

## Depression in Immigrants and Refugees

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**Abstract :** Depression is one of the most serious health problems experienced by immigrants and refugees, who are likely to undergo heightened political, economic, social, and environmental stressors as they transition to a new culture. The purpose of this literature review is to identify and compare risks associated with depression among young adult immigrants and refugees aged 18 to 25. Ten articles focused on risks associated with depression symptoms among this population were reviewed, revealing several common themes: Stress, identity, culture, language barriers, discrimination, social support, self-esteem, length of time in the receiving country, origins, or background. Existing research has failed to account adequately for sample size, language barriers, how the concept of "depression" differs across cultures, and stressors immigrants and refugees experience prior to the transition to the new culture. The study revealed that immigrants and refugees are at risk for depression and that the risk is greater in the refugee population due to their history of trauma. The Roy Adaptation Model was employed to understand the coping mechanisms that refugees and immigrants could use to reduce rates of depression. The psychiatric nurse practitioner must be prepared to intervene and educate this population on these coping mechanisms to help them overcome the feelings that lead to depression and facilitate a smooth integration into the new culture.

**Keywords :** immigration, refugees, depression, young adults

**Conference Title :** ICMHR 2022 : International Conference on Mental Health and Rehabilitation

**Conference Location :** Singapore, Singapore

**Conference Dates :** May 05-06, 2022