

The Effect of Meaningful Daily Activity on  
Syrian and Iraqi refugee Well-Being in an Urban Jordan Sample

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**Abstract**

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*Purpose:* Being a refugee is associated with poor mental health outcomes. Pre-migration trauma includes witnessing deaths and injuries resulting from armed conflict, threats, and destruction of infrastructure, leading to significant stress. Once relocated, quality of daily life doesn't necessarily improve much; because of their restricted access to employment and volunteering, people face stress. To explore the lack meaningful daily activity effect on the health and state of mind of Syrian and Iraqi refugees living in urban areas of Jordan, the overall mental health of refugees related to exposure to traumatizing events in their home countries, and refugee expectations effect on their mental health.

*Methods:* In a cross sectional study, 42 Iraqi and Syrian refugees responded to the survey we designed. Both quantitative and qualitative methods were used to analyse the data.

*Results:* All refugees were not involved in any paid jobs or volunteering activities; well-being scores were low in this study. Participants described a variety of reasons behind leaving their home countries; the most significant reason was receiving death threats, younger females had better well-being scores than others.

*Conclusion:* We conclude more research should be done to assess the role of boredom and lack of meaningful daily activities on the health and well-being of refugees. Work arrangements for refugees are a matter of law, so finding a strong association could lead to policy-relevant change.

**Keywords :**

Syria, Iraq, refugees, meaningful daily activity, stress, health outcomes, mental health

## **Background:**

The wars in Iraq and Syria have prompted hundreds of thousands of refugees to flee killing, threats, fear and chaos in their home communities. Jordan has been remarkably generous to these refugees; the United Nations High Commissioner for Refugees (UNHCR) estimates Jordan has the world's second largest ratio of refugees to national population, at 88 per 1,000 (1). Jordan was still struggling to recover from the burden of Iraqi refugees following the U.S.-led coalition invasion in 2003 (2) when the new wave of those displaced by the 2011 Syrian war started to arrive (3).

UNHCR estimates Jordan has welcomed 650,000 UNHCR-documented refugees, along with 750,000 undocumented refugees (4). Although Jordanian authorities have allocated funds to accommodate the flocking refugees (5), policymakers are concerned about the competition refugees create for Jordanian citizens desperate for jobs; multiple regulations ensure Jordanian workers will not be replaced by refugees (6). Jordan is a small country with limited resources (7)(8), and even the native population has struggled to find well-paying jobs. This leaves refugees in Jordan with a lack of access to work, leading to the scarcity of meaningful daily activity and low quality of life.

Being a refugee is associated with poor mental health outcomes. Pre-migration trauma includes witnessing deaths and injuries resulting from armed conflict, threats and kidnappings, torture, and destruction of infrastructure, leading to significant stress (9)(10)(11). These factors contribute to mass population decisions to relocate, both internally and to other countries. See Figure 1.

Forcibly displaced people are prone to a constellation of undiagnosed mental disorders, like post-traumatic stress disorder (PTSD), generalized anxiety disorders, panic disorders, borderline personality disorders, suicide and depression (12)(13). Once relocated, quality of daily life doesn't necessarily improve much, either, as refugees are subjected to crowded shelters, poor environmental conditions, noise, and lack of infrastructure (electricity, clean water, sewage, transportation, communication, health care (14)(15). Individuals living in disadvantaged neighborhoods are subject to lower quality of life than individuals, regardless of their personal circumstances (17). Half of Jordan's

Syrian refugees have chronic medical conditions (9), and are more prone to depression (18).

Access to health care for refugees is predicted by income, transportation, numbers of hospitals, number of physicians per capita, level of education, cost and the economy of the hosting government (19). Jordan's health system has been overwhelmed by the refugee influx. The deterioration of Syrian refugee mental health can, in part, be attributed to lack of access to services (20)(21). Moreover, mental health is de-prioritized for refugees when compared to physical health needs (22).

UNHCR reports one in five (20%) refugees in Jordan is living in camps (Za'atari, Azraq and Emirati-Jordanian), while the remainder (80%) reside in urban settings, specifically the governorates of Amman, Irbid, Mafraq and Zarqa (23)(24). Literature suggests refugees residing in camps are subjected to lower quality of life and poorer health outcomes because they are confined within the borders of the camp (25). Jordan's urban dwelling refugees have more freedom of movement (26), and are generally more economically prosperous and better educated (27) leading to an assumption that quality of life for urban refugees is better (28)(29). Typically, one of the reasons better educated people are healthier is that they have access to better jobs and higher incomes (29). The latter pathway, however, is negated for urban refugees in Jordan because of their restricted access to employment. Higher levels of anxiety among urban Iraqi refugees in Jordan have been associated with unemployment and lack of social networking (30)

The academic literature suggests boredom undermines health, and yet little is written about this problem among the millions of sidelined refugees pouring out of Syria. Boredom results from either doing nothing or doing repetitive, unrewarding tasks. The unengaged mind leads to lethargy, and boredom is often associated with depression, anxiety and even somatic symptoms. (31). People who had expected to be working at this stage in their lives, or who long for rewarding daily activities, face stress (32). Studies suggest having a sense of purpose in life is protective against depression and suicide (33). People without satisfying daily activity die earlier, because they are likely to engage in a destructive coping mechanism, such as drug abuse (34).

We conceptualized Figure 1 to represent the relationships we intended to study.

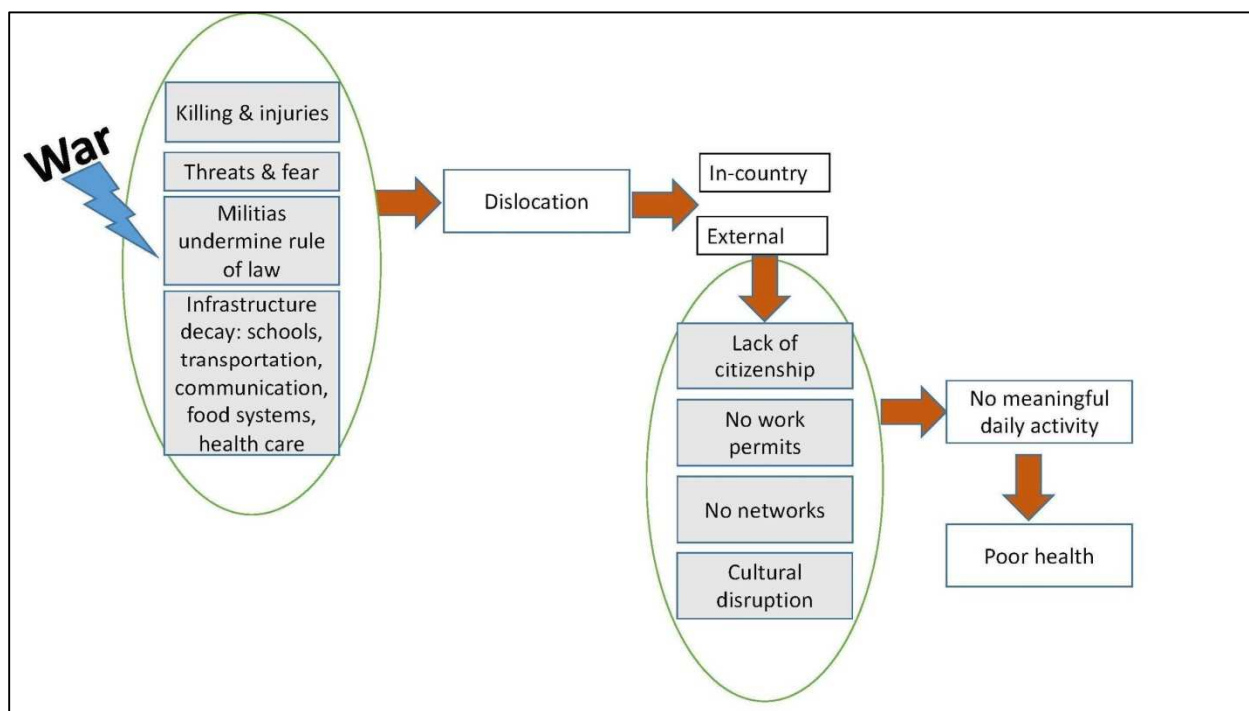
**Methods:**

We conducted a study of Syrian and Iraqi refugees to learn about the relationship between meaningful daily activity and health and well-being.

To explore the topic before deciding on survey questions, we distributed diaries to 20 refugees living in Jordan’s Za’atari refugee camp (24) over a period of a single week in April, 2016. Notebooks were distributed to Za’atari-based refugees with Arabic language instructions to describe their daily activities. Participants were also given cameras to illustrate

We piloted a questionnaire to use with urban refugees in Jordan, to assess the role of a purposeful daily routine, such as work, in predicting the health of Iraqi and Syrian refugees.

their writings with snapshots. These diaries were organized by a UW faculty member (author KF) with the organization International Relief and Development (IRD) the diaries were translated and coded in English by author ZAT. We learned participants spent their time mainly inside their residential units. Daily routine was restricted to domestic chores, socializing with neighbors when possible, and waiting in lines to bring water and food supplies. Most participants described their daily routine as “boring.” Few participants had jobs or even voluntary obligations inside the camp.



**Figure 1:** Conceptual framework for effects of dislocation and lack of meaningful activity on health

We identified eight themes in the diaries: *Deteriorated living conditions, financial difficulties, the harsh environment, access to healthcare, family disruption, concerns about the future, hopes for permanent resettlement, and how boring were the routines of each day.* We were most interested in the problem of “boring daily routine,” as it lent itself

most to policy relief by both refugee support agencies and host country governments.

To learn more, we conducted a survey based on themes identified from the diaries. Because the UN’s refugee relief agency, the United Nations High Commissioner for Refugees (UNHCR) refused

implementation of our survey at Za'atari camp, we revised it for an urban setting and piloted the survey in Arabic language with refugees in the Al-Hashimi district of Amman. Collateral Repair Project (CRP) staff distributed the survey to a convenience sample of 42 refugees who visited the CRP office in Amman between November 1, 2016, and December 15, 2016, to receive aid. Our sample included Arabic literate and temporarily resettled UNHCR-documented Iraqi and Syrian refugees in Amman, all older than 18 years old.

Our questionnaire collected routine demographic (Table 1) data, information about where refugees came from and how long they'd been in Amman, and reasons for leaving their home countries. Our predictor questions focused on the quality and meaning of daily activity. We asked about employment and volunteer work, but no respondents

Physical and mental health question responses were from the Arabic version of the standard SF-36 (35), validated in previous studies (36); answer choices included excellent, very good, good, fair and poor. Happiness choices were "all of the time," most of the time, half of the time, some of the time or hardly ever / never. Energy level choices were low, middle and high. The choices for daily activity moving one's life forward were "yes, mostly," not very often, and don't know. Well-being scores ranged from 0 to 5; respondents with a zero score were unhealthy, unhappy, low-energy, worried for loved ones left behind, and didn't view their lives as moving forward.

We created a single variable score for "well-being," using responses to five separate questions; this new single variable served as our primary outcome measure. The questions contributing to the score included 1) *How would you describe your health?* 2) *How often do you feel happy?* 3) *What is your level of energy on an average day?* 4) *If you left behind people (family or close friends) you love dearly, how*

## **Results:**

All 42 Iraqi and Syrian refugees who were asked to participate in this study were willing to answer the survey. Not all respondents completed every question, however. More than a third (42%) of participants were middle-aged (41-50 years old); the younger group was aged 28-40, at 32%. Most described themselves as lower middle class, with

acknowledged being engaged in either of those activities. Therefore, our primary predictor variable was the single question, "How much of your day is spent in meaningful daily activities?," with answer choices of "less than 25%," "nearly half," and "more than half." We also asked about mediating issues, such as people left behind and how worried respondents were about them. Data were translated and coded to English.

We conducted simple frequency analysis on all survey question responses (Tables 1-4), then calculated an outcome score for well-being (Table 5). Simple bivariate associations were analyzed in relation to our outcome score (Tables 6, 7 and 8). We created a regression model to predict well-being using our "meaningful daily activity" variable while controlling for important demographic variables (Table 9).

*worried are you about them? 5) Do you feel your daily activities are moving your life forward?*

Open-ended questions included: *If you work at a paid job what is it? If you are a volunteer, where do you volunteer? When you came to Jordan, what were you hoping for? What was your occupation in your country of origin?*. Author ZAT read the responses in Arabic, translated them, and coded them for numeric analysis.

To help us interpret questionnaire responses, we arranged to conduct a phone interview with one of the respondents to clarify some of confusing concepts.

The University of Washington's Institutional Review Board granted permission for this study (2016-840). The research met exempt Category 2, because the survey was low risk and did not capture respondent identity. Data were analyzed using Stata Corp's *Stata Statistical Software, Release 14*, College Station, TX.

29% describing themselves as poor and a similar number (23%) describing themselves as upper middle class. None described themselves as wealthy. More than half ( $n = 21$ , 56.0%) were Muslims. The largest proportion of respondents (44%) did not graduate from high school, while a third (37%) said they completed education beyond high school. Most had children (50% had between one and three), although about a fourth (34%) said they had no children.

Average household size was 4, with a range of 2 to 12. Nearly two thirds had been in Jordan at least three years. Half were from Iraq (60%), and a third (40%) were from Syria. (Table 1)

The largest proportion of refugee respondents said they arrived in Jordan with expectations of settling permanently (37%). Nearly all (90%) said they left behind people (family or close friends) they love dearly, and they were worried “a lot” about them (92%). We offered closed choices in our questionnaire for reasons to leave the home country. About half of respondents said their homes were destroyed (52%), they were afraid for the future (52%), or aid there was a dangerous conflict in their vicinity (42%). Nearly a third said they or a member of their family received a death threat. Five said either they or a person close to them was arrested, and six said they or someone close to them was injured in fighting. 16 witnessed a killing. (Table 2)

Refugees reported very little purposeful engagement in their lives. Most refugees (69%) said less than 25% of their daily activity was meaningful. None of the participants reported volunteering with any organization and none had a work permit for a paid job or admitted to having a job. (Table 3)

The overall health of refugee respondents was poor. Most people rated their health as fair (47%) or poor (23%), although one in four said their health was good. None rated their health as excellent. Almost half the respondents (49%) indicated they hardly ever or never felt happy, though 44% said they felt happy “some of the time.” When asked about their level of energy on an average day, most (64%) said “middle,”

### **Discussion:**

Our study used mixed methods to assess Iraqi and Syrian refugee well-being in relation to meaningful daily activity. Not a single Syrian or Iraqi refugee respondent to our questionnaire report being involved in any sort of work or volunteer-related productive daily routine, mostly attributable to Jordanian laws limiting the legal rights of refugees to work or volunteer. Because so few people were involved in meaningful activity, it was difficult to find an association between such activity and well-being. A study of the effects of unemployment on the well-being of South Asian refugees found unemployment is probable risk factor for depression (37). Another study found that prisoners are willing

with a third (31%) saying “low.” About half (51%) the participants said their daily activities were not moving their lives forward; about one in four responded they “didn’t know” whether their activities were moving them forward or not. (Table 4).

As reported in the methods section, we generated a well-being score based on five questions (worry, life moving forward, energy, health, happiness). Scores were low in general, with most respondents reporting a well-being score of 1 or 2 on the scale of 0 to 5. (Table 5)

We analyzed the relationship between wellbeing and reasons why respondents said they left their home countries. Scores were significantly lower when respondents reported they or someone in family received a death threat ( $p < .05$ ) or when they reported “dangerous conflict in the vicinity” ( $p < .10$ ) (Table 6). Women had higher well-being scores than men ( $p < .05$ ), and younger refugees also fared better, as did Muslims (compared to Christians), Syrians, and those without children, but the scores were not statistically significant. (Table 7)

We found that of those who had less than 25% meaningful activities during the day (62%) were unhealthy, (68%) had middle levels of energy, (54%) said their daily activities did not move their lives forward, and (90%) said they were worried a lot. (Table 8)

Female well-being scores are higher than men by 0.43 (95% CI -0.49 to 1.36). Syrians well-being scores are higher than Iraqis by 0.44 point (95% CI -0.41 to 1.29). (Table 9)

to participate in a hypothetical drug trial in order to avoid boredom (38)

Most refugees in our study indicated they were unhealthy, unhappy and low-energy, a finding consistent with other studies of refugees(8). Only half of respondents said they were happy even some of the time, very different from individuals in normal life situations (39). A study of Vietnamese refugees suggested high premigratory expectations, coupled with unhappy post migratory experiences has played a role in the low well-being of Vietnamese refugees (40). Lack of social support after being resettled was particularly associated with higher rates of depression and anxiety (39)(40).

A study about patients with depression in Denmark argues that activities that move life forward are subjective to different people; in order to understand conduct of everyday life, a profound learning about each individual perspective (41).

Almost all our respondents indicated they left behind (in their home countries) family members and friends

We found refugees who left their home countries after receiving death threats or experiencing violent conflict in their neighborhoods had significantly lower well-being scores. Approximately half the refugees we surveyed reported they or a family member had received death threats, a finding similar to a study of pre-migration trauma exposure and mental health among Central American migrants arriving at the US border (44). The latter study suggested providing enough evidence of exposure to persecution in one's home country could provide solid basis for an asylum claim (45).

Women in this study had significantly higher well-being scores than men

Education and economic class seemed to be unimportant in predicting well-being, perhaps because without meaningful work refugees of all economic and social backgrounds are currently in a similar situation. However, literature review suggested that education and higher economic class are important factors in predicting well-being (46).

Christians in Muslim countries are not different from any other minorities in countries where they do not belong to the dominant religion; Christians are encountered by stressors due religious persecution, hence, their well-being is lower than Muslims (47).

The well-being of those without kids in our study is better than those without kids; studies have reported that the cost of having children is exceeds the benefits regarding the effect on people's well-being (48).

*Limitations.* We conducted this study among only Syrian and Iraqi refugees based in urban Amman, Jordan, and our pilot study was among refugees who reside in Za'atari camp, another limited population. Our sample population came from only the Al-Hashimi district, and only those served by a single relief organization. For these reasons, results may not be generalizable to other refugees or refugees in other settings. Without anyone in our study with volunteer

about whom they were very worried. Our findings confirmed results from other studies: fear for friends and family members who are left behind is associated with lower well-being (42). Results from a study of Zimbabwean refugees similarly found worry about those left behind can contribute to higher levels of stress (43).

activity or paid work, we could not compare well-being among those with work compared to those without work. Small sample size, imperfect instrument and the missing data were factors.

We conclude more research should be done to assess the role of boredom and lack of meaningful daily activities on the health and well-being of refugees. Work arrangements for refugees are a matter of law, so finding a strong association could lead to policy-relevant change.

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**Table 1.** Demographic characteristics of Iraqi & Syrian refugee respondents in urban Jordan

<b>Demographic variable</b>	<b>Number(%)</b>	<b>Respondents</b>
<b>Gender</b>		
Male	24 (57%)	42
Female	18(42%)	
<b>Age</b>		
28-40 years	11 (32%)	34
41-50 years	14 (42%)	
51-67 years	9 (26%)	
<b>Class</b>		
Poor	11 (29%)	39
Lower middle	19 (48%)	
Upper middle	9 (23%)	
Wealthy	0 (0%)	
<b>Religion</b>		
Muslim	21 (56%)	37
Christian	13 (36%)	
No answer/other	3 (8%)	
<b>Education</b>		
<High school	16 (44%)	37
High school	7 (19%)	
>High School	14 (37%)	
<b># kids</b>		
0	11 (34%)	32
1-3	16 (50%)	
4-6	5 (16%)	
More than 6	0 (0)	
<b>Household size</b>		
Average	5 (23%)	26
Range	1-12	
<b>How long in Jordan?</b>		
0-2 years	14 (38%)	37
3 or more	23 (62%)	
<b>Where were you from?</b>		
Iraq	22 (60%)	37
Syria	15 (40%)	

*(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)*

**Table 2.** Elements of refugee experience of Iraqi & Syrian refugee respondents in urban Jordan

<b>Question</b>	<b>Number (%)</b>	<b>Respondents</b>
<b>Expectations of relocation to Jordan?</b>		
Resettle permanently	12 (37%)	
Safety and security	7 (22%)	
Go back to my country	4 (13%)	
Better mental health	3 (9%)	
Better economic circumstances	2 (6%)	32
Nothing	2 (6%)	
Kindness	1 (3%)	
Live like in my country	1 (3%)	
<b>Did you leave behind people (family or close friends) you love dearly?</b>		
Yes	38 (90%)	
No	4 (10%)	42
<b>If yes, how worried are you about them?</b>		
A lot	34 (92%)	
A little	3 (8%)	37
Not worried at all	0	
<b>Why did you leave your country?</b>		
I or someone in my family received a death threat	22 (52%)	
We were afraid for the future	22 (52%)	
There was dangerous conflict in the vicinity of where we were	18 (42%)	
I witnessed killing	16 (38%)	
I or someone in my family was Injured in fighting	6 (14%)	
Other	5 (12%)	42
I/we opposed the regime	3 (7%)	
Someone in my family or whom I was close to was killed	1 (2%)	
My home was destroyed	1 (2%)	
I was arrested, or a close person was arrested	1 (2%)	

*(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)*

**Table 3.** Elements of a meaningful life of Iraqi & Syrian refugee respondents in urban Jordan

<b>Question</b>	<b>Number (%)</b>	<b>Respondents</b>
<b>How much of your day is spent in meaningful daily activities?</b>		
<25%	25 (69%)	36
>25%	11 (31%)	

<b>Do you volunteer?</b>		
Yes	0 (0%)	31
No	31 (100%)	
<b>Do you work at a paid job?</b>		
Yes	0	39
No	39 (100%)	
<b>Do you have a work permit that allows you to work?</b>		
Yes	0	38
No	38 (100%)	

*(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)*

**Table 4.** Health and happiness variables (outcomes) of Iraqi & Syrian refugee respondents in urban Jordan

<b>Question</b>	<b>Number (%)</b>	<b>Respondents</b>
<b>How would you describe your health?</b>		
Excellent	0 (0%)	40
Very good	2 (5%)	
Good	10 (25%)	
Fair	19 (47%)	
Poor	9 (23%)	
<b>How often do you feel happy?</b>		
All of the time	0 (0%)	39
Most of the time	2 (5%)	
Half of the time	1 (2%)	
Some of the time	17 (44%)	
Hardly ever or never	19 (49%)	
<b>What is the level of your energy on an average day?</b>		
Low	13 (31%)	41
Middle	26 (64%)	
High	2 (5%)	
<b>Do you feel your daily activities are moving your life forward?</b>		
Yes, mostly	9 (23%)	39
Not very often	20 (51%)	
Don't know	10 (26%)	
<b>Did you leave behind people (family or close friends) you love dearly? How worried are you about them</b>		
A little	3 (8%)	37
A lot	34 (92%)	

(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)

**Table 5.** Well-being score in relation to each component of the well-being that went into the score of Iraqi & Syrian refugee respondents in urban Jordan

Element of score	Wellbeing score of 0	Wellbeing score of 1	Wellbeing score of 2	Wellbeing score of 3	Wellbeing score of 4	Wellbeing score of 5	Respondents
<b>Healthy</b>							
Healthy	0	1	3	4	3	1	12
Not healthy	6	13	8	1	0	0	28
Total	6	14	11	5	3	1	40
<b>Happy</b>							
Happy	0	2	8	6	3	1	20
Not happy	6	10	3	0	0	0	19
Total	6	12	11	6	3	1	39
<b>Energy</b>							
Middle and high	0	9	8	6	3	1	27
Low	6	5	2	0	0	0	13
Total	6	14	10	6	3	1	40
<b>Life moving forward</b>							
Yes	0	1	2	2	3	1	9
No	3	7	7	3	0	0	20
Don't know	3	4	2	1	0	0	10
Total	6	12	11	6	3	1	39
<b>Worried</b>							
A little	0	1	1	0	0	1	3
A lot	6	11	8	6	3	0	34
Total	6	12	9	6	3	1	37

(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)

**Table 6.** Well-being by reason to leave of Iraqi & Syrian refugee respondents in urban Jordan

Reason for leaving	Number	Average well-being score	Respondents	P value
<b>My home was destroyed</b>				
Yes	22	1.7	42	0.431
No	20	1.6		

<b>I or someone in my family received a death threat</b>					
Yes	20	1.1			
No	22	2.1	42		0.034*
<b>There was dangerous conflict in the vicinity of where we were</b>					
Yes	18	1.9			
No	24	1.5	42		0.083
<b>I witnessed killing</b>					
Yes	16	1.4			
No	26	1.8	42		0.827
<b>I was arrested, or a close person was arrested</b>					
Yes	6	1.8			
No	36	1.6	42		0.129
<b>I or someone in my family was Injured in fighting</b>					
Yes	6	1.8	42		
No	36	1.6			0.129
<b>I/we opposed the regime</b>					
Yes	3	2.6			
No	39	1.6	42		0.371
<b>Someone in my family or whom I was close to was killed</b>					
Yes	1	2			
No	41	1.7	42		0.717

*(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)*

\* Result was statistically significant <0.05

**Table 7.** Well being by demographics of Syrian & Iraqi refugee respondents in urban Jordan

<b>Demographic variable</b>	<b>Number</b>	<b>Average Well-being score</b>	<b>P-value</b>	<b>Respondents</b>
<b>Gender</b>				
Male	21	1.7	0.016 <sup>†</sup>	33
Female	12	2.0		
<b>Age</b>				
28-40 years	9	2.6	0.352	29
41-50 years	11	1.45		
51-67 years	9	1.44		
<b>Class</b>				
Poor/ Lower middle	10	1.8	0.459	33
Middle	15	2.2		
Upper Middle/Wealthy	8	1.5		
<b>Religion</b>				
Muslim	8	3.75	0.727	22
Christian	12	2.1		
No answer/other	2	2		
<b>Education</b>				
<High school	15	1.9	0.494	33
High school	6	2		
>High School	11	2.1		
<b>Children</b>				
Yes	26	1.8	0.128	34
No	8	2.6		
<b>Household size</b>				
1-4	13	1.7	0.371	26
>5	13	1.4		
<b>How long in Jordan?</b>				
0-2 years	14	1.3	0.390	37
3-11 years	23	1.7		
<b>Where were you from?</b>				
Iraq	18	1.8	0.360	32
Syria	14	2.2		

*(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)*

<sup>†</sup> Result was statistically significant <0.05

**Table 8:**Correlations between Meaningful Activity and measures of health and happiness (well being) of Syrian & Iraqi refugees in an urban Jordan

Question	Proportion of day spent in meaningful daily activity >25% N (%)	Proportion of day spent in meaningful daily activity <25% N (%)	Respondents	P-value
<b>How would you describe your health?</b>				
Healthy (Excellent, Very Good or Good)	3(27%)	9 (37.5%)	35	0.554
Unhealthy (Fair & Poor)	8 (73%)	15 (62.5%)		
<b>How often do you feel happy?</b>				
Some of the time or more	5(45.5%)	14(58%)	35	0.478
Hardly ever or never	6(54.5%)	10(42%)		
<b>What is the level of your energy on an average day?</b>				
Middle	8(73%)	17(68%)	36	0.777
Low	3(27%)	8 (32%)		
<b>Do you feel your daily activities are moving your life forward?</b>				
Yes, mostly	4(40%)	5 (21%)	34	0.512
Not very often	4(40%)	13(54%)		
Don't know	2(20%)	6 (25%)		
<b>Did you leave behind people (family or close friends) you love dearly? How worried are you about them</b>				
A little	0	2(10%)	31	0.313
A lot	10(100%)	19(90%)		

(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)

**Table 9.** Regression model of associations between well-being score and predictor variables

Variable	Well-being coefficient	95% Confidence Interval	Coefficient interpretation
<b>Gender</b>			
Females (Compared to males)	0.43	-0.49 to 1.36	Females well-being scores are higher than men
<b>Age</b>			
41-50	-0.9	-1.99 to 0.19	Younger age group well-being score is higher than older age groups
51> (Compared to younger age)	-0.84	-2.06 to 0.37	
<b>Origin</b>			Syrians well-being

Syria (Compared to Iraq)	0.44	-0.41 to 1.29	scores are higher than Iraqis
<b>Religion</b>			Muslim well-being scores are higher than other religions
Christians	0.19	-0.696 to 1.08	
Other (Compared to Muslims)	-1.14	-2.69 to 0.41	
<b>Education</b>			Educated well-being scores are not much different from not educated
HS &>HS (Compared to<HS)	0.0084	-1.18 to 1.2	
<b>Duration</b>			People who stayed longer in Jordan have higher well-being scores than recent comers
Each additional year contributes	0.012	-0.173 to 0.213	
<b>Children</b>			People without kids have higher well-being scores than those who have kids
Yes (Compared to no children)	-5.3	-1.45 to 0.38	

*(Data source: respondents to a survey of 42 Iraqi and Syrian refugees in Amman, Jordan, 2016)*