I examined the effects of sanctions and travel bans on the mental health of people trying to immigrate to the United States. Through this study, I aimed to answer the question, “Is there a relationship between public policy and immigrant mental health?”

**The tools of democracy work or they fail. If those tools fail, we all fail.”
-M

**PROCEDURE**

Through qualitative research methods, I was able to interview an Iranian, University of Wyoming student and his wife—both of whom have been directly impacted by Iranian sanctions and travel bans imposed in 2017. After hearing the couple’s story, I wanted to look at immigration through the lens of mental health. Psychology articles were reviewed, in addition to constructing a timeline of immigration legislation, in conjunction with the couple’s story over the past five years.

*Please note: research is more focused on legislation that specifically impacted the subjects of the qualitative interview.

**KEY THEORIES**

Propaganda—systematic forms of purposeful persuasion that attempts to influence the emotions, attitudes, opinions, and actions toward specific targeted audiences for ideological, political or commercial purposes—prepared by governments, activists groups or media.

**FINDINGS**

It’s not the ways of vetting an immigrant, but rather, the psychological stressors immigrants face within the first three to five years after entry to the United States that could contribute to forms of radicalism. Mental health studies suggest that assimilation, in the various forms political injustices on mental health. The psychological stress associated with immigration tends to be concentrated in the first three years after arrival in the United States (Vega & Rumbaut, 1991).

Migration, a stressful life event, can influence mental health. The psychological stress associated with immigration tends to be concentrated in the first three years after arrival in the United States (Vega & Rumbaut, 1991). Participants in a 2008 study published in Journal of Muslim Mental Health (Vol. 3, No. 2)—all but four of the participants Muslim—revealed fear of hate crimes and threats to their safety, anxiety about the future, isolation and loss of community and stigmatization.

**TIMELINE OF EVENTS**

“Love across borders and travel bans FOR THE LOVE OF HER AND LOVE OF THE UNITED STATES

The effects of political injustices on mental health

Channing Bice | M.S. Public Communication & Technology

**FUTURE RESEARCH & IMPLICATIONS**

More longitudinal studies, across other cultures impacted by United States immigration legislation, would need to be analyzed. Additionally, studying terror attacks or other federal crimes committed by immigrants after their move to the United States, to prove more validity between migration, psychological triggers and its relation to public policy, shaped as propaganda.

By carrying out studies and having conversations such as these, it can be a basis for lawmakers to consider laws that help implement preventative health and mental health care for recent immigrants, during their migration transitions. Every day citizens can also begin to think about ways providing support against discrimination.

To view the entire story and sources, please see handout.