

## Information om Transkulturel Psykiatri, juni 2008

### NYHEDER

#### 'Disease' has complex meaning in native-American culture

Levin, Aaron

Telling one's story has a long and honorable history in psychiatry and, not coincidentally, an even longer one in Native-American cultures.

Nothing happens without a story and an audience in American-Indian cultures, and that includes mental health and mental illness.

Stories are the best way to store something in the brain because they facilitate perception and place the subject in an emotional context, said Mehl-Madrona, a psychiatrist and an associate professor of family medicine at the University of Saskatchewan.

European-derived cultures place primary emphasis on the individual and the material. By contrast, cultures native to North America revolve around a network of family, social, and spiritual associations tying together the teller, the tale, and the listener, he said in a session devoted to indigenous models of mind and mental health.

**Psychiatric news 43(12), 11, 2008**

læs artiklen her : <http://pn.psychiatryonline.org/cgi/content/full/43/12/11?etoc>

#### Epidemi af selvmordsforsøg i Grønland

Politikens netavis 14. juni 2008 /Lindqvist, Andreas

Det er især unge mænd, der ikke vil leve længere

Himlen er grå, og i forgrunden ligger blok 12, en af de mange slidte femetagers betonkasser, som danske embedsmænd placerede i Nuuk i 1960'erne.

Fra taget hænger en ung mand i armene, holdt oppe af en teenager, som ligger fladt. Teenageren holder selvmorderen fast i flere minutter, indtil redningsmandskabet kommer de to til undsætning.

Billedet er taget sidste torsdag og ligner til forveksling det, en anden fotograf tog fire dage før. Her er det taget på blok 17 i Nuuk, som er kulissen for en enlig mørk silhuet stående krumbøjet nær afgrunden.

Også dette selvmord bliver dog afværget.

Tendensen går igen andre steder i Grønland.

læs artiklen her : <http://politiken.dk/indland/article524223.ece>

#### Nye veje i behandlingen af unge psykisk syge

Distriktspsykiatrien Ishøj/Vallensbæk anvender nye metoder til at nå unge psykisk syge med anden etnisk baggrund end dansk.

På baggrund af et flerårigt projekt om unge psykisk syge med anden etnisk baggrund end dansk, anvender Distriktspsykiatrien Ishøj/Vallensbæk nu nye metoder til at nå målgruppen tidligere og forbedre behandlingen. Siden 2006 har Distriktspsykiatrien (DP) Ishøj/Vallensbæk arbejdet med at udvikle nye metoder og konkrete arbejdsredskaber til behandlingen af unge psykisk syge personer med anden etnisk baggrund end dansk.

- Vores indledende studier viste, at gruppen af unge psykisk syge med anden etnisk baggrund end dansk har nogle særlige træk, der adskiller dem fra de resterende patienter. Blandt andet er der en længere reaktionstid på symptomer på psykisk sygdom, og sygdommen er derfor ofte mere fremskreden, når der etableres kontakt til psykiatrien, fortæller overlæge Christel Kjeldsen, der er en del af projektgruppen.

læs mere om projektet og download 4-siders rapport herfra : <http://www.psykiatri-regionh.dk/topmenu/Nyheder/Nyheder+og+pressemeddelelser/Aktuelle+nyheder/Nye+veje+i+behandlingen+af+unge+psykisk+syge.htm>

#### Psykisk helse neglisjeres i integreringspolitikken

Rådet for Psykisk Helses hjemmeside 4. juni 2008 / Ragnhild Aasen Jacobsen

– At innvandrere er mer utsatt for psykiske helseplager er verken nytt eller særlig overraskende. Det som derimot er overraskende er at psykisk helse hos innvandrerbefolkningen i liten grad er fokusområde i integreringspolitikken, sier generalsekretær i Rådet for psykisk helse Sunniva Ørstavik.

Innvandrere og flykninger er mer sårbare enn befolkningen for øvrig i forhold til å utvikle psykiske lidelser. Ifølge en internasjonal undersøkelse vil et flertall av flyktningsbarn som kommer til Norge få store psykiske problemer.

- Den viktigste oppgaven er å sørge for at sårbarheten ikke utløser sykdom. Den jobben gjøres i integreringspolitikken, ikke i helsevesenet. Selvsagt skal folk få hjelp og behandling hvis de blir syke, men det er viktig å sikre alle et godt liv, med mestring og mening slik at sårbarheten minsker, sier Ørstavik.

læs hele artiklen her : <http://www.psykiskhelse.no/index.asp?id=27986>

## LITTERATUR

### ARTIKLER FRA FAGLIGE TIDSSKRIFTER

#### **Acculturation is associated with the prevalence of tardive dyskinesia and akathisia in community-treated patients with schizophrenia**

Sundram, Suresh; Lambert, T.; Piskulic, D.

##### **Abstract**

##### **Objective**

Ethnicity is a risk factor for tardive dyskinesia (TD) and other antipsychotic drug-induced movement disorders (ADIMD). It is unclear whether this association is mediated through genetic, environmental or cultural factors individually or in combination. This pilot study aimed to explore this interaction by determining if acculturation in migrant groups contributed to the prevalence of ADIMD.

##### **Method**

Culturally diverse but relatively genetically homogeneous (white Caucasian) patients with schizophrenia ( $n=40$ ) treated at a single site were assessed for the presence of ADIMD and level of acculturation.

##### **Results**

Higher levels of acculturation correlated with an increased prevalence of TD and akathisia but not Parkinsonism. The level of acculturation significantly predicted TD.

##### **Conclusion**

This study identifies for the first time that acculturation significantly contributes to the prevalence of TD and akathisia but not Parkinsonism in culturally diverse migrant populations and must be accounted for when explaining ethnic variation in rates of ADIMD.

**Acta Psychiatrica Scandinavica 117 (6), 474-478, 2008**

#### **Concept analysis of cultural sensitivity**

Foronda, Cynthia L.

##### **Abstract**

Cultural sensitivity is used ubiquitously, yet different meanings are constructed. An improved understanding of the term as described within health care and in general would enhance nurses' understanding and communication with professionals and clients. To uncover the current meaning of cultural sensitivity, a concept analysis was performed. Findings included the attributes of knowledge, consideration, understanding, respect, and tailoring. Necessary antecedents were diversity, awareness, and an encounter. The consequences were effective communication, effective intervention, and satisfaction. A definition of cultural sensitivity was proposed. Providers may benefit from recognizing and addressing the identified antecedents and attributes to obtain the positive consequences of employing cultural sensitivity.

**Key Words** cultural sensitivity - concept analysis

**Journal of transcultural nursing 19(3), 208-212, 2008**

#### **Debating war-trauma and post-traumatic stress disorder (PTSD) in an interdisciplinary arena**

Kienzler, Hanna

##### **Abstract**

Researchers have tried to determine and verify the effects of violent conflicts on the mental health of those affected by focusing on war trauma, posttraumatic stress disorder (PTSD), and other trauma-related disorders. This, in turn, led to the development of different kinds of theories and aid programs that aim at preventing and treating the consequences of violence and mental health. Until now, there is no agreement on the public health value of the concept of PTSD and no agreement on the appropriate type of mental-health care. Instead, psychiatrists have engaged in sometimes fierce discussions over the universality of war trauma, PTSD, and other trauma-related disorders. The two most polar positions are those who try to validate PTSD as a universal and cross-culturally valid psychopathological response to traumatic distress which may be cured or ameliorated with (Western) clinical and psychosocial therapeutic measures, and those who argue that the Western discourse on trauma only makes sense in the context of a particular cultural and moral framework and, therefore, becomes problematic in the context of other cultural and social settings. Although these positions seem mutually exclusive, their debates have led to the development of less radical approaches toward war-trauma and PTSD.

The purpose of this literature review is to analyse the discourses on and debates over war-trauma and PTSD in the psychiatric literature in order to establish a better understanding for the diverse conceptualizations,

interpretations and proposed healing strategies. Moreover, I discuss the cultural construction and conceptualization of war-trauma and PTSD from an anthropological perspective and show how anthropologists contribute to psychiatric debates so as to ensure more sophisticated diagnoses and healing strategies in culturally diverse contexts.

**Keywords:** Trauma; Psychiatry; Anthropology; Discourse; Post-traumatic stress disorder (PTSD); War; Violence

**Social science and medicine 67(2), 218-227, 2008**

## **Effect of gender and marital status on somatization symptoms of immigrants from various ethnic groups attending a primary care service**

Aragona, Massimiliano; Monteduro, Maria Donata; Colosimo<sup>1</sup>, Francesco; Maisano, Bianca; Geraci, Salvatore

### **Abstract**

#### **Objectives**

Population studies in Western cultures agree that gender differences influence somatization, while available data on marital status are more conflicting. Previous surveys on immigrants found high levels of somatization, particularly in South/Central Americans, gender effect deserving further research. This study investigates the effect of gender and marital status on somatization in immigrants of four ethnic groups (Caucasians, Asians, South/Central Americans, and Africans).

#### **Methods**

We studied 360 consecutive outpatients attending a primary care unit for immigrants. 301 completed the 21-item Bradford Somatic Inventory (BSI-21). The BSI-21 total score and the relative risk for any single symptom were studied, adjusting for major intervening variables.

#### **Results**

Female gender predicted the frequency of 12 out of 21 symptoms and was associated with the total score at the BSI-21. BSI-21 scores were significantly higher in married subjects. Differences were found among the four groups, only Caucasian and South/Central American women and Caucasian married subjects having a significantly increased risk for somatization. Significant ethnic differences were also found in the number and kind of reported symptoms.

#### **Conclusion**

These differences among ethnic groups suggest that cultural influences might be more relevant than biological factors for the understanding of gender and marital differences in somatization.

Future studies should focus on the role of cultural gender differences in social roles and construction of identity as possible basic factors influencing somatization

**Keywords** migration, ethnicity, somatization, somatoform disorders, transcultural psychiatry, epidemiology

**German journal of psychiatry 11(2), 64-72, 2008;**

artiklen kan downloades her : <http://www.gjpsy.uni-goettingen.de/gjp-article-aragona.pdf>

## **Effective therapeutic dosage of antipsychotic medications in patients with psychotic symptoms : is there a racial difference?**

Bakare, Muideen O.

### **Abstract**

#### **Background**

Genetic make up had been known to influence pharmacokinetics and pharmacodynamics of psychotropic medications. Time separation in evolutionary trend in Africans, Orientals and Caucasians had been thought a possible explanation for the observed racial variation in activities of Cytochrome P 450 (CYP 450) enzymes, which are responsible for metabolism of psychotropic and other medications in human. Past studies on pharmacokinetics and pharmacodynamics of antipsychotic medications and socio-cultural factors influencing response to antipsychotic medications had consistently giving an inkling of possible racial difference in symptoms response to antipsychotic medications. Another growing body of evidence subscribing to possible racial difference in psychotic symptoms response to antipsychotic medications is the observed variation in antipsychotic medications prescription pattern and dosage across races and regions. Empirical observation had shown that dosage prescription pattern of antipsychotic medications in most Sub-Saharan African countries deviates from the standard prescription guidelines published for use in western parts of the world. Studies coming from the United States (U.S) had consistently reported a higher dosage of antipsychotic medications prescription for African-American patients compared to their Caucasian counterparts. Research on East Asia Psychotropic Prescription (REAP) study had also identified high dosage antipsychotic medications prescription pattern well above the recommended dose of 1,000 mg Chlorpromazine equivalent per day as common practices in some East Asian countries.

### **Presentation of the hypothesis**

The pertinent question is why the apparent differences in dosage prescription practices across races and regions? The possibility of racial differences in psychotic symptoms response to antipsychotic medications rather than clinicians' prescription attitudes was entertained.

### **Testing the hypothesis**

Future carefully controlled studies might be needed to test the proposed hypothesis of racial differences in psychotic symptoms response to antipsychotic medications. Implication of the Hypothesis There might be actual racial influence on psychotic symptoms response to antipsychotic medications. If future carefully controlled studies uphold the hypothesis of racial differences in psychotic symptoms response to antipsychotic medications, there might be need to draw up new treatment or prescription guidelines that would put into consideration variations in genetic make up and consequent racial differences in psychotic symptoms response to antipsychotic medications.

**BMC research notes 1(25), 15 sider, 2008**

download artiklen her : <http://www.biomedcentral.com/content/pdf/1756-0500-1-25.pdf>

## **"Feeling blue" in Spanish : a qualitative inquiry of depression among Mexican immigrants**

Lackey, Gerald F.

### **Abstract**

Studies of the cultural construction of depression among Mexican immigrant men in the USA are rare. This paper is a qualitative inquiry into how this population of men identifies depression and its perceived causes and remedies. Data were gathered from seven focus groups with a total of 38 adult Mexican immigrant men. Results indicate that *depresión* (depression) is a valid and familiar concept among this group. While the reporting of somatic symptoms does occur, it appears that interpersonal problems and affective symptoms are among the most salient in identifying someone as depressed. The causes are described as predominantly social in origin, arising directly out of the participants' experiences of immigration and adaptation. Similarly, the proposed remedies are primarily social in nature with an emphasis being put on help from the community, the family, or a professional. Colloquial terms are provided in both Spanish and English and direct quotes from the focus group discussions are included.

Keywords: USA; Depression; Mexican immigrant; Cultural competence; Nervios; Qualitative; Cross-cultural; Men

**Social science and medicine 67(2), 228-237, 2008**

## **Group cognitive behavior therapy for Japanese patients with social anxiety disorder : preliminary outcomes and their predictors**

Chen, Junwen; Nakano, Yumi; Ietzugu, Tetsuji; Ogawa, Sei; Funayama, Tadashi; Watanabe, Norio; Noda, Yumiko; Furukawa, Toshi A

### **Abstract**

#### **Background**

A number of studies have provided strong evidence for the use of cognitive behavior therapy (CBT) in the treatment of social anxiety disorder (SAD). However, all of the previous reports were from Europe and North America and it is unknown whether Western psychological therapies are effective for SAD in non-Western cultures. The present pilot study aimed to evaluate CBT program for SAD which was originally developed for Western patients, among Japanese patients.

#### **Methods**

Fifty-seven outpatients who participated in group CBT for SAD were evaluated using eight self-reported and one clinician-administered questionnaires to measure various aspects of SAD symptomatology at the beginning and at the end of the program. Pre- and post-treatment scores were compared and the magnitude of treatment effect was quantified as well based once on the intention-to-treat (ITT) and once among the completers only. We also examined baseline predictors of the CBT outcomes.

#### **Results**

Seven patients (12%) did not complete the program. For the ITT sample, the percentage of reduction was 20% to 30% and the pre to post treatment effect sizes ranged from 0.37 to 1.01. Among the completers, the respective figures were 20% to 33% and 0.41 to 1.19. We found no significant pretreatment predictor of the outcomes.

#### **Conclusion**

Group CBT for SAD is acceptable and can bring about a similar degree of symptom reduction among Japanese patients with SAD as among Western patients.

**BMC psychiatry 7(69), 10 pp, 2007**

artiklen kan downloades herfra : <http://www.biomedcentral.com/1471-244X/7/69/abstract>

## Mental health of returnees: refugees in Germany prior to their state-sponsored repatriation

von Lersner, Ulrike; Wiens, Ulrike; Elbert, Thomas; Neuner, Frank

### Abstract

#### Background

Many refugees live for years in exile. The combination of stress in the host country, together with long-term effects resulting from traumatic stress usually experienced in the home country may affect mental health. Little is known, to what extent these and other factors promote or stall the willingness to return to the country of origin. Here, we investigate, as an example, refugees who will return to their country of origin after having lived in exile in Germany for some 11 years. Our objective was to examine the mental health status of returnees before the actual return following an extended period of exile. We also aimed to assess are the current living conditions in Germany and the motives for and reasons against a voluntary return to the country of origin.

#### Methods

Forty-seven participants of programs for assisted voluntary return were interviewed about their present living situation, their view regarding their home country and voluntary return. These findings were compared to a group of 53 refugees who had decided to remain in Germany (stayers). Participants were recruited by means of advertisements posted in refugee centres, language schools, at doctors' offices and in organisations involved in the management of voluntary return in Germany. The prevalence of psychiatric disorders among respondents was tested using the structured interview M.I.N.I. The Posttraumatic Stress Diagnostic Scale (PDS) was used to assess PTSD in more detail and EUROHIS was applied to measure the subjective quality of life of participants.

#### Results

We found a prevalence rate of 44% psychiatric disorders in the group of returnees and a rate of 78% in the group of stayers. We also recorded substantial correlations between the living situation in Germany, disposition to return and mental health. In almost two thirds of the participants the decision to return was not voluntary but strongly influenced by immigration authorities. The most important reason for participants to opt for a stay in Germany were their children, who have been born and raised in Germany.

#### Conclusions

Psychological strains among the study participants were very high. Traumatic stress, experienced during war and refuge, has left the victims vulnerable and not well equipped to cope with post-migration stressors in exile. It is noteworthy that the majority returned under pressure of the immigration authorities. The fear of an uncertain future after the return was substantial. These factors should be taken into account in programs designed to assist returnees, including those that offer support after return to the country of origin

**BMC international health and human rights 8(8), 38 sider, 2008**

download artiklen her : <http://www.biomedcentral.com/content/pdf/1472-698x-8-8.pdf>

## Physical or psychological ?– a comparative study of causal attribution for chronic fatigue in Brazilian and British primary care patients

Cho, H. J.; Bhugra, Dinesh; Wessely, S.

### Abstract

#### Objective

Causal attribution influences symptom experience, help-seeking behaviour and prognosis in chronic fatigue syndrome. We compared causal attribution of patients with unexplained chronic fatigue (UCF) in Brazil and Britain.

#### Method

Primary care attenders in São Paulo ( $n=3914$ ) and London ( $n=2459$ ) were screened for the presence of UCF. Those with UCF (São Paulo  $n=452$ ; London  $n=178$ ) were assessed for causal attribution (physical vs. psychosocial), perceived chronicity (i.e. reported duration of fatigue) and disability.

#### Results

British UCF patients were more likely to attribute their fatigue to physical causes (adjusted odds ratio 1.70,  $P=0.037$ ) and perceived their fatigue to be more chronic (adjusted beta 0.15,  $P=0.002$ ). There was no significant difference in current disability (adjusted beta  $-0.01$ ,  $P=0.81$ ).

#### Conclusion

Despite similar disability levels, UCF patients in different cultural settings presented different attributions and perceptions about their illness. Sociocultural factors may have an important role in shaping illness attribution and perception around chronic fatigue.

**Acta psychiatrica Scandinavica 118(1), 34-41, 2008**

## Shattered Shangri-la : differences in depressive and anxiety symptoms in students born in Tibet compared to Tibetan students born in exile

Evans, Dabney; Buxton, David C.; Borisov, Andrey; Manatunga, Amitam K.; Ngodup, Dawa; Raison, Charles L.

### Abstract

#### Objective

As a result of ongoing political tensions within Tibetan regions of the People's Republic of China, several thousand Tibetans escape across the Himalayas every year to seek refuge in India and Nepal. Prior studies have found a high prevalence of depressive and anxiety symptoms in these refugees, many of whom are young and have been exposed to significant trauma. However, it is not known whether depressive and anxiety symptoms are more prevalent in these refugees than in ethnic Tibetans born and raised in the relative political and social stability of exile communities in North India and Nepal.

#### Methods

We conducted a cross-sectional survey of a convenience sample of 319 students attending school at the Tibetan Children's Villages in Northern India to test the a priori hypothesis that adolescents and young adults who escaped from Tibet to India would demonstrate increased depressive and anxiety symptoms when compared to ethnic Tibetans born and raised in exile. The Hopkins Symptom Checklist-25 (HSCL-25) was used to measure depressive and anxiety symptoms. In addition, demographic information on age, sex, country of birth and frequency of family contact was collected.

#### Results

Students born in Tibet had higher mean HSCL-25 depressive and anxiety symptom scores than did ethnic Tibetans born in exile. Female students demonstrated higher depressive and anxiety scores, as did those with limited contact with immediate family. After adjusting for sex, age and frequency of family contact, being born in Tibet was associated with increased HSCL-25 depressive and anxiety symptom scores (depression:  $F [2, 316] = 29.96, P < 0.0001$ ; anxiety:  $F 4, 316] = 43.57, P < 0.0001$ ).

#### Conclusions

The experience of being raised in Tibet and escaping to India appears to be a risk factor for increased depressive and anxiety symptoms when compared to being born and raised within an exile community in India or Nepal.

Key words refugees – exile – Tibet – trauma –depression -anxiety

**Social psychiatry and psychiatric epidemiology 43(6), 429-436, 2008**

## AFHANDLINGER

### Post-traumatic stress disorder and resilience in children of traumatised parents : a transgenerational perspective

Daud, Atia Taufik Ismail

Doktorsavhandling vid Karolinska Institutet

#### Abstract

The main aim of this thesis was to explore the possible association between parents' severe emotional trauma and their children's psychopathology (Transgenerational transmission of parents' traumatic experiences to their children), as well as resiliency factors and the relationship between prolonged traumatising and personality development.

The association between parental trauma and children's psychopathology was explored by investigating a group of parents with torture experiences, a group without torture experiences, and the children in both groups. The traumatised parents' group consisted of 15 families where either one or both of the parents had a history of torture (30 parents, fathers' mean age 43.5 years, mothers' 38.7 years) and their children in the age group 7–18 years (29 boys, mean age 12, and 16 girls, mean age 11.3 years). The comparison group consisted of 15 families with 26 parents (fathers' mean age 45.8 years, mothers' 38.7 years) and their children in corresponding age groups (15 boys, mean age 11.0 years, and 16 girls, mean age 12.6 years). The Diagnostic Interview for Children and Adolescents (DICA), the Post-Traumatic Symptoms Check List, the Harvard/Uppsala Trauma Questionnaire (H/UTQ) and the Karolinska Scales of Personality (KSP) were used together with the Machover Draw-A-Person test (DAP) to investigate the emotional state of the children. The results showed associations between parental PTSD and the children's maladaptive stress reactions, including symptoms of ADHD and somatisation. The projective method revealed differences between the two groups of children with respect to emotional impairments, such as secure/insecure attachment, depressiveness and aggressiveness, in favour of the comparison group.

The findings regarding possible comorbidity/overlapping between Post-Traumatic Stress Disorder (PTSD-related symptoms) and Attention-Deficit/Hyperactivity Disorder (ADHD-like symptoms) was studied at a later point in time in the children of the same families; 40 children of traumatised parents and 40 children of non-traumatised parents fulfilled the inclusion criteria. The DICA interview, the Post-Traumatic Symptoms Check List, The WISC-III, the Yale Children's Inventory (YCI) and the Strengths and Difficulties Questionnaire (SDQ)

were used in that study. The results indicated an overload symptomatology with lowered IQ in the children of traumatised parents where the same child could have both PTSD-related symptoms and an ADHD-like syndrome. The two groups of children were also investigated concerning resilience and vulnerability factors using the 'I Think I AM' (ITIA) questionnaire in addition to the above mentioned methods. The results indicated that adequate self-esteem, high scores on IQ measures and adequate relation to family facilitated the development of resilience.

The impact of prolonged traumatising or early childhood trauma exposure on personality impairments was examined in four groups of adult men (N=161) with and without trauma exposure, using KSP and H/UTQ with hypothetical regrouping of PTSD symptoms. The results revealed aspects of impairments described in terms of Trauma-Related Disorder with PTSD, or hypothetically posttraumatic personality disorder, as a main outcome.

**Keywords:** PTSD, trauma, cognitive function, IQ, ADHD, resilience, Trauma Related Disorder, posttraumatic personality disorder

afhandlingen kan downloades herfra : <http://diss.kib.ki.se/2008/978-91-7409-012-3/>

## RAPPORTER / PROJEKTER

### Asylansøgere i Danmark : en undersøgelse af nyankomne asylansøgers helbredstilstand og traumatiseringsgrad

Amnesty Internationals danske lægegruppe og Dansk Røde Kors

Oxholm, Annemette; Kjær, Claes; Buhmann, Cæcilie; Møller, Eva, Jensen, Jean Hald; Skau, Jutta; Danielsen, Lis; Worm, Lise; Theilade, Lotte; Jørgensen, Louise Møller; Mannstædt, Maiken; Ekstrøm, Morten; Masmás, Tania; Hansen, Trine Nørregård; Bunch, Vibeke; Westh, Ingrid; Munk-Andersen, Ebbe; Bratshaug, Bettina Kaae; Schaumburg, Kirsten; Mølholm, Lene

#### Dansk asylsystem svigter torturofre

Næsten halvdelen af nyankomne asylansøgere har været udsat for tortur, men frem for at modtage den fornødne lægelige behandling har de i stedet udsigt til lange ventetider i danske asylcentre. Amnesty Internationals Danske Lægegruppe dokumenterer i ny rapport, at asylansøgere er en mere sårbar gruppe end hidtil antaget. I alt 142 nyligt ankomne asylansøgere fra 33 forskellige lande er blevet undersøgt af Amnestys læger i samarbejde med Dansk Røde Kors.

Amnesty Internationals Danske Lægegruppe har undersøgt 142 af de asylansøgere, som kom til Danmark i de sidste fire måneder af 2007. Rapporten "Asylansøgere i Danmark: En undersøgelse af nyankomne asylansøgers helbredstilstand og traumatiseringsgrad" dokumenterer, at 45% af de undersøgte havde været udsat for tortur, og 34% blev diagnosticeret med posttraumatisk belastningsreaktion (PTSD). Undersøgelsen er den mest grundige, der er lavet i Danmark om emnet i 10 år, og Amnestys Lægegruppe planlægger at følge de 142 asylansøgere det næste år for blandt andet at undersøge, hvordan ventetiden i asylsystemet påvirker asylansøgenes helbred.

"Vores undersøgelse dokumenterer, at en meget stor andel af de asylansøgere, der kommer til Danmark, er svært traumatiserede og næsten halvdelen har været udsat for tortur," siger psykiater Morten Ekstrøm, som er medlem af Amnestys Lægegruppe og en anerkendt ekspert på området. "Det bør være den danske stat, der systematisk sørger for at få undersøgt asylansøgenes torturbaggrund for bl.a. at kunne tilbyde en relevant lægelig behandling. Som det fungerer i dag, er der ikke tilstrækkelig fokus på, hvor medtaget og hvor sårbar denne gruppe af asylansøgere er."

#### Rapporten fremhæver blandt andet følgende konklusioner:

- 45% af de nyankomne asylansøgere oplyste, at de havde været udsat for tortur.
- En stor del af asylansøgerne oplyste, at de havde været udsat for krigsoplevelser (59%), forfølgelse (68%) eller fængsling/tilbageholdelse (44%).
- De fysiske symptomer er cirka dobbelt så hyppigt forekommende blandt torturoverleverne end blandt ikke-torturerede asylansøgere, mens de psykiske symptomer er cirka 2-3 gange så hyppigt forekommende. Selv ikke-torturerede asylansøgere havde et påvirket fysisk og psykisk helbred.
- 63% af torturoverleverne blandt de nyankomne asylansøgere opfyldte kriterierne for posttraumatisk belastningsreaktion (PTSD).
- 30-40% af torturoverleverne blandt de nyankomne asylansøgere var angste, depressive og/eller forpinte sammenlignet med 5-10 % af de ikke-torturerede asylansøgere.
- 42% af torturoverleverne blandt de nyankomne asylansøgere havde hudforandringer forenelige med torturfølger.

"Mennesker, som har været udsat for voldsomme traumer i deres hjemlande på grund af tortur, krig, fængsling og forfølgelse, skal ikke parkeres i årevis i det danske asylsystem. De skal behandles for de skader, de er blevet påført, og så vidt muligt hjælpes til en normal tilværelse, indtil de enten får ophold i Danmark, eller kan hjemsendes i sikkerhed og værdighed," siger generalsekretær for Amnesty Internationals danske afdeling, Lars Normann Jørgensen.

Rapporten kan downloades herfra : <http://www.amnesty.dk/default.asp?page=3455&lang=da>  
Rapporten udspringer af "Projekt Sansholm". Projektbeskrivelse kan læses her :  
<http://cure4you.dk/924/Projekt%20Sandholm.ppt>

## **Etniske minoriteters sundhed**

John Singhammer, projektleder, Center For Folkesundhed, Region Midtjylland  
Århus. – 156 s. - 2008  
ISBN 978-87-991564-8-1

En ny landsdækkende undersøgelse sætter tal på sundhed, sygelighed og livsstil blandt indvandrere fra ex.-Jugoslavien, Tyrkiet, Somalia, Iran, Irak, Pakistan, Libanon/Palæstina og efterkommere fra Tyrkiet og Pakistan.

Indeholder 4 s. om "psykisk sundhed" – s. 47-50  
download rapport og sammenfatning her : <http://www.rm.dk/Sundhed/Folkesundhed/Nyheder?docid=22857>