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Long-term benefits to psychological health and well-being after ceremonial use of Ayahuasca in Middle Eastern and North African immigrants and refugees

Matthew X. Lowe^{1*}, Hannes Kettner^{2,3}, Del R. P. Jolly¹,
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Background: Refugees and immigrants can experience complex stressors from the process of immigration that can have lasting and severe long-term mental health consequences. Experiences after ayahuasca ingestion are shown to produce positive effects on psychological wellbeing and mental health, including anecdotal reports of improved symptoms of trauma and related disorders. However, data on the longitudinal health impact of naturalistic ayahuasca use in Middle Eastern and North African (MENA) immigrant and refugee populations is limited.

Aims: The current longitudinal online survey study was conducted to gather prospective data on ceremonial ayahuasca use in a group (N = 15) of primarily female MENA immigrants and refugees and to provide further insight into the patterns and outcomes surrounding that use. The study sought to assess self-reported changes in physical and mental health, well-being, and psychological functioning, examine relationships between aspects of individual mindset (e.g., psychedelic preparedness) prior to ayahuasca use and observed outcomes during (e.g., subjective drug effects) and afterwards (i.e., persisting effects), characterize risks and negative experiences, and describe trauma exposure and personal history.

Results/Outcomes: Our findings revealed ceremonial use of ayahuasca is associated with significant improvements in mental health, well-being, and psychological functioning, including reductions in depression, anxiety, and shame, and increases in cognitive reappraisal and self-compassion. Most participants reported no lasting adverse effects and experienced notable positive behavioral changes persisting months after ingestion.

Reproductive Health In The Middle East And North Africa Well Being For All

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Reproductive Health In The Middle East And North Africa Well Being For All:

Reproductive Health in the Middle East and North Africa Atsuko Aoyama,2001 *Reproductive Health in the Middle East and North Africa* Atsuko Aoyama,2001 Extrait de la couverture Reproductive health is a critical issue for most developing countries particularly those facing high rates of population growth This paper constitutes the first comprehensive overview of the reproductive health issues of the Middle East and North Africa It presents the complexity of the subject and demonstrated that economic development alone does not necessarily lead to improvements in reproductive health This review will be an essential tool for those who are to design implement and monitor programs for improving reproductive health in the region It is also intended to help stimulate discussion among various stakeholder in the context of economic and social development efforts to achieve well being for future generations **Well-being for All Beyond Generations** Atsuko Aoyama,2001 Public Health in the Arab World Samer Jabbour,2012-03-08 This volume reviews the public health concerns and challenges specific to the complex Arab world from a multidisciplinary perspective Mental Health Aspects of Women's Reproductive Health World Health Organization,2009 This book has reviewed the research undertaken on a broad range of reproductive health issues and their mental health determinants consequences over the last 15 years from both high and low income countries Evidence from peer reviewed journals has been used wherever possible but has been augmented with results of a specific survey initiated to gather state of the art information on reproductive and mental health issues from a variety of researchers and interested parties Valuable data from consultant reports national programme evaluations and postgraduate research work was also compiled analyzed and synthesized *A Guide to the World Bank* ,2003 The World Bank Group works in more than 100 developing economies and is one of the world s largest sources of development assistance In 2002 the institution provided US 19 5 billion in loans to its client countries This guide reviews the organisation s history objectives and operations and looks at the five institutions that make up the World Bank Group the International Bank for Reconstruction and Development IBRD the International Development Association IDA the International Finance Corporation IFC the Multilateral Investment Guarantee Agency MIGA and the International Centre for Settlement of Investment Disputes ICSID Health Policy Research in South Asia Abdo Yazbeck,David H. Peters,2003-01-01 South Asia is a region of contrasts with impressive technological achievements but also more than 40 percent of the world s poor These contrasts are evident in the health sector which demonstrates large variations in health nutrition and fertility outcomes Health Policy Research in South Asia showcases some of the innovative qualitative and quantitative research methodologies being used in South Asia to provide empirical guidance for health sector reform and policy development The four research areas presented are analysis of inequality expenditure analysis private sector analysis and consumer and provider perspectives Salient themes emerge from the 12 health policy research activities reviewed and emphasize the importance of strengthening local capacity and building ownership Governments can and should distribute subsidies in the health sector

more efficiently and effectively The private sector which dominates service delivery in most of South Asia requires a different set of public sector policy instruments Informed consumers citizens can and should play an important role in influencing health service delivery Empirical research can and should provide policymakers with some of the tools needed to improve and monitor the performance of the sector This book will be of interest to health sector policymakers and analysts to academics and students in public health and health economics and to anyone with an interest in the impact of health policy on development

Sexuality in the Middle East and North Africa J. Michael Ryan, Helen Rizzo, 2024-10-15 Issues of sexuality in the Middle East and North Africa have served as a lightning rod for international discussions surrounding the treatment of those who identify as LGBTQ sexual and reproductive health and the prevention of sexual violence While a growing body of scholarship and internal advocacy groups have brought more open dialogue within and about the MENA region this volume builds on the small but growing literature on sexuality in the Middle East and North Africa by providing critical insights and academic analysis into a broad range of complex and controversial issues Spanning a wide array of countries from Algeria to Yemen Egypt Iran Israel and Saudi Arabia this volume offers a comprehensive regional analysis that transcends the limitations of country specific studies Three themes guide the volume s organization sexual politics rights and movements gender and sexual minorities and sexual health identity and well being Drawing on contemporary scholarship and ethnographic fieldwork the contributors shed light on how sexuality is a foundational element of national and regional discourses acts as a political tool for marking difference and has the possibility to enlighten restrict liberate or oppress the millions of individuals living in the region This volume is essential reading for scholars policymakers and anyone interested in the intersection of sexuality identity and human rights in the Middle East and North Africa

HIV/AIDS in Latin American Countries Anabela Garcia-Abreu, Isabel Noguer, Karen Cowgill, 2003-01-01 Annotation The report evaluates current national surveillance capacity and assesses national responses of the health sector to the epidemic on a country by country basis Importantly the report identifies key areas in which specific interventions are urgently needed and the challenges ahead

Adolescent Health in the Middle East and North Africa Caroline Barakat, Rania Dghaim, Fatme Al Anouti, 2022-05-18 This 2 volume set focuses on adolescent health in the Middle East and North Africa region MENA and presents the latest research on the health risk behaviours and social behaviours that adolescents from the MENA region engage in While there has been a surge in peer reviewed research publications on population health in the MENA region in the last couple of decades very few books offer a resource to address the diverse negative influences that disproportionately affect adolescents and children in the MENA region including increased tobacco consumption culture low emphasis on physical activity increased sedentary behaviours weak health policies and societal issues related to displacement and political conflicts These books offer a synthesis of current knowledge on adolescent health issues in the MENA region and aim to provide evidence informed adolescent health care practices that address current issues related to mental physical reproductive and nutritional health

Volume 2 focuses on nutritional and reproductive health in the MENA region predictive modelling of obesity determinants of sexual and oral health HIV and diabetes The study will aid health care professionals policy makers government organizations and health program planners to assess current policies and practices related to adolescent health in the MENA region and to identify the best courses of action moving forward *Middle Eastern Societies in the 20th Century* Jerzy

Zdanowski,2014-10-16 This book provides a comprehensive overview of the last 100 years in the Middle East from the perspective of social history It is apt to date the beginning of the modern Middle East to the industrialization era while it extends its reach into the present Taking its lead from modernization theory this book illustrates past expectations of the present and helps to understand everyday occurrences rather than sensational events It adopts a multi disciplinary perspective and concentrates on the relationship between history and social theory From a historical perspective the categories of social anthropology and social theory are referred to as social mobility urbanization migration cultural change gender identities and the young generation The book addresses the primary issues of importance for the region namely natural and human resources demography and its dynamics family life patriarchy and the emancipation of women class structure and social mobility ethnic and religious minorities migration and its impact on culture and politics refugees problems in historical and contemporary contexts urbanization in the Middle Eastern context the challenges of development and finally the social and political consequences of the Arab Spring **Health Economics in Development** Philip

Musgrove,2004 This publication contains a collection of papers which span 21 years of the author s thought and experiences regarding the subject on health economics working at the Pan American Health Organization the World Health Organization and the World Bank The papers consider a range of topics including the connection between public health and economics the issue of equity in health effectiveness and efficiency particularly in relation to communicable diseases and malnutrition health financing how the burden of ill health is measured the roles of the state and the market in health The empirical material refers to a variety of specific health problems or interventions including smoking polio malaria immunisation and various forms of malnutrition *Reducing Maternal Mortality* Marjorie A. Koblinsky,2003 To assist countries in their efforts to improve maternal health and reduce maternal mortality the World Bank is publishing two volumes Investing in Maternal Health Learning from Malaysia and Sri Lanka and Reducing Maternal Mortality Learning from Bolivia China Egypt Honduras Indonesia Jamaica and Zimbabwe These two books offer success stories and lessons learned in improving health and reducing maternal mortality in a range of developing countries The first book is based on the experiences of Malaysia and Sri Lanka during the past five to six decades The second book discusses the more recent experiences of Bolivia China Yunnan Egypt Honduras Indonesia Jamaica and Zimbabwe These nine countries have made important strides in improving maternal health and these two books outline what worked and what did not BOOK JACKET **Innovations in Health Service**

Delivery Alexander S. Preker, April Harding,2003 As the largest expenditure category of the health systems in both

industrialised and developing countries hospital care provision has been the focus of reforms over recent decades This publication reviews recent trends in hospital policy reforms and options around the world and includes case studies which offer insights into lessons learned Issues considered include differences in income levels cultural settings and market environments organisational changes such as increased management autonomy and privatisation the need for parallel reforms and effective evaluation mechanisms

Combating Malnutrition Stuart R. Gillespie, Milla McLachlan, Roger Shrimpton, 2003 Malnutrition is a factor in half of all child deaths as well as hindering childhood development and increasing the risk of chronic diseases in later life It is clear that the Millennium Development Goals cannot be reached without significant global efforts to eliminate malnutrition This report has been jointly produced by UNICEF and the World Bank and examines lessons learned from the development policy agenda to reduce malnutrition levels and promote nutrition programmes It includes country case studies from India Madagascar the Philippines and Tanzania

Dotawo Dotawo Journal, 2019-02-05 Dotawo A Journal of Nubian Studies offers a platform in which the old meets the new in which archaeological papyrological and philological research into Meroitic Old Nubian Coptic Greek and Arabic sources confront current investigations in modern anthropology and ethnography Nilo Saharan linguistics and the critical and theoretical approaches of postcolonial and African studies Dotawo gives a common home to the past present and future of one of the richest areas of research in African studies It offers a crossroads where papyrus can meet the internet scribes meet critical thinkers and the promises of growing nations meet the accomplishments of older kingdoms Volume 5 of Dotawo focuses on Nubian women both ancient and contemporary Nubian women whether they were queens or commoners Christians or Muslims have always been held in high esteem by their communities The articles in this volume of Dotawo focus on the ways in which Nubian women survive and thrive throughout the centuries

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Historical Dictionary of the World Bank Sarah Tenney, Anne C. Salda, 2013-10-30 When it was founded back in 1944 no one could possibly have foreseen how the World Bank known more formally as the International Bank for Reconstruction and Development IBRD would flourish Today with 188 members it is by

far the largest lender for projects in agriculture health infrastructure and many other fields in developing countries around the world with a budget of billions of dollars and a staff of more than 9 000 and its advice is usually heeded by both the developing countries which borrow from it and the advanced ones which contribute This second edition of the Historical Dictionary of the World Bank shows the substantial progress the Bank has made this mainly through the dictionary section with concise entries on its component institutions related organizations its achievements in various fields some of the major projects and member countries and its various presidents The introduction explains how the Bank works while the chronology traces the major events over nearly 70 years Meanwhile the list of acronyms reminds us just who the main players are And the bibliography directs readers to useful internal documentation and outside studies **Routledge**

Handbook on Human Rights and the Middle East and North Africa Anthony Tirado Chase,2016-11-10 Recent events such as Iran s Green Revolution and the Arab Uprisings have exploded notions that human rights are irrelevant to Middle Eastern and North African politics Increasingly seen as a global concern human rights are at the fulcrum of the region s on the ground politics transnational intellectual debates and global political intersections The Routledge Handbook on Human Rights and the Middle East and North Africa emphasises the need to consider human rights in all their dimensions rather than solely focusing on the political dimension in order to understand the structural reasons behind the persistence of human rights violations explores the various frameworks in which to consider human rights conceptual political and transnational international discusses issue areas subject to particularly intense debate gender religion sexuality transitions and accountability contains contributions from perspectives that span from global theory to grassroots reflections emphasising the need for academic work on human rights to seriously engage with the thoughts and practices of those working on the ground A multidisciplinary approach from scholars with a wide range of expertise allows the book to capture the complex dynamics by which human rights have had or could have an impact on Middle Eastern and North African politics This book will therefore be a key resource for students and scholars of Middle Eastern and North African politics and society as well as anyone with a concern for Human Rights across the globe [The Middle East and North Africa \(MENA\)'s Moral Compass](#)

Nehme Azoury,Patrick Abi Nahed,Georges Azzi,2025-07-07 In a world of rapid socio political shifts the Middle East and North Africa MENA region stands at the crossroads of profound transformation This ground breaking book illuminates the untapped potential of MENA s youth as catalysts for change in ethical governance and social reform From combating corruption to navigating the digital battlegrounds of activism young leaders are redefining governance and policy making wielding technology to amplify their voices and shape transparent inclusive systems With historical insights case studies and a forward thinking lens this book explores how youth movements are challenging entrenched systems fostering resilience and paving pathways to justice and equity This compelling narrative celebrates innovation and resilience offering actionable insights for policymakers academics and anyone inspired by the transformative power of youth Will the emerging generation

succeed in steering MENA toward a future grounded in integrity and shared purpose The answer awaits in these pages

Disease Control Priorities, Third Edition (Volume 2) Robert Black,Ramanan Laxminarayan,Marleen Temmerman,Neff Walker,2016-04-11 The evaluation of reproductive maternal newborn and child health RMNCH by the Disease Control Priorities Third Edition DCP3 focuses on maternal conditions childhood illness and malnutrition Specifically the chapters address acute illness and undernutrition in children principally under age 5 It also covers maternal mortality morbidity stillbirth and influences to pregnancy and pre pregnancy Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood in particular the overlap and commonality with the child development volume The DCP3 evaluation of these conditions produced three key findings 1 There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy unsafe abortion nonsexually transmitted infections infertility and violence against women 2 Investments in the continuum of care can have significant returns for improved and equitable access health poverty and health systems 3 There is a large difference in how RMNCH conditions affect different income groups investments in RMNCH can lessen the disparity in terms of both health and financial risk

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