

Keywords: Interkulturelle Ansätze, Psychotherapieforschung

Arab Refugees & Mental Health: A Systematic Literature Review

Joseph Mandwee (*Universität Mannheim*)

Purpose: In an effort to specifically address the needs of Arab refugees with regards to psychotherapy, this literature review covers the published research data within eleven scholarly articles and studies from the years 2005 to 2019 on the topics of common psychological ailments and symptoms among Iraqi and Syrian refugees, their perspectives and literacy on mental health & mental health treatments, and concludes with a brief discussion on implications for practice and unanswered questions for future research studies.

Conclusions: In the face of collective trauma, persecutions, adversity, exile and acculturation stress, Arab refugees are astoundingly resilient individuals. Although these refugees have significant, unaddressed mental health issues and other concerns regarding stigma and the avoidance of psychological treatment, there is evidence to suggest that their attitudes may change upon interaction with mental health professionals. To effectively treat refugees, practitioners must hold a concrete comprehension of the heritage, culture, psychohistorical and sociopolitical environments of which these refugees are a product; they must also confront their own biases and misperceptions.

Recommendations: Trans-diagnostic treatments that include an emphasis on increasing personal resilience, a comprehensive biopsychosocial understanding of the individual, and employ culturally-informed, evidence-based treatments like narrative exposure therapy for trauma, relaxation techniques, and direct, solution-focused approaches work best. More collaborations between mental health practitioners and prominent community leaders may help in addressing refugee mental health concerns and gaps in coverage. In future research, the attitudes and willingness of Arab refugees to seek psychological help must be examined.

Key Words: Iraqi Refugees; Syrian Refugees; Collective Trauma; Refugees & PTSD; Treatment of Refugees; Stigma; Refugee Mental Health; Attitudes Towards Psychotherapy

Keywords: Körperliche Erkrankungen, Psychotherapieforschung

Inflammation matters: Entzündungsparameter moderieren die Effekte präoperativer psychologischer Interventionen auf postoperative Langzeit-Ergebnisse nach Herz-OP

Dr. Stefan Salzmann¹, Prof. Frank Euteneuer², Dr. Johannes Laferton³, Dr. Meike Shedden-Mora⁴, Prof. Dr. Winfried Rief¹ (*¹Philipps-Universität Marburg, ²Medical School Berlin, ³Psychologische Hochschule Berlin, ⁴Universitätsklinikum Hamburg-Eppendorf*)

Hintergrund: Die randomisierte kontrollierte PSY-HEART I Studie zeigte, dass eine kurze präoperative psychologische Intervention zur Erwartungsoptimierung vor einer Herz-Operation (EXPECT) dazu in der Lage ist das langfristige Operationsergebnis zu verbessern. Patienten in EXPECT zeigten 6 Monate nach der Operation eine signifikant geringere krankheitsbedingte Beeinträchtigung als die Standard Medical Care (SMC)-Gruppe sowie eine höhere Lebensqualität. Da es Hinweise gibt, dass der Entzündungsstatus einer Person Einfluss auf die Wirksamkeit psychotherapeutischer Interventionen hat, sollte nun untersucht werden, ob die Effekte präoperativer psychologischer Interventionen durch den Entzündungsstatus der Patienten zur Baseline moderiert wird.

Methoden: 124 Patienten erhielten entweder eine zusätzliche prä-operative psychologische Intervention zur Erwartungsoptimierung (EXPECT), eine supportive psychologische Intervention zur