

Mental Distress among Afghan Refugees in Germany: A Qualitative Study
An Abstract of Thesis by Kamwar, Ahmad Ramish

In this study the etiology of mental distress and hardships of refugees from Afghanistan living in Germany have been researched from a mental health lens. To what extent is their well-being affected by the circumstances in their country of origin, migration journey and host country, have been the main focus of the research. Data was collected through semi-structured in depth interviews with participants from different cities in Germany. The data corpus was then analyzed through thematic analysis method, to serve as results of the study. The aim of the study was to devise a culturally based risk model, to describe the mental health and well-being of Afghans who have survived a violent conflict, experienced socio-economic and political issues in Afghanistan, persisted a dangerous and long migration journey, and are currently facing hardships of acculturation and integration in a new and unfamiliar host society. By utilizing the social-ecological model, this study tries to describe the harsh experiences of Afghan refugees rather than evaluating them.