

PW01-120 - **MENTAL HEALTH, TREATMENT RESPONSE AND UTILIZATION AMONG IRAQI REFUGEES AS COMPARED TO NON-WAR EXPOSED ARAB IMMIGRANTS**

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Objectives: Although refugees are at an increased risk to suffer from mental disorders, as compared to other immigrants, little is known about possible differences in treatment response and service utilization.

Methods: The current study includes data from two separate samples of Iraqi refugees and Arab immigrants. Prevalence of physician-diagnosed mental disorders along with treatment response and utilization data was collected from medical records or by surveys. Data was collected from 307 refugees and 326 immigrant controls.

Results: The prevalence of depression was significantly greater in refugees as compared to immigrants (54% vs. 26%; $p < .001$). There were no differences between groups in diagnosed anxiety disorders. In addition, self reported complaints of depression (33% vs. 3.1%; $p < .001$), anxiety (20% vs. 4%; $p < .001$), and sleep difficulties (15% vs. 2%; $p < .001$) were more prevalent among refugees than immigrants. In general, treatment response was poor for both groups; however, for longer term patients, treatment response was significantly better (44% recovery vs. 15% recovery; $p < .001$) for immigrants than refugees. Typical common psychosomatic symptoms were more prevalent and associated with increased health care utilization in refugees as compared to immigrants.

Conclusions: Results suggest that treatment offered to refugees is far from effective. There is a need to review health systems factors in order to promote cost-effective and timely mental health services for refugees, not least with the current influx of Iraqi refugees commonly suffering from mental and adjustment disorders.