

Publishing Preview

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Mental Health Challenges Associated with Adaptation and Acculturation among International Students Studying in Scotland

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Research Domain: Student experiences (SE)

Research has yet to explore the understandings and experiences of mental health, disclosure and help-seeking drawing upon international students' perspectives within the Scottish context. A series of studies were carried out using a multi-method approach including in-depth qualitative interviews with international students studying in Scotland and cross-sectional online surveys comparing domestic and international students in terms of mental health literacy, disclosure and help seeking behaviour. Qualitative data analysed using a thematic approach revealed that adaptation and acculturation difficulties, negative beliefs, stigma and fear of judgement adversely impacted on international students' mental health. Descriptive and inferential statistical analysis of the survey data showed that mental health literacy was positively associated with psychological adaptation, and lower stigma was positively associated with help seeking intention among international students. Supporting international students involves addressing the challenges and barriers in overcoming adaptation and acculturation difficulties that may inhibit disclosure and help seeking for mental health problems.