**OP 16: Exclusion and Discrimmination 2, B207 (FCSH), September 4, 2025, 13:30 - 14:30**

**Aims:** Research on the association between perceived discrimination and health-related outcomes stems largely from the US context. Discrimination is one of the major health challenges facing migrants and refugees in Europe, but it is unclear whether existing evidence is transferrable to a European context. This contribution aims to synthesize the empirical evidence on the effect of perceived discrimination in the post-migration phase on health and healthcare utilization among international migrants in Europe.
**Methods:** We conducted a systematic review (PROSPERO 2024 CRD42024508134) using PubMed, Web of Science, ScienceDirect, SSOAR for quantitative studies published from January 2000 to February 2024. The identified studies were independently screened by two researchers regarding previously defined inclusion and exclusion criteria. Evidence was synthesized using descriptive statistics and a narrative approach for summarizing key results.
**Results:** The search yielded 11,093 records (8,828 after deduplication), with 134 articles remaining after the screening phase. Preliminary results show that the majority of studies (82%) addressed mental health and well-being, followed by physical health (21%) and self-rated health (16%). Just over a quarter (27%) of the studies measured perceived discrimination using a single item; the most commonly used scale was a single yes/no exposure (30%), followed by the Everyday Discrimination Scale (21%). The vast majority of studies are based on cross-sectional data, resulting in a lack of evidence of causal relationship between discrimination and health-related outcomes. Only 13% of the studies focused on refugees. The largest number of studies were conducted in Germany (23%), the Netherlands (22%), Spain (15%) and across multiple countries in Europe (12%).
**Conclusion:** The included studies provide evidence for negative effects of discrimination on mental and physical health among migrants in Europe. Nevertheless, further research is needed on causal mechanisms and outcomes other than mental health to inform appropriate policy intervention.
**Keywords:** Migrant health – Mental health ––social determinants – discrimination – systematic review

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## 341 Effect of perceived discrimination on health and healthcare utilization among international migrants in Europe – a systematic review

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