



## **Assessing Psychological Distress and Perceived Social Support among Burmese Refugees Resettled in the U.S.**

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### **Abstract:**

This study assessed psychological distress and social support among 205 resettled Burmese refugees in the United States. Respondents completed self-report measure of post-migration problems, social support, and psychological distress symptoms. Respondents' mean age was 34.45. More than half of the respondents were male, married, and employed. About one-third of the respondents reported experiencing symptoms of psychological distress as assessed by Kessler10. Hierarchical regression analysis revealed that PMLDs ( $\beta = .38, p < .001$ ) and perceived social support ( $\beta = -.16, p < .01$ ) accounted for 18.5% of the total variance in psychological distress controlling for age, gender, employment, length of time in the US. Respondents with higher psychological distress reported less perceived social support than those without psychological distress symptoms. Practice implications are discussed.