

A Cross-Cultural Study of Factors Influencing the Adaptation of Forcibly Displaced Women With Children Under 10 Years of Age

Authors : T. Fedotiuk, E. Ward, L. Marzano, V. Voloshyna.

Abstract : Introductory statement: background and significance of the study. The mental health and resilience of refugee mothers with young children are critical for successful adaptation and integration into new social environments. The armed conflict in Ukraine, which began in 2022, has led to mass displacement, with 7.6 million individuals becoming refugees and 4.9 million internally displaced. These groups face challenges such as loss of home, social isolation, psychological trauma, and uncertainty. Mothers are particularly vulnerable, as their experiences can negatively impact their parenting and their children's well-being. Understanding factors that promote psychological resilience and successful adaptation under such conditions is of paramount importance. This study focuses on Ukrainian mothers with young children residing in the UK and Ukraine, enabling a comparative analysis of adaptation processes in different contexts. The findings will identify key factors influencing resilience and inform practical recommendations for organizations. governmental and non-governmental The results will provide a scientific basis for developing effective support strategies to facilitate the integration of displaced families and mitigate the adverse effects of traumatic experiences. Succinct description of the basic methodologies. The mixed method approach includes: Quantitative online survey (150 respondents in the UK and 150 in Ukraine). Validated tools will be used, including scales for assessing PTSD (PCL-5), depression (PHQ-9), anxiety (GAD-7), parenting competence, and social support. Qualitative methods: Semi-structured interviews with 20 mothers (10 from each country). Four focus groups (two in the UK and two in Ukraine) involving refugee support service providers. Data Analysis: Quantitative: Correlation and comparative analyses to examine relationships between risk factors, resilience, and mental health outcomes. Qualitative: Thematic analysis of interviews and focus groups to identify common challenges and protective factors. Major findings of the study. The study is expected to reveal: Higher levels of anxiety and PTSD among mothers in Ukraine compared to those in the UK, due to ongoing war conditions. Significant differences in access to services and their impact on resilience. The critical role of social support, including volunteer assistance, as a key factor in positive adaptation. The findings will: Provide recommendations for governmental and non-governmental organizations on integrating and supporting displaced families. Foster interdisciplinary collaboration among psychologists, social workers, and volunteers. Expand knowledge on risk and resilience factors in conflict contexts, enhancing understanding of effective support mechanisms. Concluding statement. This project contributes to the development of more effective social and psychological support strategies for displaced mothers and their children, addressing the pressing challenges of contemporary humanitarian crises.

Keywords : adaptation factors, children's well-being, forced displacement, internally displaced persons, mental health, parenting capacity, psychological resilience, refugee mothers, support strategies, trauma

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