

MENTAL HEALTH CHALLENGES IN COLLEGE STUDENTS

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INTRODUCTION

- Mental health is measured by day-to-day experiences, immigrants deal with issues almost often comparing to local natives. Adapting to a new culture typically necessitates changes in values, behaviors, identity, and knowledge.
- Acculturation is a term used to describe the process of adaption that most immigrants go through. The number of people undergoing acculturation is higher than the size of the foreign-born population , Immigrants' well-being is influenced by their acculturation
- In a multicultural context, all immigrants, regardless of their paperwork status, face psychological stress—or acculturative stress—when confronted with both risks and opportunities to their cultural and individual identities upon arrival in a new nation.

Hypothesis

This study will aim to test the hypothesis that there is a higher prevalence of mental health issues among immigrant college-attending students compared to their native counterparts.



METHODS

Participants



- Participants were recruited through online classes this summer using snowball recruitment
- Participants must be students in college.
- Randomly selected student who volunteered to participate in the online survey

PROCEDURES

- The study comprises interactions with survey methods, and the information gathered is collected by SurveyMonkey in such a way that the human volunteers' identities cannot be traced back to them.
- The Perceived Stress Scale, Taylor Manifest and Trauma History Questionnaire are the three different scales used in the study.
- The Trauma History Questionnaire, the Taylor Manifest Scale, and the Perceived Stress Scale are simulated and arranged in no order, they are randomly assigned. Following the three scales, a representation of demographic questions is displayed, followed by a thank you page



MATERIALS



The Perceived Stress Scale consists of ten items such as “In the last month, how often have you been upset because of something that happened unexpectedly?” The Likert-style response options range from 0 (never) to 4 (very often). Higher scores indicate more perceived stress.



The Taylor Manifest Anxiety Scale consists of 50 items, including “I wish I could be as happy as others appear to be.” Each response is either a yes or a no, with higher scores indicating greater worry.

MATERIALS

- There are three types of questions on the Trauma History Questionnaire. Crime related incidents, general disasters, physical or sexual and crime. Crime-related incidents (for example, has anyone ever tried to take something directly from you by using force or the threat of force, such as a stick-up or mugging?) General disasters (e.g. Have you ever had a serious accident at work, in a car, or somewhere else?); and Physical or sexual experiences and crime (e.g. Has anyone ever made you have intercourse or oral or anal sex against your will?). Participants will respond “yes” or “no” to each item. Scores will be computed for each category, as well as an overall traumatic history score. Higher scores indicate more traumatic events in the person’s history.

Examples of demographic questions that will be asked to the students, age, sex, marital status, family or household income level, parents' highest level of education, participant highest level of education, employment status immigrant status. For immigrants, ask family situation (e.g. whether moved to US with family), living situation (e.g. with family, roommates, etc.)



DESIGN

- Survey sample of groups chosen by individuals to reflect the population
- Following data collection, groups will be investigated and compared based if they are Immigrant and native born, data will reflect the sample population and filter out nonresponses.
- T test to see if there are any differences between the two groups based on whether they are native born or immigrants.



DISCUSSION

If the study finds what I predict, it will show that immigrants have a higher prevalence of stress, traumatic experiences, and anxiety.