

Appendix: The Physical and Psychological Sequelae in Adult Refugees Or Asylum Seekers Who Have Survived Torture

Table 4: Studies addressing long-term psychiatric sequelae of torture.

First Author	Year	Study Design	Sample Size	Study Population	Aims of Study	Main Findings	Limitations
Carlsson, JM =====	2006	Cross sectional survey	N=139	- Tortured refugees who completed a pretreatment assessment between Jan 1, 1991 to Dec 31, 1994 at the Rehab & Research Center for Torture Victims in Denmark.	- To identify predictors of mental sx's and health in torture survivors 10 yrs after referral to a rehab center. - To study long-term mental changes.	- Victims still reported high symptom scores 10 years after treatment, indicating severe emotional distress. - Reporting headache (px in head/face) was the most significant predictor for mental sx's and low health-related quality of life in survivors. - Long education was a predictor for higher levels of anxiety.	- Individuals in this study do not represent all of those who have been exposed to torture. - sample was not completely random. - No control group.
Sabin, M =====	2003	Cross-sectional survey	N=170	Guatamalan refugees living in refugee camps in Mexico 20 yrs post conflict.	- To determine prevalence of psych illness and factors assoc'd with it.	- 54% and 38% reported sx's of anxiety & depression. 11.8% met criteria for PTSD. - 14% reported being tortured, & 32% observed torture. - Witnessing family members disappear, being near death, and living w/ 9-15 was assoc'd with PTSD sx's	- Only 5 of 60 refugees camps were surveyed, so results can't be generalized – Interviewer bias. - Women may have under-reported sensitive events if interviewed by a man. -No control group.