

## **Fostering Human Resilience**

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## A review of health and socio-cultural experiences of displaced women

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A pproximately half of the global refugee population consists of women but understudied. The aim of this review was to investigate the impact of displaced women's resettlement and experiences on their health. Further, this review explored the resilience factors that these women apply to overcome problems. Eight key electronic databases and search engines were searched for relevant peer-reviewed and grey literature published between 2005 and 2014. The included studies were assessed for: (1) population; (2) data collection and analysis method; and (3) findings. Following screening of titles and abstracts, 20 out of 899 studies met inclusion criteria. (1) Cultural factors; (2) social and material factors; (3) personal factors; and (4) resilience factors (spirituality and social support) were revealed as main themes. Consequently, a conceptual model has been generated based on the resource-based model that demonstrates the importance of resilience factors, for example social support and spirituality, on displaced women's mental health and well-being in a host country. This may provide ideas for researchers and inspire policy makers in planning and implementing targeted health care initiatives for this population.

## **Biography**

Sara Shishehgar is a second year PhD candidate at the University of Technology, Sydney, Australia. She is doing her PhD on refugee women's health. She has submitted 2 papers about immigrants and refugees' health and presented in international and national conferences focusing on resilience factors. She is also cooperating as a reviewer with reputed journals such as "the International Journal of Nursing Studies", "OMICS publishing group, Biomedical Journals".

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