

Symposium | CFI : [Symposium 25] Cultural Dimensions of Mental Health and Support Method: Refugees, Migrants and Psychotherapy

📅 Fri. Sep 26, 2025 9:00 AM - 10:30 AM JST | Fri. Sep 26, 2025 12:00 AM - 1:30 AM UTC 🏢 Session Room 3 (Large Hall A)

[Symposium 25] Cultural Dimensions of Mental Health and Support Method: Refugees, Migrants and Psychotherapy

Moderator: Meryam Schouler-Ocak (Charité University), Farooq Naeem (University of Toronto)

[SY-25-01] Overview of data and facts as well as understanding and explanation of mental health of migrants and refugees

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The global population of refugees and asylum seekers is at its highest recorded level. By the end of 2024, the most recent reporting period, 123.2 million people worldwide had been forced to flee their homes due to persecution, conflict, violence, human rights violations, or events seriously disturbing public order. Research on the mental health of displaced populations has yielded highly variable prevalence estimates of mental disorders, a discrepancy often attributed to methodological constraints. Comprehensive reviews indicate that current prevalence estimates encompass not only PTSD but also depression, anxiety, and psychosis. Refugees and asylum seekers show high and persistent rates of PTSD and depression. This underscores the need for continuous, long-term psychological support beyond the initial resettlement phase. This presentation provides an overview of the latest data and findings on the mental health of migrants and refugees and discusses them in light of the ethical principles guiding professionals in the field of mental health care.