

This scale was designed as an instrument that makes it possible to structure complex clinical and psychosocial information related to stress and migratory mourning, such that it can be ordered in a way that contributes to social service/work and research. The scale can be used by the different sectors that attend to immigrants, not only in health services, but also in others such as social services, education services etc. We present this scale as a part of a collective of larger instruments.

The tale or narrative the immigrant brings us possess an extraordinary phenomenological and anthropological value, therefore, in terms of psychosocial and psychosocial work it is important to try to structure and make operative the information we possess in a way that makes it comparable with that obtained by other professionals.

The need for the scale arises primarily in response to the new migration of those in extreme situations in the 21st century. Migration in these extreme conditions has become an important, even determinant, element in biography of the subject due to the psychological tension it provokes, to the point that it constitutes a relevant risk factor for mental health problems.

While migration related stress and mourning is of interest in all migrations, it is even more in the context of migration in extreme circumstances such as those we are seeing in recent times. Emigrating is becoming for millions of people a process that possesses levels of stress so intense that they surpass the capacity for adaptation of human beings. As such, the name “Ulysses Scale” makes reference to the adversities and dangers experienced in solitude by contemporary immigrants that conjure up images of the Greek hero. The scale is a result of the research conducted on the Ulysses Syndrome (Achoategui 2002), although as will be seen later, it is useful for all types of work on mental health issues in migration.

The objectives of the scale are: 1. To provide the criteria for the evaluation of risk factors for mental health in migration that permits the establishment of comparisons of the risk situations of immigrants that receive attention from social and welfare services. 2. Provide, once the evaluation has been carried out, common and objective criteria concerning: how to distribute welfare/ social service resources (usually scarce) in an equitable way and avoid the risk of interventions based on intuition or a hunch etc. And define the areas in which risk factors exist and which require an intervention in order to permit less focus on certain areas and applying optimally welfare or social service resources to real problems of the immigrant.