

Mental health and resilience of immigrant adolescents and youth in Australia – A scoping review.



Mental Health is one of the three most important issues among young people in Australia.

Background



21.6% of Australian youth strongly identify as culturally and linguistically diverse.



26.6% have experienced discrimination related to physical appearance and cultural background.

Aim

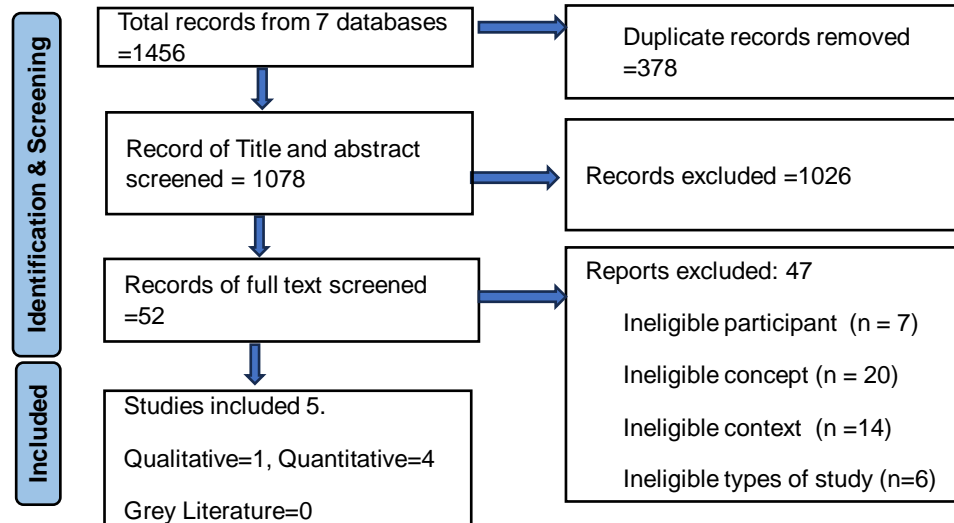
The review explored the mental health and resilience of immigrant adolescents and youth in Australia.

Method

- Scoping review methodology
- Adolescents and youth between 12 to 21 years who had immigrant parents or had themselves migrated to Australia included.

Results

PRISMA flow chart



Themes

- Acculturation Strategies
 - Four acculturation strategies identified namely integration, assimilation, marginalization and separation.
 - Adolescents pursuing integration strategy experienced least acculturative stress.
- Psychosocial & Psychological adaptation
 - Lack of English language fluency, low self-esteem, and relocation stressors were linked with adaptation problems in migrants.
 - Adolescents and youth acculturate faster in a society that embraces cultural diversity.
 - Supportive family and good social networks play a vital role.

Recommendations

- The significance of family, school and cultural connectedness in reducing settlement stress and protecting mental health has been elucidated.
- Further qualitative research that focus on in-depth contextual analysis of the adaptational challenges faced by this vulnerable population is recommended.

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