

Nevill A (2010). 'Survival of the Resilient: How cultural resilience is a determinant of migrant mental health'.

To be submitted to:

Diversity in Health 2010

Melbourne 7-9 June 2010.

Call for papers (300 words) close on Friday 12 February.

<http://www.ceh.org.au/dih/Default.aspx>

More than ever before, African families are migrating to the Australia in record numbers, either with migrant visas at one end of the scale or as forced migrants at the other end. According to the 2006 Census¹, between 89% - 94.8% of migrants from both West Africa and North Africa alone arrived in Australia between 1996 and 2006. It is predicted this trend will continue².

Much has been written about the psychology of migration, and the link of migration to mental health outcomes^{3,4}. "Migration in itself produces stress, which, in vulnerable individuals, leads to psychological morbidity"⁵, however, it is also known that not all migrants go through the same process, as the outcomes of adjustment to a new culture varies dramatically from person to person^{6,7}.

There has been a significant paradigm shift in stress and coping research from a largely psychopathological and risk focus to a resilience framework, which focuses on positive adaptation outcomes, strengths and their contributing protective factors^{8,9,10}. Resilience in adult racial/ethnic minorities has been examined by only a handful of investigators¹¹.

In light of this, the focus of this research will be to reframe commonly used theoretical concepts of resilience in cultural terms in order to understand resilience factors which are protective of the mental health of African migrant families in Melbourne, Australia. Aligned with this, it is envisaged that social adaptation and strengths perspectives¹² will be used in this research as they are useful in their

emphases of how migrants are able to transform the negativity within their lives from which resilient behaviour emerges to buffer against the negative mental health outcomes^{13,14}.

A social ecological framework^{13,15} will be used to understand the many layers of influence upon how African migrants in Australia use culturally-derived resilience as protection against deleterious mental health outcomes post-migration.

(297 words)

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