

Symposium | Imigrant, Refugee : [Symposium 63] Rethinking Mental Health Support for Refugees

📅 2025年9月27日(土) 10:40 ~ 12:10 🏢 Session Room 3 (Large Hall A)

[Symposium 63] Rethinking Mental Health Support for Refugees

Moderator: Simon Groen (De Evenaar Center for Transcultural Psychiatry), Hans Rohlof (Mental Care Center)

[SY-63-04] The recognition of grief in traumatized refugees in Dutch mental health care

*Simon Groen¹ (1. De Evenaar, Center for Transcultural Psychiatry, GGZ Drenthe (Netherlands))

キーワード : grief、refugees、PTSD

Metareviews have shown that common mental disorders (CMD) such as posttraumatic stress disorder, depression and anxiety disorders are most prevalent in refugees worldwide. Clinicians may therefore focus on these disorders in the diagnostic process. The clinical case of a Syrian patient who received four types of trauma treatment without success until a clinician found out about the loss of his child. Treatment focused on prolonged grief disorder (PGD) resulted in reduction of symptoms. Research among refugees and Dutch CMD patients revealed that one third met criteria for PGD. Refugees run four to five times higher risk of developing PGD after the loss of a loved one. Qualitative research among clinicians showed that they are more focused on CMD than on PGD, discover grief-related mental health symptoms only during treatment and are unaware of differences between CMD and PGD. Thematic analysis of bereavement and grief interviews among patients who met criteria for PGD symptoms clarified tensions between cultural and individual circumstances of grief.