

Study information:

Siegen, April 2025

Follow-up study on Acculturative stress, meaning making, attachment and narrative identity in international university students

Dear participant,

Our current study on acculturative stress started in January of this year. The conduct of our research on this topic gained first insights what helps foreign students living abroad to better cope with the strain of acculturation and it's associated stress. Supportive factors show up to be the experience of meaning and coherence, ability of adaptive emotional regulation, attachment and problem-oriented coping.

In this **follow-up study**, we now want to find out more about the effects **on a broader basis** and therefore are inviting further students to participate in our survey. We hope that we can better help international students to better adapt to living and studying in Germany.

On this sheet you will find some more detailed information about the study and the process. Please read this information carefully. If you have any questions, please contact us. If you agree with the information received and are willing to participate, please confirm this by giving your consent at the bottom of the page.

Purpose of the research: This study is about the experience of acculturative stress perceived by international university students. Acculturative stress refers to the mental strain experienced by individuals when they attempt to adapt to a new culture. We want to get a more detailed insight into how the experience of living abroad may affect university students' psychological outcome (perceived stress, mood, and well-being) and how the students' resources (emotion regulation, social support, meaning making) may help in coping with the stress. We will not ask to describe your personal experiences in detail; you will only answer some questions by ticking boxes.

Participants may participate for the first or repeatedly. By this way, we want to find out more about

the effects of emotion regulation, attachment and making over time, eg. to which extend the current sense of stress and well-being can be understood by previous resources and strain. Additionally, we are interested if the experience of meaning making does correspond to a sense of coherence in terms of chronological contribution in the context of daily routines and recurrent themes of one's life.

All international students at the University of Siegen or other German universities can participate in this research.

Procedure and duration: The online survey takes about 25 minutes to complete. You will first be presented with a description of the study and your decision to take part in the study that you should read carefully. You will then be asked to answer a few questions related to your demographic information and then you will be asked to answer the questions concerning stress, mood, well-being, emotion regulation, social support, meaning making and narrative identity.

Among all participants, 30 gift vouchers worth EUR 20 each will be raffled.

Anonymity: The data is collected completely anonymously, so that we can never draw any conclusions about your person. Due to this circumstance, it is also not possible for us to delete your data after the survey has ended. At the end of the survey, you will therefore have the opportunity to withdraw your consent to the processing of the data. The anonymized data can be passed on to third parties involved in research.

The retention period for fully anonymized data is a minimum of 10 years after data analysis or a minimum of 10 years after the publication of a study related to this data.

Voluntary nature and withdrawal: Participation in this survey is voluntary for you. You can withdraw from participation in the study at any time by a) closing the survey without having answered all the questions or b) withdrawing your consent to the processing of your data at the end of the survey. You will not suffer any disadvantages by withdrawing from the study.

Declaration of consent

I was informed in writing about the survey and the way it was carried out. I had enough time to make my decision. I agree to participate in the above survey. I know that participation is voluntary and anonymous and that I can withdraw from participation at any time without giving a reason.

Yes, I want to take part in the survey.

No, I do not agree and do not want to take part in the survey.

Contact: If you have any further questions, please contact
Dipl.-Psych. Hajo Lenz (hans-joachim.lenz@uni-siegen.de)
as a representative of the project.