

**Centennial Honors College
Thomas E. Helm Undergraduate Research Day 2024**

ABSTRACT

Major: Psychology

Podium

Faculty Mentor(s): Scott Hemenover

Growth and recovery: Exploring the relationship between PTSD symptoms, post-traumatic growth, and resilience in Russian-speaking asylum seekers

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Asylum seekers encounter adversities and are at elevated risk of developing post-traumatic stress disorder (PTSD; Blackmore et al., 2020). Following trauma, some individuals may also experience positive psychological change known as post-traumatic growth (PTG; Tedeschi & Calhoun, 2004). The literature on resilience provides mixed views on whether it represents a pathway to recovery distinct from PTG (Despotes et al., 2016) or whether resilience promotes PTG (Cengiz et al., 2019). The purpose of this honors thesis proposal is to investigate the relationship between symptoms of PTSD, PTG, and resilience among Russian-speaking asylum seekers in the United States (i.e., political migrants seeking individual legal protection on U.S. soil). It is hypothesized that a) there will be a positive correlation between symptoms of PTSD and PTG; b) there will be a negative correlation between resilience and symptoms of PTSD; c) there will be a negative correlation between resilience and PTG. To examine these predictions, the participants will fill out a self-report questionnaire through online human rights and immigrant communities. Findings from this study may facilitate understanding of pathways to recovery from traumatic experiences for asylum seekers and other vulnerable immigrant groups.