# Chapter 47 Refugees

# Stress in Trauma

J.D. Kinzie

Department of Psychiatry, Oregon Health and Science University, Portland, OR, USA

Table 1

Major Countries of Origin of Refugees & Recipient Countries

|  |  |  |  |
| --- | --- | --- | --- |
| Top countries of origin of refugees |  | Top recipients |  |
| 2013 |
| Afghanistan | 2.56 million | Germany | 109,600 |
| Syria | 2.47 million | United States | 84,400 |
| Somalia | 1.12 million | South Africa | 70,000 |
| Sudan | 648,900 | France | 62,000 |
| Congo | 499,600 | Sweden | 54,300 |

Table 2

Diagnoses of Refugee Patients

|  |  |
| --- | --- |
| PTSD with depression | 34 |
| PTSD only | 3 |
| Depression only | 13 |
| Schizophrenia | 8 |
| Depression with psychosis | 4 |
| Traumatic brain disorder | 4 |
| Alzheimer's probable | 5 |
| Dementia unknown | 1 |
| Alcohol and substance abuse | 0 |

Table 3

Major Symptoms of all Refugee Patients and PTSD Patients (Subgroup)

|  |  |  |
| --- | --- | --- |
|  | *N* = 50 | PTSD patients (*N* = 34) |
| Poor sleep | 33 (66%) | 27 (79%) |
| Nightmares | 25 (50%) | 25 (73%) |
| Irritability | 20 (40%) | 16 (47%) |
| Depressed mood | 12 (29%) | 11 (32%) |