

## Objectives

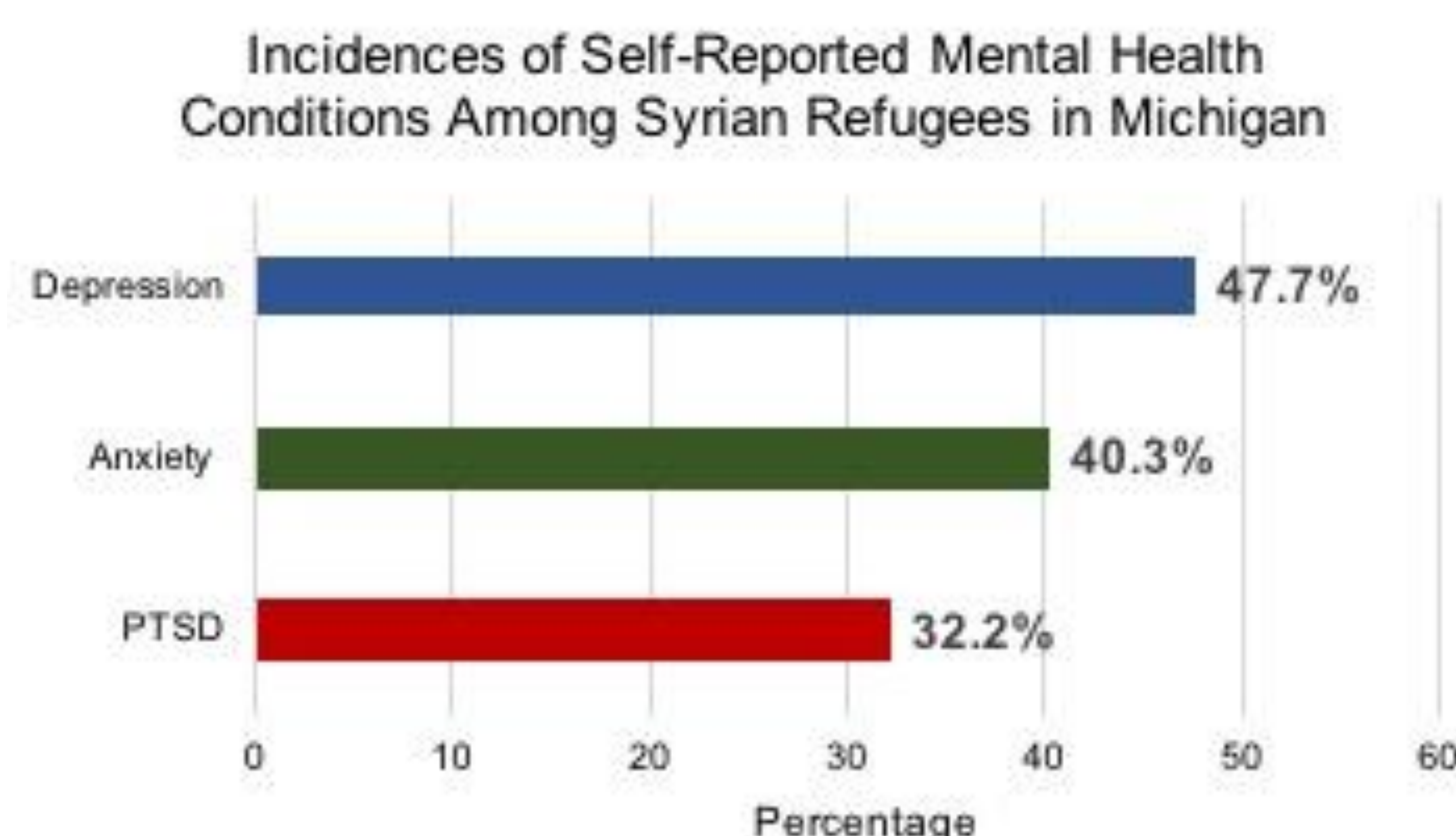
- Cultural competency in crisis intervention and mental healthcare data, specific to the Syrian refugee crisis, is severely lacking<sup>1,2</sup>
- The **purpose of this work** is to ...
  - Identify individual Syrian refugee perceptions of the U.S. mental health care networks<sup>4,6</sup>
  - Consider barriers, social norms, and stigmas to formulate recommendations to aid primary and speciality care providers in Texas<sup>1,2,4,6,7</sup>
- **Research Question:** How can the American healthcare system **better accommodate** and serve the Syrian refugee population in regards to mental health care?

## Methods

- Mixed methodology with **survey** followed by an **interview**
- Questions are built from 3 domains to target areas of concern identified by extensive literature review and cultural analysis
  - **1) Access**
    - Primary access to care
    - speciality access to care
    - spatial access
    - accessibility of communication
    - cultural accessibility
  - **2) Quality**
    - *communication quality*
    - *spatial quality*
    - *cultural competence of provider*
  - **3) Perspective**
    - *personal perception of mental health*
    - *perception of healthcare system at-large*

## Background Information

- A **meta-analysis** of existing quantitative *research* concerning this population was conducted
  - The only quantitative study on Syrian refugee mental health in the US (Michigan) revealed the following:



**Fig. 1** Graph generated in Excel from study conducted by MC. Chung (2018). 127 Adult Syrian refugees were screened at mandatory primary health care visits for PTSD (using PTSD Checklist) as well as anxiety and depression (using Hopkins Symptoms Checklist) one month after entry to the US.<sup>7,8</sup>

- A study conducted by the IMC of Syrian refugees in Jordan, Syria, Turkey, and Lebanon:

**“The findings of this study highlighted the severity and prevalence of psychopathology among Syrian refugees, with 54 percent of refugees experiencing severe emotional disorders“ (Hassan, 2019)**

**Fig. 2** Quote from “The Syrian Mental Health Crisis: Present Findings and Future Directions” (Hassan, 2019:21)

- A year-long study on Syrian refugees living in Turkish refugee camps:
  - 64% of refugees experienced >4 traumatic incidents<sup>3</sup>
- From these studies, it was concluded that Syrian refugees experience increased risk of mental illnesses
- Cultural competency in conjunction with this data is nonexistent for Syrian refugees residing in the United States

## Conclusion

- **Study Timeline**
  - Surveys and interviews will be conducted in Fall 2021
  - Results from data collection will be analyzed in order to develop policy recommendations
  - These policy recommendations seek to be presented at conferences
- **Seek to Create a Novel Policy Recommendation**
  - Geared towards primary and secondary health care providers will be completed
  - Seek to present suggested policy recommendations to providers across the state of Texas in a **conference** hosted at Texas A&M

## References

1. Ahmed R. Challenges of migration and culture in a public health communication context [Internet]. Journal of public health research. PAGEPress Publications, Pavia, Italy; 2018 [cited 2020May1]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6278873/>
2. Byrow, Y., Pajak, R., Specker, P., & Nickerson, A. (2019, December 24). Perceptions of mental health and perceived barriers to mental health help-seeking amongst refugees: A systematic review. Retrieved from [https://www.sciencedirect.com/science/article/pii/S0272735819303241?casa\\_token=rGAmE\\_GYbUwAAA%3AHqSVg4XTGZ2ZVu13NmFLuBdEywLVGkeHFj7332WMSAwN-wV5w4a46dkBwpiDqPxyMYpQOZLnGGM](https://www.sciencedirect.com/science/article/pii/S0272735819303241?casa_token=rGAmE_GYbUwAAA%3AHqSVg4XTGZ2ZVu13NmFLuBdEywLVGkeHFj7332WMSAwN-wV5w4a46dkBwpiDqPxyMYpQOZLnGGM)
3. Eruyar, S., Maltby, J., & Vostanis, P. (2018). Mental health problems of Syrian refugee children: The role of parental factors. *European Child & Adolescent Psychiatry*, 27(4), 401-409. doi:10.1007/s00787-017-1101-0
4. Hahn K, Steinhäuser J, Willfling D, Goetz K. Quality of health care for refugees - a systematic review [Internet]. BMC international health and human rights. BioMed Central; 2019 [cited 2020May1]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6567514/>
5. Hassan A. The Syrian mental health crisis: present findings and future directions. *Harvard Public Health Review*. 2019;21. <http://harvardpublichealthreview.org/wp-content/uploads/2019/04/Ahmad-Hassan.pdf>
6. Inhorn, M. C., & Kobeissi, L. (2006). The public health costs of war in Iraq: lessons from post-war Lebanon.
7. MC. Chung, N. AlQarni, et al. “Prevalence of Possible Mental Disorders in Syrian Refugees Resettling in the United States Screened at Primary Care.” *Journal of Immigrant and Minority Health*, Springer US, 1 Jan. 1970,
8. Microsoft Corporation. (2018). *Microsoft Excel*. Retrieved from <https://office.microsoft.com/excel>