Psychological distress in migrants in Australia over 50 years old: A longitudinal investigation

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Key Words: length of residency, psychological distress, adaptation

Research aim: Study examined whether origin of countries and visa types predicted psychological distress over a period of 1 year and whether their association changed after factors in health, social roles, cohort effect and social support were adjusted.

Results/Conclusion: GHQ-12 scores did deteriorate over a period of 1 year among older migrants to Australia. In multiple regression analyses, origin of countries and visa types were significant predictors of future GHQ-12 scores. Baseline GHQ-12 scores, age, gender, living alone, days in Australia, poor self-rated health, the presence of heart disease, diabetes, and asthma, being a student or economically inactive, widowhood or divorce, as well as education were also significant predictors of GHQ-12 scores at 1-year follow-up.

Implications: The Status of refugees predicts future psychological distress in older migrants even when other known correlates of psychological distress are controlled

Cultural Group(s):

Location of study: Australia (national)

Age group: 50+

Number included in study: 431 Wave 1, 359 in Wave 2 (same people as wave 1)

Type of participants: migrants

Research approach: Quantitative

Type of data: Primary

Secondary data sources used:

Specific scales or analytical techniques used: General Health Questionnaire (GHQ-12)

Implications/ Recommendations:

Notes: