

PTSD, Depression and Anxiety among Immigrants and Refugees in Canada: A Narrative Review

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Abstract : This narrative review explores the prevalence, contributing factors, and interventions related to depression, anxiety, and PTSD among immigrants and refugees in Canada. Drawing on a comprehensive analysis of peer-reviewed studies, the review identifies key mental health challenges driven by pre-migration traumas, post-migration stressors, and systemic barriers. Subpopulations such as women, refugees, elderly immigrants, and youth are highlighted for their unique vulnerabilities, including postpartum depression, trauma-related anxiety, social isolation, and cultural identity conflicts. The review underscores the critical role of community-based programs, culturally sensitive therapeutic approaches, and policy-level changes in addressing these challenges. Despite progress, significant gaps remain in research and practice, particularly in understanding the intersectionality of mental health with socioeconomic and racial factors. The findings emphasize the importance of a multidisciplinary approach that integrates clinical care, social support, and systemic reforms to promote equitable mental health outcomes for Canada's diverse immigrant populations.

Keywords : depression, anxiety, PTSD, immigrants, refugee, Canada

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