

## Symposium

📅 Fri. Sep 26, 2025 2:50 PM - 4:20 PM JST | Fri. Sep 26, 2025 5:50 AM - 7:20 AM UTC 🏢 Session Room 5  
(Conference Room A)

## **[Symposium 46] The Path to Recovery: Trauma's Impact on mental health and Therapeutic Interventions**

Moderator: Masahide Koda (Co-learning Community Healthcare Re-innovation Office, Graduate School of Medicine, Dentistry and Pharmaceutical Sciences, Okayama University), Nahoko Harada (Department of Nursing Science, Graduate School of Interdisciplinary Science and Engineering in Health Systems, Okayama University)

### **[SY-46-02] Relationship between Previous Traumatic Experience, Post-Traumatic Growth, Coping Strategy to Mental Health State on Refugees in Sidoarjo Camp**

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Keywords : Post Traumatic Stress Disorder、 Post Traumatic Growth、 Coping Strategy、 Refugee Mental Health

Background: Refugees face a problems of loss of residence, loss of work, education, alienation from the community, and limited access to health services which indirectly cause mental health problems for refugees. This study aimed to analyze the relationship between previous traumatic experience, post traumatic growth and coping strategy to mental disorders among refugees in sidoarjo camp. Method: This study was a cross sectional study with total 97 refugees in sidoarjo camp which choosen with simple random sampling. They were asked for fulfilling post traumatic, previos traumatic experience and coping strategis questionnaire. The result was analyze using SPSS. Result: This study found that there was no significant relationship between coping strategy ( $p=.237$ ) and post traumatic experience ( $p>.05$ ) with mental disorders and there was no significant relationship between previous traumatic experiences ( $p>.05$ ) with post-traumatic growth. But there is significant relationship between coping strategy ( $p<.05$ ) and post traumatic growth Discussion: Need further research on the same topic with qualitative methods to explore results, especially with regard to post-traumatic growth dynamics and flexibility in coping and social support in refugees. In addition, cultural variables in this study can also be related to the cultural context