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“You have to be flexible”—Coping among polish migrant workers in Scotland

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Table 1: Number of participants in interviews and focus groups

<i>Participants</i>	n
Total	15 ⁱ
Interviews	8
Polish	3
English	4
English with interpreter present	1
Focus group 1	4
Focus group 2	5

ⁱ Out of 15 participants in total, two took part in an interview as well as in a focus group.

Table 2: Demographical data of sample

<i>Demographical data of participants</i>	n
Gender	
Female	9
Male	6
Marital status	
Married	4
Divorced	1
Not married	10
Dependants in Scotland	
No dependants	7
Dependants	8
Work experience outside Poland (multiple answers possible)	
None	6
United Kingdom	4
Other European countries	4
USA	3

Figure 1: Conceptual framework of the adjustment process following migration (adapted from Lazarus (1999, p. 198) and Berry et al (2002, p. 363))

