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**Project Title**

How chronic stress impacts inflammation and cognitive function in aging refugee, immigrant and Canadian-born adults

**Project Summary**

Chronic stress, such as that experienced by refugees and immigrants during pre- and post-migration, can lead to poor cognitive function. Prolonged exposure to stressors can suppress the immune system and increase inflammation. This increase in inflammation can lead to poorer cognitive function and a greater risk of chronic conditions, including cardiovascular disease and dementia. Despite these concerns, research assessing stress, inflammation, and their association with cognitive function in refugees and immigrants is limited. Therefore, the objective of this research is to investigate how exposure to stressful experiences affects the inflammatory response which, in turn, may affect cognitive function in refugees and immigrants compared to non-immigrant Canadians. In addition, age and sex-based differences will be assessed within these populations given that stress responses have been shown to vary with age and in men vs. women.

**Keywords**

Refugees, Immigrants, Stress, Inflammation, Cognition