



VII International Congress on Migration & Mental Health
Youth & Families Wellbeing matters in the context of Migration

20th October 2018 – Brussels

Familles du Monde, asbl & The Athena Network

MENTAL HEALTH OF LATIN-AMERICAN FAMILIES, REUNITED IN LONDON (UK)

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It is stated that family reunification and attachment is essential to achieve adequate mental health and overcoming of the processes of adaptation to the migratory phenomenon, which can be positively identified in the psychological field, in terms of diminishing the Symptoms associated with the Ulysses Syndrome and in better adjustments to the environment.

It is important to consider that, from the point of view of identity, immigration questions the consciousness of the self over time, the consistency between the self and the external world and the confirmation of one's identity in interaction with the environment, which supposes a challenge to coherence, confidence and the control of oneself (Garza-Guerrero, 1974). Immigration questions the answers to the question about who am I? (Walsh, Shulman, Feldman and Maurer, 2005), since immigrants experience instability and multiple contradictions in their lives, which lead them to reconstruct their sense of self and to create new self-awareness (Mallona, 1999).

Following the work of Achotegui (2004, p.39), we consider that it is important to develop research that makes it possible to visualize the severity of the migratory phenomenon and its psychological effects. From a mixed research point of view, different techniques were applied to identify symptomatology associated with the immigrant syndrome with chronic and multiple stress (Ulysses Syndrome) in a sample of 40 Latin American immigrants (Spanish speakers) in the United Kingdom.

A non-experimental descriptive transactional design was used, applying instruments that include: semi-structured interviews, and the application of tests with which it is compiled: sociodemographic data, mourning and attachment for family and friends, mourning for language, mourning for culture, mourning for the land, mourning for the status, mourning for the group of belonging, mourning for the physical risks, characteristics of migratory grief, symptoms associated with depression, critical aspects of childhood, traumatic background, strengths and weaknesses.

The sample has been obtained from patients seeking counselling, accompaniment or psychological therapy in the United Kingdom; In this way, it is possible to relate that a stratified sampling is developed for convenience.

Through the application of semi-structured interviews the application of the Relationship Questionnaire of K. Bartholomew (1991) is developed, specifically the adaptation to Spanish



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developed by S. Yárnoz-Yaben (2008); the Questionnaire of experience in Relationships of Couple of K.A. Brennan, C.L.Clark and P.R. Shaver (1998), the Spanish version of Alonso-Arbiol and Yárnoz (2000); the Hamilton Anxiety Scale (HARS); the Hamilton Depression Scale (HDRS); as well as the general interview structure developed by Dr. Joseba Achotegui (University of Barcelona)

Keywords:

About the author