



Supplement to the publication: Mental Health of Ukrainian refugees in Germany compared to other population groups – Results of the IAB-BAMF-SOEP Survey 2023

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Table 1: Sample description by sociodemographic and post-migration factors for refugees from Ukraine (n = 3,039) and those from other countries of origin (n = 3,011).
Source: IAB-BAMF-SOEP Survey of Refugees 2023.

	UKR		AFG, IRN, IRQ, SYR	
	n	% (weighted)	n	% (weighted)
Partnership				
Single	978	38.7	442	32.3
Partner in Germany	1,587	46.1	1,027	59.2
Partner abroad	402	15.2	103	8.5
Missing	72	-	1,439	
Friends (at least once a week)				
Yes	1,626	55.8	1,468	51.7
No	1,400	44.2	1,524	48.3
Missing	13	-	19	-
Experiences of discrimination			320	
Yes	1,050	35.1	1,331	38.7
No	1,989	64.9	1,680	61.3
Housing satisfaction				
Low	282	8.5	638	17.0
Medium	595	19.8	810	26.3
High	2,114	71.7	1,314	56.7
Missing	48	-	249	-
German language proficiency				
Poor	1,418	44.5	474	30.1
Moderate	1,150	39.3	612	39.1
Good	426	16.2	527	30.8
Missing	45	-	1,398	-

UKR = Ukraine, AFG = Afghanistan, IRN = Iran, IRQ = Iraq, SYR = Syria

Table 2: Age-adjusted prevalences of depressive (PHQ-2) and anxiety symptoms (GAD-2) (in %). Sources: IAB-BAMF-SOEP Survey of Refugees 2023, SOEP-Core 2023.

	Depressive symptoms		Anxiety symptoms	
	%	95% CI	%	95% CI
Non-migrants	13.0	12.1–13.9	9.6	8.8–10.5
Non-refugee migrants	14.1	11.6–16.6	12.2	10.0–14.5
Refugees from Ukraine	21.3	19.1–23.5	13.0	11.3–14.6
Refugees from Afghanistan, Iran, Iraq, and Syria	16.5	13.6–19.3	14.0	11.3–16.8

Table 3: Prevalence of depressive (PHQ-2) and anxiety symptoms (GAD-2) (in %). Sources: IAB-BAMF-SOEP Survey of Refugees 2023, SOEP-Core 2023.

	Depressive symptoms		Anxiety symptoms	
	%	95% CI	%	95% CI
Non-migrants	13.0	12.1–14.0	9.5	8.7–10.3
Non-refugee migrants	14.1	11.8–16.7	13.0	10.8–15.5
Refugees from Ukraine	21.2	19.3–23.4	14.7	13.0–16.5
Refugees from Afghanistan, Iran, Iraq, and Syria	16.4	13.9–19.3	16.9	14.1–20.1
p-value	0.143		<0.001	

Table 4: Age-adjusted prevalences of depressive (PHQ-2) and anxiety symptoms (GAD-2) by gender. Source: IAB-BAMF-SOEP Survey of Refugees 2023, SOEP-Core 2023.

Depressive symptoms				
	Women		Men	
	%	95% CI	%	95% CI
Non-migrants	14.4	13.1–15.7	11.6	10.4–12.8
Non-refugee migrants	15.5	12.6–18.3	12.5	10.0–14.9
Refugees from Ukraine	22.3	19.9–24.7	18.3	15.7–20.9
Refugees from Afghanistan, Iran, Iraq, and Syria	18.7	15.3–22.2	15.2	12.4–18.0
Anxiety symptoms				
	Women		Men	
	%	95% CI	%	95% CI
Non-migrants	11.7	10.6–12.9	7.5	6.5–8.5
Non-refugee migrants	14.7	11.9–17.4	9.5	7.5–11.5
Refugees from Ukraine	14.3	12.4–16.1	9.2	7.6–10.9
Refugees from Afghanistan, Iran, Iraq, and Syria	18.1	14.4–21.8	11.9	9.4–14.4

Table 5: Determinants of depressive symptoms (PHQ-2) among refugees from Ukraine (n = 2,752) and those from Afghanistan, Iran, Iraq, and Syria (n = 1,435). Results of the Poisson regression models (prevalence ratios). Sources: IAB-BAMF-SOEP Survey of Refugees 2023.

	UKR			AFG, IRN, IRQ, SYR		
	PR	95% CI	p-value	PR	95% CI	p-value
Gender						
Women	1.25	0.95–1.65	0.114	1.04	0.78–1.38	0.792
Men				Ref.		
Age groups						
18 to 39 years				Ref.		
40 to 59 years	0.72	0.58–0.89	0.002	0.90	0.64–1.26	0.536
60 years and older	0.90	0.67–1.23	0.521	1.41	0.83–2.40	0.204
Education						
Low				Ref.		
Medium	0.96	0.64–1.43	0.825	1.03	0.72–1.48	0.862
High	0.91	0.62–1.34	0.633	1.31	0.88–1.96	0.180
Income						
<60% of the median	1.33	1.03–1.70	0.026	1.08	0.71–1.63	0.718
>60% of the median				Ref.		
Employment status						
Employed				Ref.		
Unemployed	1.31	1.01–1.70	0.045	1.50	1.04–2.17	0.031
Partnership						
Single				Ref.		
Partner in Germany	0.76	0.61–0.96	0.021	0.76	0.57–1.03	0.073
Partner abroad	0.92	0.70–1.21	0.553	1.18	0.72–1.92	0.516
Social contacts (at least once a week)						
Yes				Ref.		

No	1.28	1.05–1.55	0.014	1.26	0.96–1.66	0.091
Experiences of discrimination						
Yes	1.47	1.21–1.79	<0.001	1.91	1.42–2.56	<0.001
No	Ref.					
Housing satisfaction						
Low	1.41	1.08–1.85	0.012	1.13	0.81–1.57	0.465
Medium	1.28	1.01–1.62	0.040	0.94	0.67–1.32	0.730
High	Ref.					
German language proficiency						
Poor	0.99	0.75–1.31	0.959	1.65	1.13–2.42	0.010
Moderate	0.84	0.63–1.12	0.226	1.21	0.85–1.73	0.297
Good	Ref.					

UKR = Ukraine, AFG = Afghanistan, IRN = Iran, IRQ = Iraq, SYR = Syria

PR = Prevalence Ratio, CI = Confidence Interval, Ref. = Reference group,

Bold = statistically significant compared to the reference group, weighted analysis.

Table 6: Determinants of depressive symptoms (PHQ-2) among women (n = 1,914) and men (n = 838) from Ukraine. Results of Poisson regression models (prevalence ratios). Sources: IAB-BAMF-SOEP Survey of Refugees 2023.

	Women			Men		
	PR	95% CI	p-value	PR	95% CI	p-value
Age groups						
18 to 39 years			Ref.			
40 to 59 years	0.69	0.55–0.88	0.002	0.81	0.51–1.31	0.402
60 years and older	0.92	0.65–1.30	0.621	0.86	0.47–1.57	0.619
Education						
Low			Ref.			
Medium	1.00	0.61–1.66	0.990	0.83	0.41–1.66	0.595
High	0.93	0.57–1.51	0.769	0.79	0.42–1.48	0.460
Income						
<60% of the median	0.68	0.52–0.89	0.005	1.17	0.63–2.17	0.626
>60% of the median			Ref.			
Employment status						
Employed			Ref.			
Unemployed	1.28	0.96–1.70	0.097	1.37	0.79–2.37	0.257
Partnership						
Single			Ref.			
Partner in Germany	0.79	0.62–1.01	0.057	0.69	0.42–1.13	0.141
Partner abroad	0.97	0.73–1.28	0.828	0.31	0.07–1.37	0.121
Social contacts (at least once a week)						
Yes			Ref.			
No	1.27	1.03–1.57	0.028	1.26	0.80–1.99	0.323
Experiences of discrimination						
Yes	1.40	1.13–1.74	0.002	1.66	1.07–2.59	0.025

No				Ref.		
Housing satisfaction						
Low	1.41	1.05–1.89	0.023	1.54	0.86–2.77	0.145
Medium	1.08	0.83–1.40	0.570	2.27	1.40–3.69	0.001
High				Ref.		
German language proficiency						
Poor	1.12	0.82–1.53	0.476	0.66	0.38–1.14	0.135
Moderate	0.88	0.64–1.21	0.428	0.70	0.38–1.29	0.252
Good				Ref.		

PR = Prevalence Ratio, CI = Confidence Interval, Ref. = Reference group,

Bold = statistically significant compared to the reference group, weighted analysis.

Table 7: Determinants of depressive symptoms (PHQ-2) among women (n = 612) and men (n = 823) from Afghanistan, Iran, Iraq, and Syria. Results of Poisson regression models (prevalence ratios). Sources: IAB-BAMF-SOEP Survey of Refugees 2023.

	Women			Men		
	PR	95% CI	p-value	PR	95% CI	p-value
Age groups						
18 to 39 years				Ref.		
40 to 59 years	0.71	0.44–1.14	0.153	1.03	0.64–1.66	0.908
60 years and older	1.45	0.61–3.41	0.400	1.66	0.84–3.27	0.147
Education						
Low				Ref.		
Medium	1.71	1.06–2.75	0.027	0.68	0.41–1.12	0.133
High	1.30	0.68–2.48	0.421	1.30	0.83–2.04	0.258
Income						
<60% of the median	1.32	0.65–2.68	0.434	0.84	0.51–1.39	0.498
>60% of the median				Ref.		
Employment status						
Employed				Ref.		
Unemployed	1.17	0.65–2.11	0.601	1.67	1.07–2.59	0.023
Partnership						
Single				Ref.		
Partner in Germany	1.04	0.64–1.70	0.869	0.61	0.41–0.92	0.018
Partner abroad	1.23	0.47–3.23	0.671	1.09	0.64–1.86	0.750
Social contacts (at least once a week)						
Yes				Ref.		
No	0.97	0.66–1.43	0.886	1.32	0.94–1.87	0.113
Experiences of discrimination						
Yes	2.76	1.78–4.28	<0.001	1.52	1.04–2.21	0.030

No				Ref.		
Housing satisfaction						
Low	1.07	0.64–1.79	0.800	1.19	0.88–2.34	0.413
Medium	1.37	0.87–2.14	0.175	0.76	0.77–1.90	0.250
High				Ref.		
German language proficiency						
Poor	2.11	1.20–3.71	0.010	1.44	0.88–2.34	0.144
Moderate	1.25	0.74–2.13	0.409	1.21	0.77–1.90	0.407
Good				Ref.		

PR = Prevalence Ratio, CI = Confidence Interval, Ref. = Reference group,
 Bold = statistically significant compared to the reference group, weighted analysis.

Table 8: Determinants of anxiety symptoms (GAD-2) among refugees from Ukraine (n=2,869) and those from Afghanistan, Iran, Iraq, and Syria (n=1,457). Results of the Poisson regression models (prevalence ratios). Sources: IAB-BAMF-SOEP Survey of Refugees 2023.

	UKR			AFG, IRN, IRQ, SYR		
	PR	95% CI	p-value	PR	95% CI	p-value
Gender						
Women	1.66	1.14–2.43	0.009	1.25	0.95–1.65	0.118
Men				Ref.		
Age groups						
18 to 39 years				Ref.		
40 to 59 years	0.69	0.53–0.89	0.004	1.12	0.84–1.50	0.438
60 years and older	0.85	0.59–1.23	0.398	1.24	0.71–2.17	0.455
Education						
Low				Ref.		
Medium	0.80	0.52–1.23	0.315	1.03	0.70–1.51	0.871
High	0.80	0.54–1.20	0.287	1.10	0.70–1.73	0.671
Income						
<60% of the median	1.07	0.78–1.47	0.682	1.18	0.79–1.78	0.419
>60% of the median				Ref.		
Employment status						
Employed				Ref.		
Unemployed	0.95	0.71–1.26	0.719	1.32	0.91–1.93	0.146
Partnership						
Single				Ref.		
Partner in Germany	0.71	0.53–0.94	0.016	0.54	0.41–0.72	<0.001
Partner abroad	0.77	0.54–1.08	0.126	0.99	0.61–1.60	0.959
Social contacts (at least once a week)						
Yes				Ref.		

No	1.67	1.32–2.12	<0.001	1.29	0.97–1.71	0.085
Experiences of discrimination						
Yes	2.14	1.69–2.71	<0.001	2.07	1.50–2.85	<0.001
No	Ref.					
Housing satisfaction						
Low	1.33	0.96–1.84	0.083	1.15	0.81–1.64	0.427
Medium	1.09	0.80–1.49	0.595	1.09	0.79–1.51	0.604
High	Ref.					
German language proficiency						
Poor	1.41	1.01–1.95	0.041	1.91	1.30–2.80	0.001
Moderate	1.11	0.79–1.55	0.552	1.31	0.92–1.87	0.130
Good	Ref.					

UKR = Ukraine, AFG = Afghanistan, IRN = Iran, IRQ = Iraq, SYR = Syria

PR = Prevalence Ratio, CI = Confidence Interval, Ref. = Reference group,

Bold = statistically significant compared to the reference group, weighted analysis.

Table 9: Determinants of anxiety symptoms (GAD-2) among women (n=1,993) and men (n=876) from Ukraine. Results of Poisson regression models (prevalence ratios).
Sources: IAB-BAMF-SOEP Survey of Refugees 2023.

	Women			Men		
	PR	95% CI	p-value	PR	95% CI	p-value
Age groups						
18 to 39 years			Ref.			
40 to 59 years	0.74	0.57–0.98	0.033	0.44	0.24–0.82	0.009
60 years and older	0.97	0.65–1.44	0.872	0.44	0.19–1.01	0.054
Education						
Low			Ref.			
Medium	0.76	0.47–1.21	0.246	0.80	0.32–1.98	0.628
High	0.70	0.45–1.08	0.107	1.20	0.50–2.91	0.681
Income						
<60% of the median	0.87	0.62–1.23	0.435	1.50	0.74–3.01	0.259
>60% of the median			Ref.			
Employment status						
Employed			Ref.			
Unemployed	1.01	0.74–1.39	0.933	0.76	0.41–1.43	0.395
Partnership						
Single			Ref.			
Partner in Germany	0.78	0.60–1.03	0.085	0.49	0.25–0.95	0.035
Partner abroad	0.81	0.57–1.15	0.232	0.40	0.07–2.35	0.311
Social contacts (at least once a week)						
Yes			Ref.			
No	1.72	1.33–2.21	<0.001	1.39	0.76–2.56	0.288
Experiences of discrimination						
Yes	2.11	1.64–2.72	<0.001	2.26	1.28–4.00	0.005

No				Ref.		
Housing satisfaction						
Low	1.23	0.86–1.77	0.263	2.08	0.98–4.42	0.056
Medium	0.99	0.72–1.36	0.947	1.50	0.70–3.24	0.297
High				Ref.		
German language proficiency						
Poor	1.27	0.90–1.79	0.177	3.04	1.08–8.59	0.036
Moderate	1.00	0.70–1.43	0.997	2.27	0.75–6.84	0.145
Good				Ref.		

PR = Prevalence Ratio, CI = Confidence Interval, Ref. = Reference group,

Bold = statistically significant compared to the reference group, weighted analysis.

Table 10: Determinants of anxiety symptoms (GAD-2) among women (n = 620) and men (n = 837) from Afghanistan, Iran, Iraq, and Syria. Results of Poisson regression models (prevalence ratios). Sources: IAB-BAMF-SOEP Survey of Refugees 2023.

	Women			Men		
	PR	95% CI	p-value	PR	95% CI	p-value
Age groups						
18 to 39 years				Ref.		
40 to 59 years	1.03	0.70–1.52	0.866	1.27	0.79–2.03	0.324
Ages 60 and older	0.89	0.39–2.03	0.776	1.76	0.87–3.57	0.117
Education						
Low				Ref.		
Medium	1.33	0.79–2.23	0.287	0.81	0.47–1.39	0.441
High	1.56	0.85–2.85	0.154	0.88	0.48–1.66	0.701
Income						
<60% of the median	1.20	0.56–2.58	0.631	0.76	0.47–1.66	0.284
>60% of the median				Ref.		
Employment status						
Employed				Ref.		
Unemployed	1.46	0.81–2.64	0.207	1.32	0.82–1.25	0.255
Partnership						
Single				Ref.		
Partner in Germany	0.70	0.48–1.02	0.063	0.42	0.28–0.64	<0.001
Partner abroad	1.39	0.64–3.01	0.400	0.85	0.49–1.50	0.585
Social contacts (at least once a week)						
Yes				Ref.		
No	1.17	0.80–1.71	0.413	1.27	0.86–1.87	0.233
Experiences of discrimination						
Yes	2.68	1.72–4.16	<0.001	1.72	1.11–2.66	0.014

No				Ref.		
Housing satisfaction						
Low	1.02	0.64–1.62	0.928	1.34	0.82–2.19	0.243
Medium	1.14	0.72–1.79	0.572	1.14	0.72–1.82	0.575
High				Ref.		
German language proficiency						
Poor	1.73	0.99–3.03	0.053	1.97	1.18–3.29	0.010
Moderate	1.15	0.70–1.88	0.582	1.39	0.86–2.26	0.178
Good				Ref.		

PR = Prevalence Ratio, CI = Confidence Interval, Ref. = Reference group,

Bold = statistically significant compared to the reference group, weighted analysis.