



What Factors Cause the Syrian Refugees to Have High Prevalence of Mental Health Disorders and Are There Any Effective Ways of Interventions

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Aims and Purposes:

- This study aims at revealing the connection between Syrian refugees' experiences of violent events and harsh living conditions with acquiring mental health diseases/ disorders in order to establish a thorough understanding of the issue of Syrian refugees having high rates of mental disorders. This study examines the efforts of researchers who worked in this issue in order to form essential connections among important factors such as economic, social, societal, and psychological and the Mental Health status of the Syrian refugees.
- The purpose of this study is to use the thorough understanding of the question of why do Syrian refugees have high rates of mental health disorders? And to use the essential connections and findings in this study in order to find clear and competent methods that lead to adequate interventions to eliminate or reduce the mental suffering of the Syrian refugees.

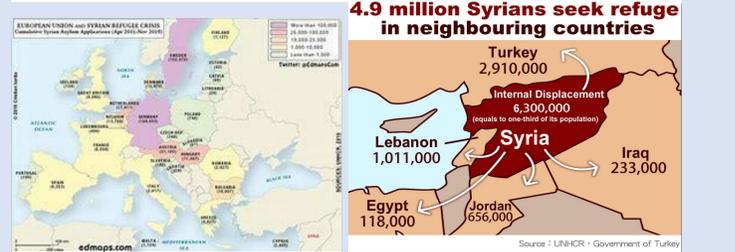
Background:

- 2011 a political conflict arose in Syria between government supporters and government oppositionists
- Violence started increasing and many violent and terrorist groups like ISIS occupied regions and cities in Syria.
- This caused the Syrians to flee Syria and immigrate to different countries.; by 2016 millions of Syrians become refugees in countries like : Turkey, Jordan, Lebanon, Egypt, Greece, Germany, The United States and other European and Western countries.
- Syrian refugees faced violence in their home country Syria and also in the transit countries that they migrated to, in addition to facing harsh living conditions, insecurity, social and economic hardships in the countries that they migrate to.
- There are high numbers of Syrian refugees who suffer from mental health disorders which makes them a vulnerable group that needs support and help to manage their mental health conditions.

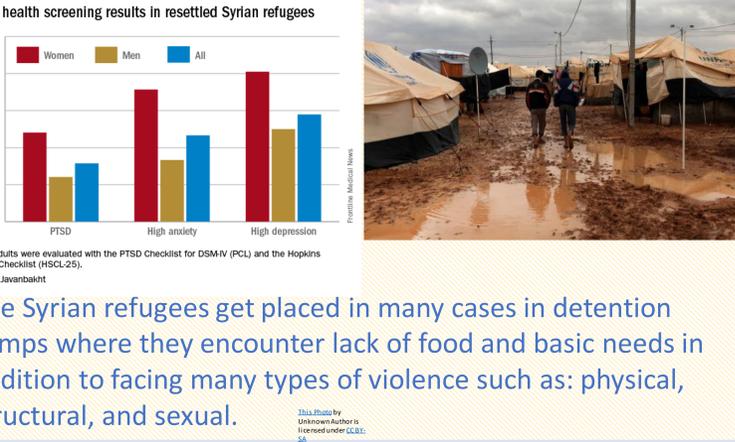
Methods:

This study is a literary review about “ the high prevalence of mental health illnesses among the Syrian refugees” focusing on causing factors and interventions. This study revolves around four main concepts associated with the Syrian refugees' mental health : (1) comparing the mental health status of the Syrian refugees in distinct regions and countries, (2) connecting the mental health status of the syrian refugees with the experiences and factors impacting the lives of the Syrian refugees in distinct countries, (3) gender disparity among the Syrian refugees men and women for the prevalence of mental health illnesses, (4) effective interventions represented by the concept of “ The Syrian Identity”.

Geographic Settings:



Results:



The Syrian refugees get placed in many cases in detention camps where they encounter lack of food and basic needs in addition to facing many types of violence such as: physical, structural, and sexual.

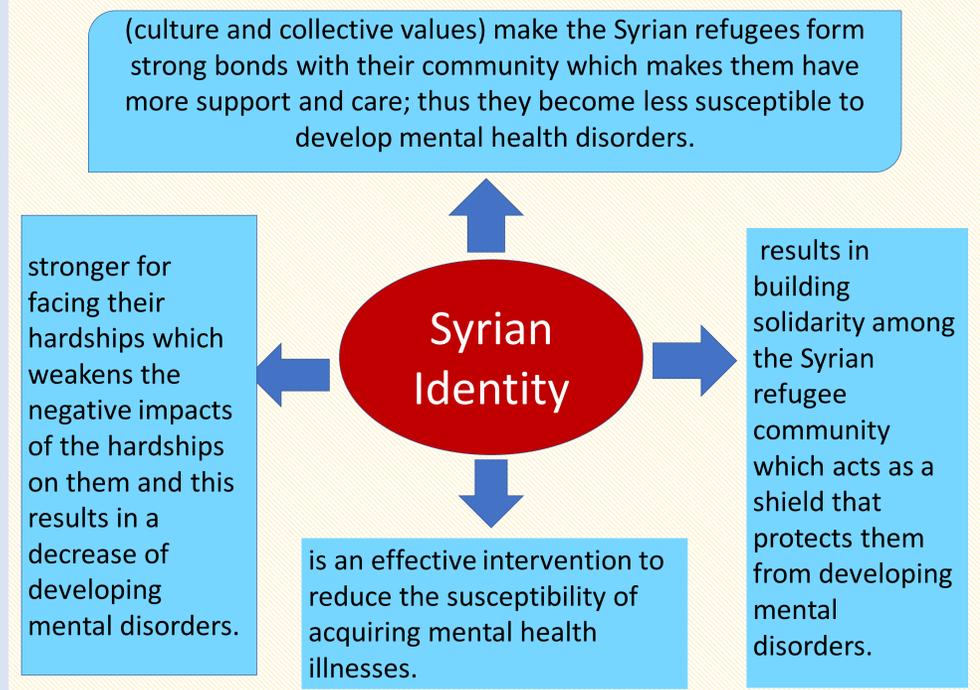
the continuation of facing violence and fear from the future makes many Syrian refugees develop mental disorders such as anxiety.

Although the Syrian refugees are not required to live in camps, they still have high chances of having mental diseases because of social and economic hardships.

Although the Syrian refugees are guaranteed many fundamental living conditions, the impacts of trauma and stress resulting from their past experiences in their country of origin Syria and in the transit countries affect Syrian refugees in the United States in that they acquire high rates of mental disorders.

Interventions:

acquiring mental health disorders such as providing mental health professional help or accessibility to mental treatment; however, these interventions were not effective because the majority of the Syrian refugees fear facing stigma and therefore, they refuse to get professional help.



Conclusions:

- The Syrian refugees have an extremely high prevalence of mental health disorders which makes them suffer disproportionately in society and have difficulties to ensure a better life and future.
- It is important to deeply understand the factors that lead the Syrian refugees to acquire high rates of mental health disorders in order to find effective interventions to help the Syrian refugees improve their mental health status.
- The economic and social difficulties in addition to various types of violence that the Syrian refugees face makes them acquire high rates of mental disorders; thus it is important to develop fundamental interventions that solve the issue from the sources of the problem.

Limitations

This study does not have a control group (refugees from other countries who have also experienced violent events) to determine whether their are unique causes leading the Syrian refugees to have high prevalence rates of mental disorders.

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