

Psychological disorders associated to traumatic experiences in women confined in Idomeni

Refugee Camp

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The global panorama related to armed conflicts and terrorist attacks have contributed to a rise of forced displacements of war and persecution victims. This type of migrations implies a frequent exposition to death, a high risk of suffering aggressions (physical, psychological and sexual) throughout the journeys and border crossings, in addition to a high menace of detentions or deportation from internment facilities of refugee camps. The impact of these situations damages the emotional stability and consequently the mental health of migrants, generating high percentages of anxiety disorders, depression and post-traumatic stress. Thus, forced displaced population need to overcome these traumatic experiences lived during their stay in conflict areas and as refugees. Although not all the victims develop medium and long term disorders, women and children are the most vulnerable in these circumstances. In May 2016, an exploratory study on disorders associated to traumatic experiences on women confined to refugee camp in Idomeni (Greece) was developed. By means of Harvard Trauma Questionnaire, Kurdish and Syrian women (average age 29.7 years) were interviewed. Results show that the overall evaluated women presented disorders associated to traumatic experiences. The evidence gathered infers the need for psychological integral treatment that enables an adjustment of expectations and a reconstruction of life experiences, in order to promote the adaptation of this people in host countries and foster the resilience through the naturalization and exchange of emotions, that because of cultural an survival factors use to be muted.