disorder, chronic pain, depressive disorders, and more, but so far insufficiently explored and partly culture-based, reactive symptoms. Symptoms are frequently chronic and can be hard to treat even in cost-intensive treatment settings. Medical ethics are challenged in several situations, including documentation, in speaking up against and reporting of torture, and in the refusal to participate in or condone any form of torture.

## Summary

Torture prevention and interdisciplinary rehabilitation of survivors must receive more attention, and healthcare professionals have an obligation to take a substantial role in this effort.

## Keywords

medical ethics, posttraumatic stress, refugees, torture

**Current opinion in psychiatry 20(5), 491-496, 2007**

## Transkulturell psykiatri – medicinsk kunskapsområde eller flyktingpolitisk arena?

Bäärnhielm, Sofie

Som vikarierande underläkare på Beckomberga mentalsjukhus i Bromma mötte jag för första gången i början på 80-talet vad vi idag benämner transkulturell psykiatri. Då kände jag inte till några begrepp för det jag mötte. Att möta asylsökande patienter med svårtolkade symtom, patienter med osäkra och för mig främmande sociala villkor och den psykiatriska vården som en arena för svensk flyktingpolitik var en förvirrande upplevelse. Jag var oföberedd, saknade teoretiska referensramar, men nyfiket förundrad.

**Tidskriften för svensk psykiatri, nr. 1, 26-27, 2007**

tidskriftet kan downloadas herfra : <http://www.svenskpsykiatri.se/member/journal/index.html>

## Trauma ger posttraumatiskt stressyndrom – en realitet som myndigheterna inte vill se

Borgå, Per; Al-Saffar, Suad

Trots att PTSD knappast längre kan anses vara en ny diagnos möter den fortfarande motstånd. Den har i enlighet med den ursprungliga beskrivningen i DSM-III förknippats med "händelser utanför normal livserfarenhet" och man har därför ofta förnekat dess existens i vardagspsykiatrin. Den är en naturlig reaktion för lekmän att vilja blunda för trauma, att förneka verklighetens ohyggligheter för att på det sättet lättare behålla tron på att världen är god. När det gäller myndighetspersoner, som handläggare på Migrationsverkets gäller det också att försvara en tro på att man fortfarande handlar i linje med lagstiftningens intentioner att ge skyddsbehövande det skydd de har rätt till. Samma mönster tycks upprepas gång efter annan. För några år sedan försvann ett barn från sin asylsökande familj. Polisens utredning präglades av tron att familjen gömt barnet i syfte att påverka asylprocessen. Lång tid senare hittades resterna av barnet i skogen inte långt från familjens hem. En mer ambitiös räddningsinsats från början, av det slag som brukar organiseras när svenska barn försvinner, hade sannolikt kunnat ändra förloppet.

**Tidskriften för svensk psykiatri, nr. 1, 28-32, 2007**

tidskriftet kan downloadas herfra : <http://www.svenskpsykiatri.se/member/journal/index.html>

## Vi behöver kulturkompetens och transkulturell psykiatri i svensk sjukvård

Fernandez, Manuel

### Fra starten af artiklen

Kulturkompetens har blivit allt mer erkänd som en nödvändighet för svensk sjukvårdspersonal. Särskilt har den psykiatriska vården ställts inför nya krav när patienter med språksvårigheter, annan kulturell bakgrund, ofta med traumatiska erfarenheter och som befinner sig i en anpassningsprocess ska utredas och behandlas. En optimal kommunikation, förståelse mellan patienten och behandlaren samt en god behandlingsföljsamhet är ett måste i den psykiatriska vården. En arbetsallians som inkluderar medkänsla, empati, ömsesidigt förtroende och målinriktning kräver att personalen har kulturkompetens och kunskaper i transkulturell psykiatri.

**Tidskriften för svensk psykiatri, nr. 1, 6-7, 2007**

tidskriftet kan downloadas herfra : <http://www.svenskpsykiatri.se/member/journal/index.html>

## RAPPORTER / PROJEKTER / AFHANDLINGER

### Den vanskelige tolkerollen : om bruk av tolk i helsevesenet i Oslo : en videre bearbeidelse av NAKMIs spørreundersøkelse

Svela, Ragna Rygh

97 s. - 2007

Hovedoppgave ved Universitetet i Oslo, Psykologisk Institutt

### Sammendrag:

Opggaven ser nærmere på tolkebruk i helsevesenet gjennom å analysere forventninger og ønsker helsearbeidere har til tolkerollen. Ved å benytte data fra en tverrsnittundersøkelse gjennomført av NAKMI, ser oppgaven nærmere på om helsepersonell kan se ut til å ha forventninger til tolkerollen som strider mot sentrale

artikler i de etiske retningslinjer for tolker. Det blir særlig satt spørsmål ved den nøytrale tolkerollen. 453 helsearbeidere innenfor helsevesenet i Oslo deltok i spørreundersøkelsen. For å besvare problemstillingen benyttet jeg statistikkprogrammet SPSS, for å analysere relasjoner mellom ulike spørsmål. For å få et bredere bilde av tolkesituasjonen gjør oppgaven også rede for tidligere forskning med fokus på tolkens perspektiv, samt litteratur som omhandler pasienten som tolkebruger. Resultatene av analysene viser at helsepersonell kan se ut til å ha praksis og forventninger til tolkerollen som strider mot tolkens yrkesetiske retningslinjer. Det ser også ut til at helsearbeidere har forventninger til tolkerollen som strider mot hverandre. Oppgaven fant ikke belegg for å knytte bruken av familie og venner som muntlige oversettere for å kommunisere med pasienten, sammen med helsearbeideres forventninger til tolken. kan downloades herfra : <http://wo.uio.no/as/WebObjects/theses.woa/wa/these?WORKID=56770>

## ANMELDELSER

### **Counseling and psychotherapy with Arabs and Muslims : a culturally sensitive approach**

Dwairy, Marwan. - Teachers College Press, 2006, 175 pages, \$37.95.

Starten af anmeldelsen (Amber Haque)

One of the major challenges faced by counselors and psychotherapists in the West is how to understand the complex role that cultural diversity plays in their profession. Clients bring to their counselors varying assumptions, attitudes, beliefs, and values that are largely determined by their cultural backgrounds. While much has been written about the Western majority culture, studies on minority cultures are seriously lacking. One such neglected group is the Arabs/Muslims about whom the counseling literature is almost nonexistent. The book under review is an attempt to fill that void. It is published at a time when Arabs/Muslims have become the center of attention in the West, largely due to the media projections of this group, after the September 11, 2001, attacks on America.

Who are the Arabs/Muslims? What is their religion and where do they come from? How does their culture affect their personalities? Are Western theories, tests, and diagnostic practices appropriate for this group? What kind of therapies can be most effective with this population? These and similarly important questions are addressed in this book, which is comprised of three parts with 11 chapters, a two-page conclusion, a set of references, and an index. The author, a Palestinian Arab, is a professor of psychology at the Emek Yezreel College and Oranim Academic College in Nazareth, Israel. In his preface, the author indicates that his repeated disappointments in trying to use conventional approaches with Arabs led him to write this book, hoping that it would enable counselors to better understand the Arab/Muslim cultures and adapt techniques to better serve this population.

The first part of the book introduces the reader to the "psychocultural heritage" of the Arabs/Muslims. Chapters 1 and 2 outline a brief history of the Arab/Muslim peoples living in different parts of the world. There are small sections on the expansion of Islam from Arabia to the north and east resulting in an Islamic state; Islam's stagnation period, and the "New Islamic Revival." A "demographic picture" of a few Muslim countries and an index of seven developed Muslim and seven Arab countries are given.

**Journal of Muslim mental health 2(1), 101-106, 2007**