Migration is often a challenging and life changing experience. The challenges of migration may jeopardise mental health and wellbeing while this may also provide opportunities for growth and resilience. To explore these issues among Iranian immigrants living in Australia this study has investigated resilience and psychological outcomes in this population.

The findings from this research indicate that variables such as grit, spirituality, English proficiency and integration were associated with psychological wellbeing and other factors, particularly loneliness, unemployment and discrimination, were associated with psychological distress. The study also found that resilience mediates between psychological outcomes and duration in Australia, marital status and migration expectations. In addition, personal and social competencies were key mediators of psychological outcomes.

The research also highlights the need for further study to assess whether interventions that strengthening resilience will reduce psychological distress and promote wellbeing in immigrant communities.

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