

# Taking a Healing-Centred Approach to Migration Coping: Measuring Strengths and Positive Functioning Among Youth Displaced From Home

Maisha Syeda, Ph.D., C. Psych., Nikita Kalwani, HBSoc., Rim Banat, MPH, MA & Claire Crooks, Ph.D., C. Psych.

## INTRODUCTION

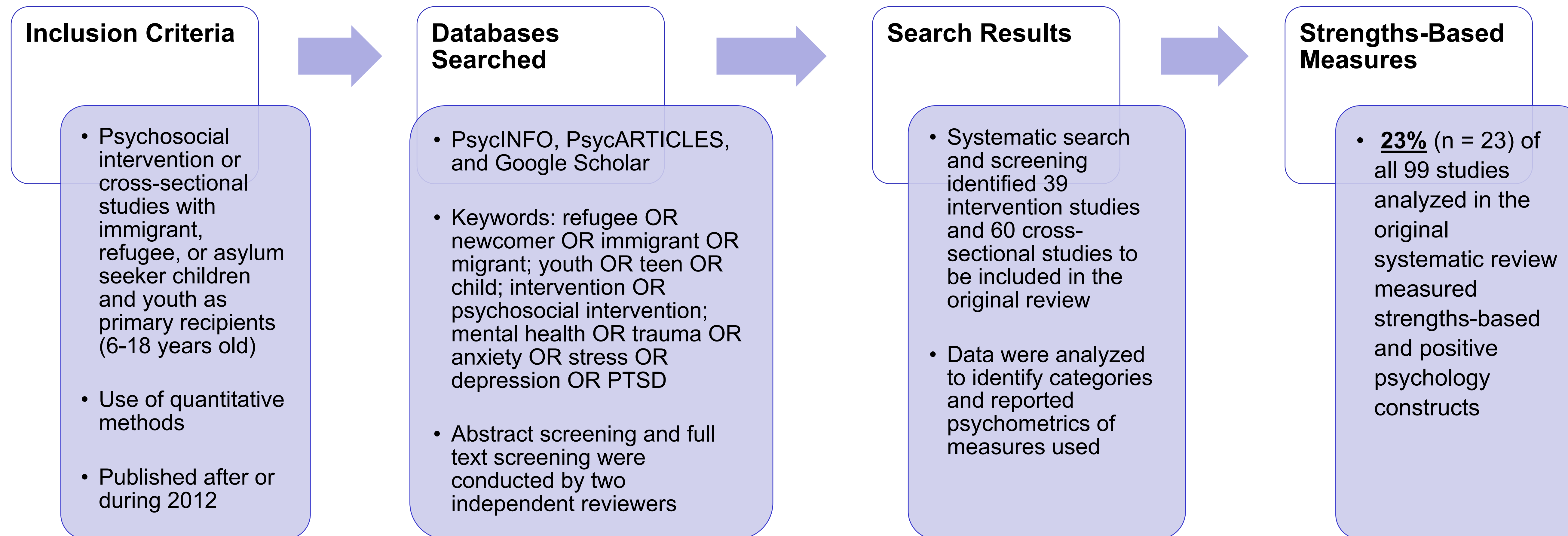
- Children and youth displaced from home may experience many **pre-and-post-migration stress and traumas**, increasing their risks for developing mental disorders, anxiety, depression, and trauma syndromes<sup>3</sup>
- Trauma-informed mental health services** need to be integrated as part of resettlement efforts for children and youth displaced from home<sup>2</sup>
- Many of the stress and traumas experienced in pre-and-post migration are direct **results of discrimination, racism, and systemic injustices**, emphasizing the need for incorporating healing-care frameworks in mental health interventions to facilitate systemic solutions and **promote strength-based goal setting, positive identity, and well-being**<sup>1</sup> along with focusing on reducing psychopathological symptoms
- Children and youth displaced from home and resettling in Canada are linguistically and culturally diverse, and **we need valid and reliable measures, scales, and inventories** to gain more accurate insights into their social-emotional development and intervention effectiveness

## PRESENT STUDY & RESEARCH QUESTIONS

This study is part of a larger **systematic review** conducted by authors to examine the psychometrics of quantitative, psychosocial measures, scales, and inventories in multiple domains, including trauma and internalizing symptoms, externalizing challenges, resilience, and well-being.

- Which constructs have been measured to assess strengths and positive functioning among children and youth displaced from home?
- What kind of psychometric data is available for constructs measured to assess strengths and positive functioning among children and youth displaced from home?

## METHODS



## FINDINGS

Table 1: Measures, Scales, and Inventories Reviewed Measuring Positive Psychology Functioning

	# of Studies	Sample Size	Age Range	Reported Internal Consistency	Additional Languages Administered
<b>RESILIENCE</b>					
Connor-Davidson Resilience Scale (25 items)	1	170	13-17	Not reported	Bosnian, Serbian, Arabic, Persian, Dinka, and English (Liberia)
Resilience Scale (25 items)	1	117	12-17	0.89	Dutch*
Multicultural Youth Resilience Questionnaire (16 items)	1	229	12-20	0.79	
Child and Youth Resilience Measure (12- or 28-item versions)	4				
Wilson, Turner-Halliday & Minnis (2021)		106	11-17	0.8	Arabic*
Dangmann, Solberg, Steffenak, Høye & Andersen (2021)		160	13-24	0.79	Arabic*
Badria, Eltayeb, Mohamed, Verdell (2020)		45	12-18	0.85	Local translations
Wu et al. (2018)		194	10-17	0.904	
Adult Acculturation and Resiliency Scale (8-item resiliency subscale)	2				
Tozer, Khawaja & Schweitzer (2018)		93	12-18	0.80	Multiple (live translations)
Khawaja, Ibrahim, Schweitzer (2017)		221	11-18	0.85	Multiple (live translations)
Individual Resilience Among War-Traumatized Children (10 items)	1	50	9-17	0.89 (pretest); 0.75 (post-test)	Dari, Sorani, Arabic and Finnish
Ego Resiliency Scale (18 items)	1	144	Mean age 18.2	0.90	Korean
<b>SOCIAL SUPPORTS &amp; RESOURCES</b>					
People in My Life Scale (8 items)	1	40	14-18	0.70-0.82	
Social Provisions Scale (12-item short version)	1	285	Mean age 12.5	Poor (0.58 for emotional support items)	Arabic
Multidimensional Scales of Perceived Social Support (12 items)	2				
Kliewer, Kheirallah, Cobb, Alsulaiman, Mzayek & Jaddou (2021)		418	12-17	0.65-0.72	Arabic
Sleijpen, Haagen, Mooren & Kleber (2016)		124	12-17	0.87	Dutch*
Everyday Resources and Stressors Scale (20 items)	2				
Müller, Büter, Rosner, Unterhitzberger (2019)		98	Mean age 16.3	Inter-item reliability reported	German, additional live translation of other languages
Müller, Gossmann, Hartmann, Büter, Rosner, Unterhitzberger (2019) [follow-up]		98	Mean age 17	0.71-0.77 (inter-item also reported & psychometrically unsatisfactory subscales removed)	German
<b>POST-TRAUMATIC GROWTH, COPING STYLES, &amp; EFFICACY</b>					
Brief Developmental Assets Profile (13 items)	1	149 caregivers (of ages 6-11); 142 youth (aged 12-17)	6-17	Not reported (locally validated)	
Children's Coping Self-Efficacy Questionnaire (7 items)	1	250	9-14	0.88	Arabic*
Children Coping Strategies Checklist-Revision 1 (42 items)	1	50	12-21	0.56-0.83 (across dimensions)	
Post-Traumatic Growth Inventory (10 items)	1	124	12-17	0.73	Dutch*
<b>SELF-ESTEEM, HOPE, &amp; OPTIMISM</b>					
Satisfaction with Life Scale (5 items)	2				
Sleijpen, Haagen, Mooren & Kleber (2016)		124	12-17	0.83	Dutch*
Sleijpen, van der Aa, Mooren, Laban & Kleber (2019)		117	12-17	0.82	Dutch*
Life Orientation Test (12 items)	1	124	12-17	0.67	Dutch*
Rosenberg Self-Esteem Scale (10 items)	2				
Romero et al. (2020)		303	Mean age 14.5	0.75-0.84	Spanish
Schwartz et al. (2015)		302	Mean age 14.5	0.74	Spanish
Children's Hope Scale (6 items)	2				
Romero et al. (2020)		303	Mean age 14.5	0.86-0.94	Spanish
Pryce, Kelly, Lawinger & Wildman (2018)		114	12-19	0.83	
Prosocial Tendencies Scale (19 items)	1	302	Mean age 14.5	0.86	Spanish
<b>WELL-BEING</b>					
Stirling Children's Wellbeing Scale (12 items)	2				
Tozer, Khawaja & Schweitzer (2018)		93	12-18	0.83 (previously reported)	Multiple (live translations)
Khawaja, Ibrahim, Schweitzer (2017)		221	11-18	0.89	Multiple (live translations)
Warwick-Edinburgh Mental Well-Being Scale (14 items)	1	194	10-17	0.898	

\*translated scale has been validated

## IMPLICATIONS

- Very few measures are undergoing repeated **administration** to expand the evidence-based for their psychometrics to better understand their reliability for use among children and youth displaced from home
- Measurement of strengths among children and youth displaced from home has largely **focused on internal assets and characteristics** rather than equally focusing on outside supports, resources, and social relationships shown to be important for strengthening their well-being and positive mental health
- Informal translation methods** (e.g., use of interpreters, live translations) were more likely to be used to administer the reviewed measures, scales, or inventories in additional languages instead of formally translating and validating them in the targeted languages

## FUTURE DIRECTIONS

- Conduct studies to **examine the psychometrics, including factor-structure analysis, of positive functioning measures** among children and youth displaced from home and resettling into another country
- Co-create meaningful and engaging research participation pathways to **integrate the voices of children and youth displaced from home** to expand the research base and contribute to **data-informed development of assessments and interventions**, and enhance their resettlement experience and **promote positive mental health**

## REFERENCES

- <sup>1</sup>Brandow, C. L., Brandow, J. S., & Cave, C. (2019). A wellness first approach: A lens for improving mental health and well-being. *Ethical Human Psychology and Psychiatry*, 21(1), 39–54. <https://doi.org/10.1891/1559-4343.21.1.39>
- <sup>2</sup>Fazel, M. (2018). Psychological and psychosocial interventions for refugee children resettled in high-income countries. *Epidemiology and Psychiatric Sciences*, 27(2), 117–123. <https://doi.org/10.1017/S2045796017000695>
- <sup>3</sup>Kien, C., Sommer, I., Faustmann, A., Gibson, L., Schneider, M., Krzczal, E., Jank, R., Klerings, I., Szelag, M., Kerschner, B., Brattström, P., & Gartlehner, G. (2018). Prevalence of mental disorders in young refugees and asylum seekers in European countries: A systematic review. *European Child & Adolescent Psychiatry*, 28(10), 1295–1310. <https://doi.org/10.1007/s00787-018-1215-z>
- <sup>4</sup>Pieloch, K.A., McCullough, M.B., & Marks, A.K. (2016). *Resilience of children with refugee statuses: A research review*. *Canadian Psychology*, 57(4), 330–339. <https://doi.org/10.1037/cap0000073>

Studies included in the review:



Figure 1: Percentage Distribution of Constructs Measured to Assess Positive Functioning Among Children and Youth Displaced From Home

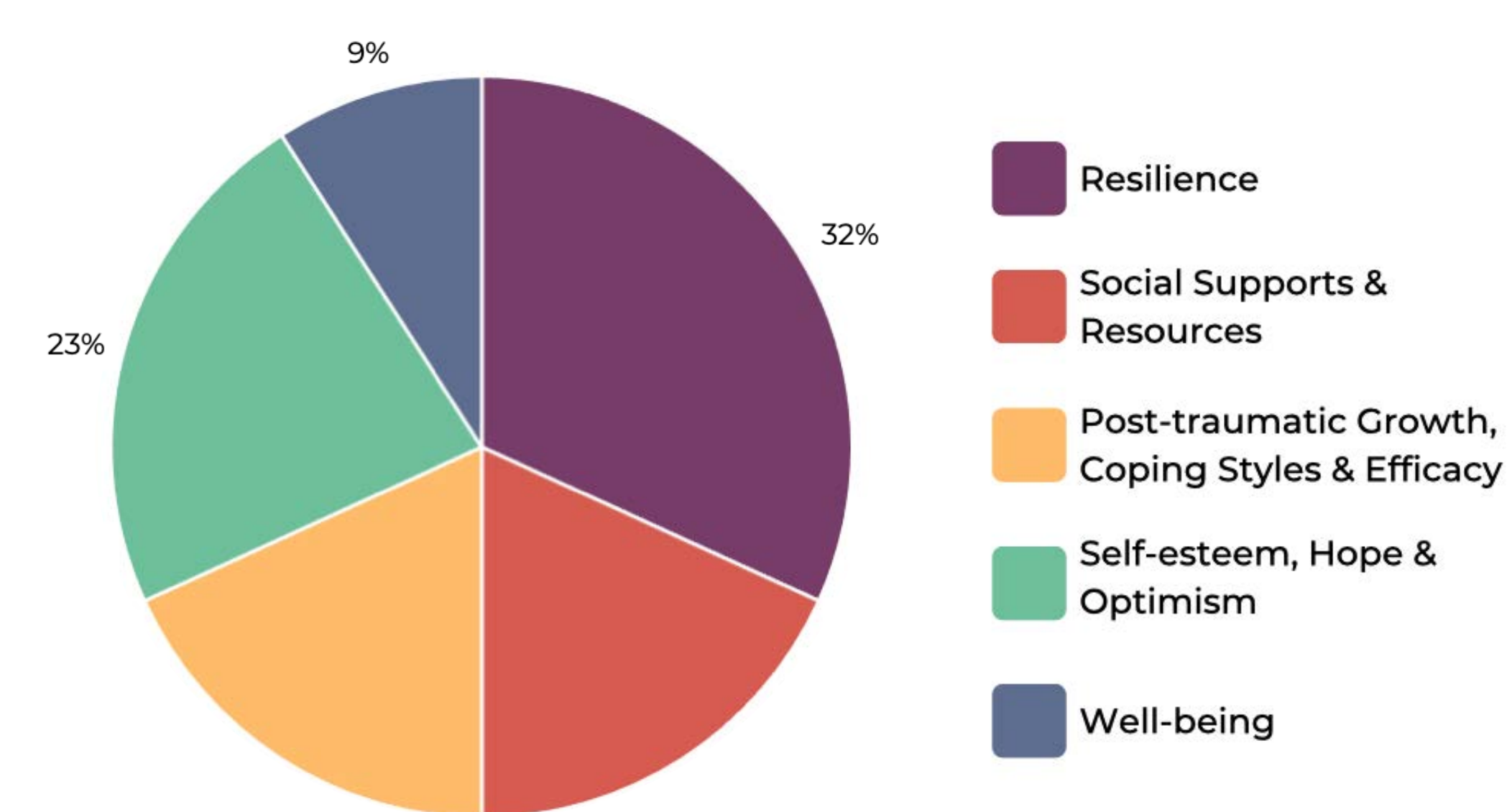


Figure 2: Positive Functioning Constructs Measured Versus Participants' Migration Pathways

