



## BACKGROUND

- Prolonged grief disorder (PGD) is the newest classification in DSM-5 (2019)
- Studies in Europe identify migration as a catalyzer of PGD (Comtesse & Rosner, 2019)
- Migrants make up 23% of Canadian population (IRCC,2023)
- No studies have investigated living difficulties that arise from migrating to Canada in relation to PGD

## HYPOTHESIS

Post-migration living difficulties, related to experiences of acculturation and accessing healthcare, predict the development and severity of prolonged grief disorder for displaced peoples who have resettled in Canada

## METHODS

- Online questionnaire containing two diagnostic (IPGDS; TGI-SR) scales and the post-migration living difficulty (PMLD) scale
- 42 of N= 101 participants met diagnostic criteria
- Hierarchical regression

## RESULTS

- 41.58% PGD prevalence rate, consistent with broad range indicated in past research (Killikelly & Maercker, 2019)
- Final overall model was statistically significant,  $F(8, 33) = 13.00, p < .001$
- Eight predictors related to post-migrations living difficulties explaining 49.0% of variance in PGD severity  $R_{adj}^2 = .492, 95\% \text{ with CI } [0.35, 0.60]$
- However, effect size was small,  $f^2 = .04$
- Only two predictors significant

# Barriers to accessing psychological care and connecting to heritage culture significantly predict prolonged grief disorder for migrants in Canada

Predictor	<i>b</i>	<i>t</i>	<i>p</i>
Lost connectedness to heritage culture	0.17*	1.996	0.04896 *
Limited access psychological care	0.28**	2.859	0.00526 **

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Scan for references and resources



## RESULTS

Predictor	<i>b</i>	<i>sr</i> <sup>2</sup>	<i>r</i>	Fit	Difference
(Intercept)	0.09				
Model 1					
Lost connectedness heritage culture	0.17*	.02	.12		
Connectedness to dominant culture	-0.01	.00	-.18		
Model 2					
Limited access emergency care	0.11	.01	.49**		
Limited access long-term medical care	0.17	.01	.55**		
Limited access psychological care	0.28**	.04	.65**		
				$R_{adj}^2 = .463$	
				95% CI [.32, .58]	
				$\Delta R^2 = .421$	
				95% CI [.28, .57]	
Model 3					
Migration status certainty	-0.08	.00	.51**		
Communication barriers	0.11	.01	.58**		
Discrimination	0.16	.01	.56**		
				$R_{adj}^2 = .492**$	
				95% CI [.35, .60]	
				$\Delta R^2 = .042$	
				95% CI [-.01, .10]	

## DISCUSSION

- Research of PGD is currently limited
- Striving to better understand post-migration living difficulties in relation to development and severity of PGD can:
  - Bridge gaps of access inequity
  - Improve validity and reliability of PGD assessment measures
  - Reform mental health interventions towards migrant-centered models
  - Support stronger alliances and trust between immigration authorities, healthcare professionals and migrants
- More can and must be done to promote post-migration well-being and care