

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

Table 5: Studies addressing torture survivors in the US who seek treatment for mental health.

First Author	Year	Study Design	Sample Size	Study Population	Aims of Study	Main Findings	Limitations
Keller, A =====	2006	Survey	N=325	Convenience sample of refugees from 54 countries seeking treatment at a center for torture survivors. - Most represented were <b>Tibet, Sierra Leone, and Guinea.</b>	- To examine the rate and nature of psych illness (PTSD, depression, & anxiety) among torture survivors seeking help at an urban torture treatment center.	- PTSD, anxiety, and depression were higher among women, as well as anyone who reported receiving a death threat. - Predictors of PTSD included death threats, rape, family torture experiences, religion, and age. - South Asian refugees showed the lowest levels of PTSD, while Latin Americans showed the highest. - Buddhists reported significantly fewer PTSD symptoms than Christians or Muslims.	- Small sample size - No control group. - Selection bias- due to the fact that the study took place at a torture treatment center, prevalence may be over-estimated
Piwowarczyk, L =====	2007	Retrospective chart review	N=134	Asylum seekers in the US - 80% were from <b>Africa</b> - 2/3 were female	- To determine the demographics of selected asylum seekers, experiences of torture, previous psych treatment, and psych presentation.	- 84% reported surviving torture. - 82% were diagnosed with PTSD at intake, and 96% with depression. - 1/2 of the sample reported rape or attempted rape.	- Original info was self-reported, leading to possible recall bias. - Selection bias - Results may not be generalized to other populations. - No control group.
Asgary, RG =====	2006	Retrospective chart review	N = 89	- Asylum seekers from 30 countries presenting to the Bronx Human Rights Clinic in New York. - 87% men	- To determine cause, nature, sequelae, timing, and types of torture - To list symptoms and signs of torture experience.	- Most common psych sxs: diff. sleeping, nightmares, sadness, flashbacks, and avoidance. - 40% of clients diagnosed with PTSD, and 5% w/depression - 87% had scars consistent w/ alleged torture. - Bone deformities/ fractures noted in 17 pts, and burns in 15.	- Depression may have been under-recorded, possibly due to physicians preference to document PTSD, or overlap of depression sxs w/ PTSD sxs. - Referral bias