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Causes of and risk factors for posttraumatic stress disorder: the beliefs of Iraqi and Afghan refugees resettled in Australia

Shameran Slewa-Younan^{1,2*}, Maria Gabriela Uribe Guajardo³, Anisa Yaser¹, Jonathan Mond^{3,4}, Mitchell Smith⁵, Diana Milosevic⁶, Caroline Smith⁷, Sanja Lujic⁸ and Anthony Francis Jorm²

Abstract

Background: Resettled refugees are a vulnerable group for mental health problems and in particular, trauma-related disorders. Evidence suggests that poor 'mental health literacy' (MHL) is a major factor in low or inappropriate treatment-seeking among individuals with mental health problems. This study sought to determine the beliefs regarding the causes of and risk factors for post-traumatic stress disorder (PTSD) amongst two resettled refugee groups in Australia.

Methods: Utilising a culturally adapted MHL survey method, 225 Iraqis and 150 Afghans of refugee background were surveyed.

Results: Approximately 52% of the Iraqi participants selected 'experiencing a traumatic event' as the 'most likely' cause for the clinical vignette, whereas 31.3% of the Afghan sample selected 'coming from a war torn country' as their top cause. While both groups identified being 'born in war torn country' as the most likely risk, at 34.4 and 48% of the Iraqis and Afghans respectively, differences regarding other risk factors selected were noted.

Conclusions: The results of this study indicate the need for culturally sensitive health promotion and early intervention programs seeking to improve MHL relating to PTSD in resettled refugee populations. There is also a need for mental health services to recognise that variation in MHL may be a function of both the cultural origin of a refugee population and their resettlement experiences. Such recognition is needed in order to bridge the gap between Western, biomedical models for mental health care and the knowledge and beliefs of resettled refugee populations.

Keywords: Refugees, Mental health literacy, Posttraumatic stress disorder, Causes, Risks

Background

Refugees are a heterogeneous group, representing a number of culturally distinct populations grouped by the shared experience of seeking and being granted asylum. Receiving refugee status means that an individual has experienced, or had a well founded fear of experiencing, persecution for reasons of race, religion, nationality,

social group or political opinion. This fear or experience of persecution has been so severe that the individual has left their home country and been unable to safely return [1]. In Australia, some of the largest numbers of humanitarian entrants arriving between 2010 and 2015 came from Iraq and Afghanistan, with 13,448 and 12,228 resettled individuals from those countries respectively in that five-year period [2].

Worldwide, there are over 2,670,000 refugees originating from Afghanistan, with a further 1,174,300 internally displaced [3]. In 2015 there was reported to be a total of 261,107 refugees from Iraq and 4,400,000 internally

*Correspondence: slewa-younan@westernsydney.edu.au

¹ Mental Health, Centre for Health Research, School of Medicine, Western Sydney University, Locked Bag 1797, Penrith South DC NSW, Australia. Full list of author information is available at the end of the article.

Risk Factors For Posttraumatic Stress Disorder

Steven Taylor



Risk Factors For Posttraumatic Stress Disorder:

Risk Factors for Posttraumatic Stress Disorder Rachel Yehuda, 1999 Fattori di rischio dei disturbi da stress post traumatico demografici ambientali genetici neurocognitivi biologici Therapist's Guide to Posttraumatic Stress Disorder Intervention Sharon L. Johnson, 2009-04-08 Sharon Johnson is the author of the best selling Therapist's Guide to Clinical Intervention now in its second edition In this new book on PTSD she lends her practical outline format to understanding PTSD assessment treatment planning and intervention The book begins with a summary information on PTSD definition and prevalence assessment and the evidence basis behind different treatment options The book offers adjunctive skill building resources to supplement traditional therapy choices as well as forms for use in clinical practice This clinician's guide to diagnosing and treating PTSD is written in a concise format with much of the material in outline or bullet point format allowing easy understanding of complex material for the busy therapist The book includes a definition of the disorder diagnostic criteria the neurobiology of the disorder tools and information for diagnosing clients information on functional impairment interventions treatment planning skill building and additional clinician resources Outlines treatment goals and objectives for DSM IV PTSD diagnosis Discusses interventions and the evidence basis for each Offers skill building resources to supplement treatment Provides business and clinical forms for use with PTSD patients *Posttraumatic Stress Disorder* Jonathan R. T. Davidson, Edna B. Foa, 1993 Of all psychiatric disorders posttraumatic stress disorder PTSD poses one of the greatest challenges to clinicians Drs Davidson and Foa pioneers in the study of PTSD have teamed up to edit this landmark volume In *Posttraumatic Stress Disorder DSM IV R and Beyond* members of the DSM IV Subcommittee on PTSD present a comprehensive and fascinating review of the currently established knowledge about the etiology epidemiology neurobiology course and clinical presentations of posttraumatic stress syndromes and future directions for study Understanding PTSD Austin Mardon, 2024-08-08 This book explores the complexities of Post Traumatic Stress Disorder offering an accessible guide for those without prior knowledge of the condition This comprehensive resource traces the historical roots of PTSD debunks common myths and explains its various symptoms and types across different age groups Readers will gain insights into the brain's response to trauma potential causes and the physiological psychological and behavioral impacts of PTSD The book explores diverse treatment options from cognitive therapy and physical activity to medications and alternative methods like animal therapy and hypnosis Practical advice on coping mechanisms recognizing subtle nuances of PTSD and fostering community support is provided to empower readers in supporting those affected Additionally it addresses the portrayal of PTSD in media and current and future research The book serves as an invaluable resource for understanding navigating and overcoming the challenges posed by this condition Whether you're struggling with PTSD supporting someone who is or simply seeking to understand this condition this book provides the knowledge and tools you need **FEATURES** Written in easy to understand language making complex concepts approachable for all readers Debunks common misconceptions about

PTSD such as the belief that only the weak are affected or that it is exclusively a soldier's ailment. Discover a wide range of web resources including pharmacological treatment options from cognitive therapy and physical activity to medications and alternative methods like animal therapy and hypnosis.

Future Directions in Post-Traumatic Stress Disorder Marilyn P. Safir, Helene S. Wallach, Albert "Skip" Rizzo, 2014-11-26. Ours is an era of increasing tension both global and local. And not surprisingly PTSD is recognized not only in combat veterans and active military personnel but also disaster and assault survivors across the demographic spectrum. As current events from mass shootings to the debate over trigger warnings keep the issue in the public eye, the disorder remains a steady concern among researchers and practitioners. *Future Directions in Post Traumatic Stress Disorder* presents findings and ideas with the potential to influence both our conceptualization of the condition and the techniques used to address it. A multidisciplinary panel of experts offers new analyses of risk and resilience factors, individual and group approaches to prevention, the evolving process of diagnosis and effective treatment and delivery. Chapters on treatment allow readers to compare widely used prolonged exposure and VR methods with innovative applications of cognitive processing therapy and interpersonal therapy. And an especially compelling contribution: surveys empirically based programs relating to what for many is the emblematic trauma of our time: the events of September 11, 2001. Included in the coverage: Predictors of vulnerability to PTSD; neurobiological and genetic risk factors; Early intervention is prevention better than cure; The functional neuroanatomy of PTSD; The development of evidence based treatment for PTSD; Enhancing exposure therapy using D-Cycloserine; DCS PLUS: a case example as seen through five therapeutic perspectives. While millions experience trauma, relatively few develop chronic PTSD. *Future Directions in Post Traumatic Stress Disorder* is a practical and proactive reference for the health and clinical psychologists, sociologists, psychiatrists, and primary care physicians dedicated to further decreasing those numbers.

Posttraumatic Stress Disorder in Litigation Robert I. Simon, 2003. This work addresses a diverse audience of individuals with an interest in forensic psychiatry by shedding light on issues related to posttraumatic stress disorder (PTSD). It presents guidelines for forensic assessment that can serve both plaintiffs and defendants in litigation involving PTSD claims, with chapters on current and future trends; diagnosis of PTSD in children and adolescents and disability determination. The book is useful for mental health professionals, the legal community, and third party payers. Simon is professor of psychiatry and director of the Program in Psychiatry and Law at Georgetown University School of Medicine. Annotation copyrighted by Book News, Inc., Portland, OR.

Clinician's Guide to PTSD Steven Taylor, 2017-06-14. This practitioner's guide, now thoroughly updated, examines the nature of posttraumatic stress disorder (PTSD) and provides a complete framework for planning and implementing cognitive behavioral therapy (CBT). Steven Taylor addresses the complexities of treating people who have experienced different types of trauma and shows how to adapt empirically supported protocols to each client's needs. Rich case examples illustrate the nuts and bolts of cognitive interventions, exposure exercises, and adjunctive methods. Purchasers get access to a Web page where they can download and

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Optimism and Posttraumatic Stress Disorder in Childbearing Women Stephanie Jo Oetting,2006 *Risk Factors of Posttraumatic Stress Disorder Within Emergency Medical Service Personnel* Ronda P. Cowan,2012 **Clinician's Guide to PTSD, Second Edition** Steven Taylor,2017-07-24 This leading practitioner s guide now thoroughly updated examines the nature of posttraumatic stress disorder PTSD and provides a complete framework for planning and implementing cognitive behavioral therapy CBT Steven Taylor addresses the complexities of treating people who have experienced different types of trauma and shows how to adapt empirically supported protocols to each client s needs Rich case examples illustrate the nuts and bolts of cognitive interventions exposure exercises and adjunctive methods Purchasers get access to a Web page where they can download and print the book s 14 reproducible handouts in a convenient 8 1 2 x 11 size New to This Edition Chapter on pharmacotherapy what CBT practitioners need to know when treating clients who are also taking medication Incorporates over a decade of advances in assessment and treatment techniques outcome research and neurobiological knowledge Updated for DSM 5 **PTSD in Children and Adolescents** Spencer Eth,2001 A study of post traumatic stress disorder in children and adolescents this text seeks to offer fresh perspectives on major topics in the field including techniques for evaluation forensic aspects of traumatized children juvenile offender and incarcerated youth and biological treatment strategies **The American Journal of Psychiatry** ,2009 **The Praeger Handbook on Stress and Coping** Alan Monat,Richard S. Lazarus,Gretchen Reevy,2007 Offers the best classic and current writing and research on stress and coping

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