

Asking Youth: Understanding the Sociocultural Factors that Impact Immigrant Youth Mental Health



UNIVERSITY OF CALGARY

Adibba Adel, Ini Adeboye, Kaitlyn Paltzat, Kim Davarani, Nour Hassan, Sophia Lu, Sukyoung (Suzie) Lee, Shaminder Singh, Didem Erman, Tanvir Turin Chowdhury

¹Immigrant and Refugee Health Interest Group, Strategic Partnerships and Community Engagement, Cumming School of Medicine, University of Calgary, Alberta, Canada

²Department of Family Medicine, Cumming School of Medicine, University of Calgary, Calgary, Alberta, Canada

Background

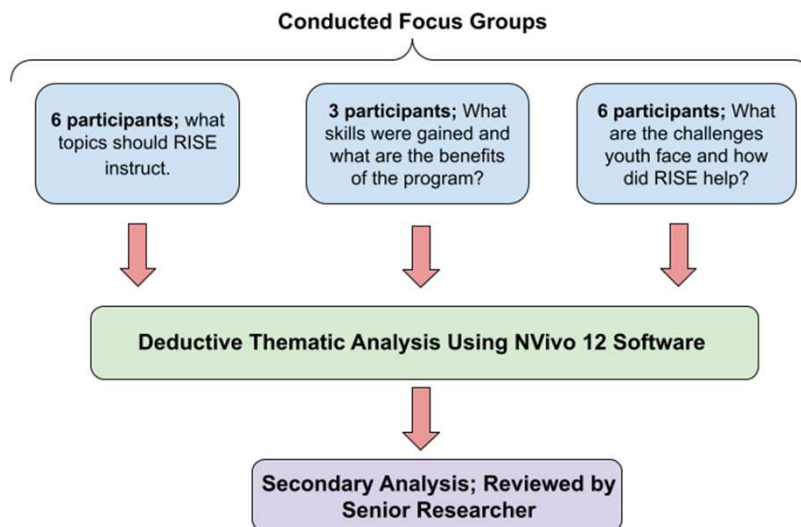
- Immigrant and refugee youth comprise one of the largest growing groups in Canada ¹
- Studies have shown that immigrant and refugee youth are especially vulnerable to psychosocial problems and deal with unmet health needs ^{1,2}
- However, the unique health challenges immigrant and refugee youth face remain largely understudied ³

Objective

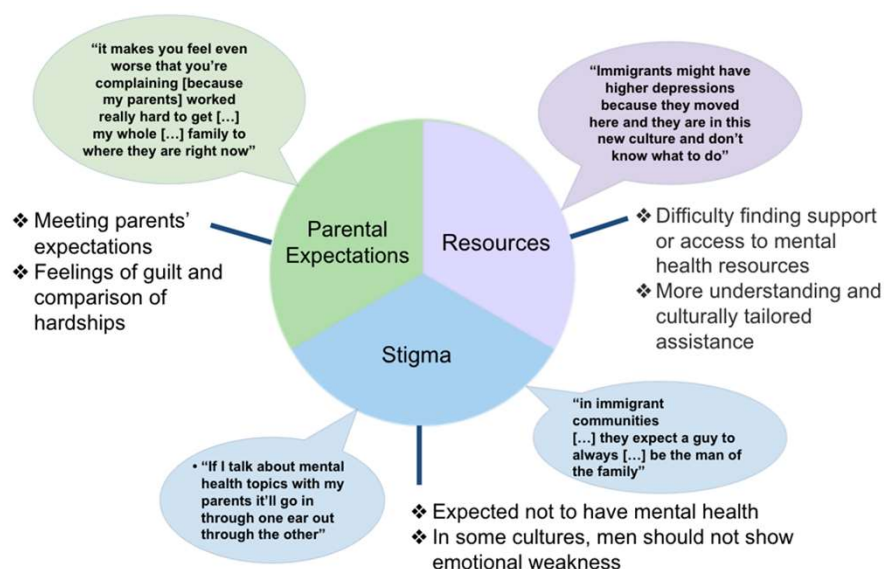
- To better understand the social and cultural factors that impact the mental health of immigrant youth

Methods

- Focus groups were conducted with 3 different sets of students, all of whom were immigrant youth from Calgary (14-18 years old, 9 female and 6 male).
- Each group centered around different focus topics and questions
- Analysis was performed by a team of volunteers and then checked by a senior researcher.

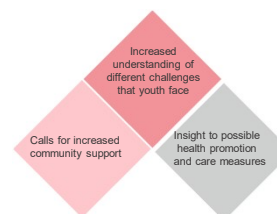


Results



Discussion

- The findings in our study shed light on the different challenges that immigrant and refugee youth face and calls for increased community support.
- There is a need to align health promotion and preventive care measures, cross-departmental (education, health, immigration etc.) policy development to achieve better and more fiscally sustainable outcomes for the immigrant children and youth of Canada.



Conclusion

Our study show that parental expectations, resources and stigma are key contributing factors to the mental health of immigrant and refugee youth.

References

1. Guruge S, Butt H. A scoping review of mental health issues and concerns among immigrant and refugee youth in Canada: Looking back, moving forward. *Canadian Journal of Public Health*. 2015;106(2).
2. Hynie M, Guruge S, Shakya YB. Family relationships of Afghan, Karen and Sudanese Refugee Youth. *Canadian Ethnic Studies*. 2013;44(3):11–28.
3. Beiser M, Hou F, Hyman I, Tousignant M. Poverty, family process, and the mental health of immigrant children in Canada. *American Journal of Public Health*. 2002;92(2):220–7.



Background

- Immigrant and refugee youth comprise one of the largest growing groups in Canada ¹
- Studies have shown that immigrant and refugee youth are especially vulnerable to psychosocial problems and deal with unmet health needs ^{1,2}
- However, the unique health challenges immigrant and refugee youth face remain largely understudied ³

Objective

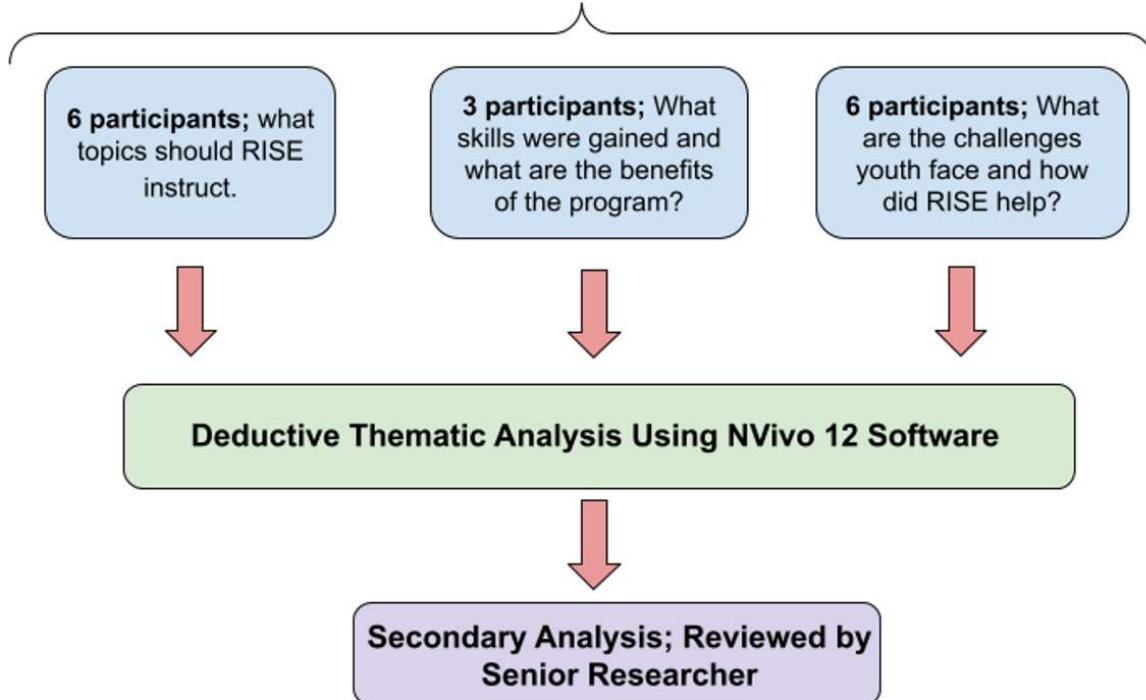
- To better understand the social and cultural factors that impact the mental health of immigrant youth



Methods

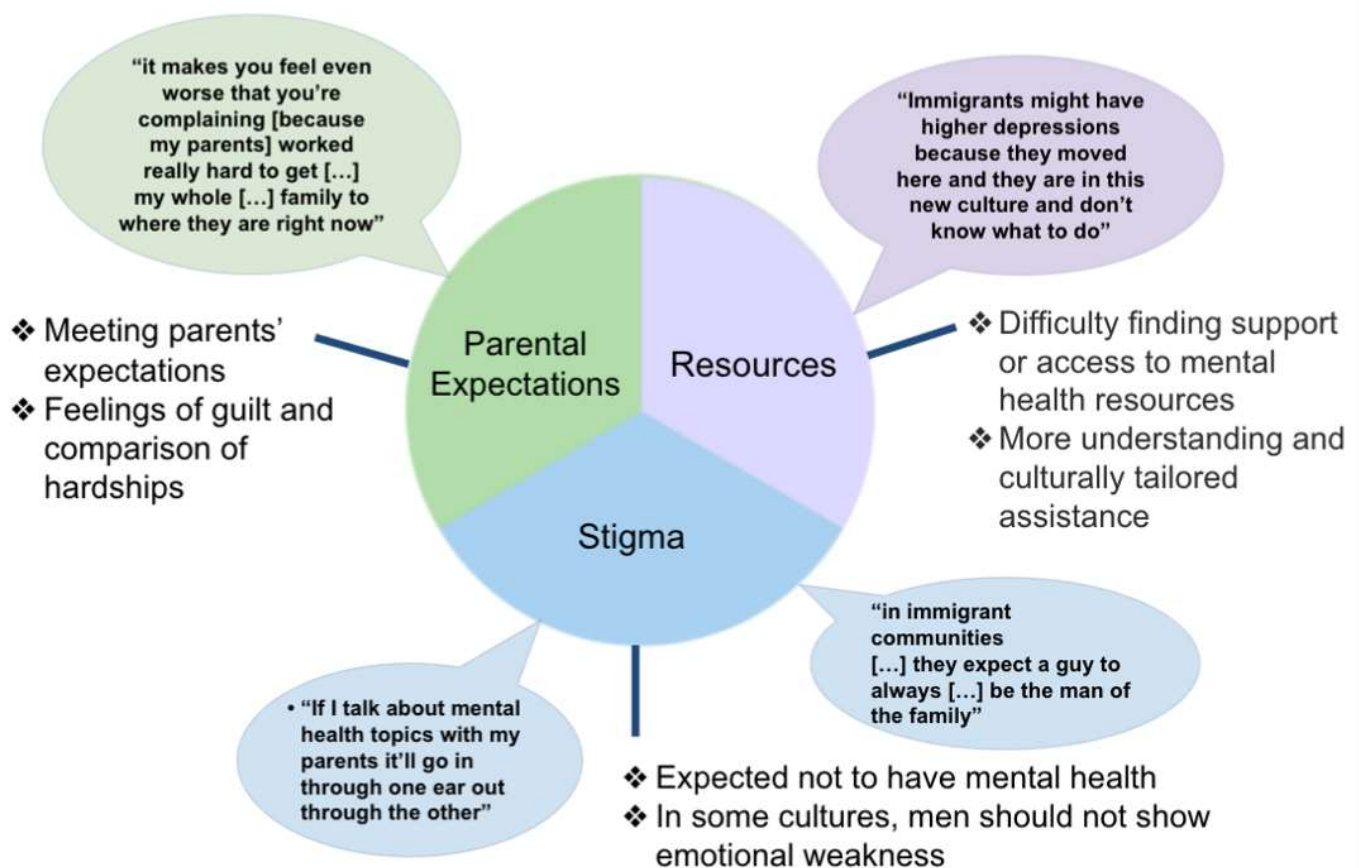
- Focus groups were conducted with 3 different sets of students, all of whom were immigrant youth from Calgary (14-18 years old, 9 female and 6 male).
- Each group centered around different focus topics and questions
- Analysis was performed by a team of volunteers and then checked by a senior researcher.

Conducted Focus Groups





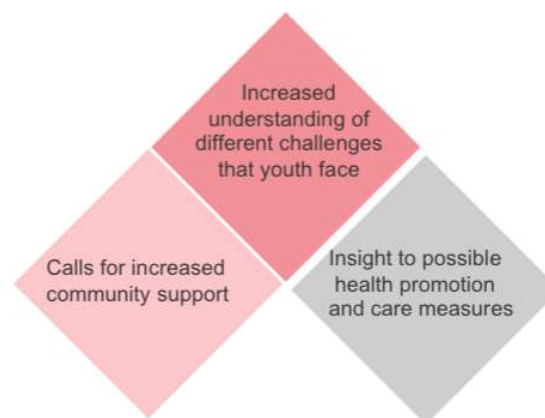
Results





Discussion

- The findings in our study shed light on the different challenges that immigrant and refugee youth face and calls for increased community support.
- There is a need to align health promotion and preventive care measures, cross-departmental (education, health, immigration etc.) policy development to achieve better and more fiscally sustainable outcomes for the immigrant children and youth of Canada.



Conclusion

Our study show that parental expectations, resources and stigma are key contributing factors to the mental health of immigrant and refugee youth.