May 18th: Thematic Analysis- Provisional Final Themes

|  |  |  |  |
| --- | --- | --- | --- |
| Provisional Final Themes | | | |
| Stressors, acculturation difficulties and their impact on psychological distress | **Pre-conceived beliefs, Stigma and Judgement** | **Challenges of communication** | **The development of perspectives and healthier coping strategies** |
| Adaptation challenges including cultural, academic and lifestyle differences, negatively effecting mental, emotional and physical well-being.  *Subtheme: lost of connection and sense of belonging (intra and inter level)* | Preconceived beliefs, assumptions, pressure and expectations may influence help seeking attitudes. Fear of judgement and stigma leading to a sense of vulnerability.  *Subtheme: maladaptive coping strategies (avoidance, withdrawal and dismissal)* | Who, why and how individuals chose to disclosure their problems to may be hindered by communication barriers, including: prior experiences, trust, attentiveness, perceived ability to help, relatability, expression and confidentiality.  *Subthemes: verbal and interpersonal* | Experience, background, time and individual growth are factors which can help to cultivate different perspectives and a healthier mentality towards mental health problems. Including the adoption of healthier coping strategies. |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **~~Stressors (lack of social support/ expectations of self and pressure from others) leading to psychological distress~~** | **~~Problems with adapting to lifestyle, language and cultural difference~~** | **~~Preconceived beliefs, stigma and fear of people’s perception affecting help-seeking attitude~~** | **~~Prior (mixed) experiences of seeking academic and mental health support~~** | **~~Protective behaviours including avoidance/ dismissal/ pretence~~** | **~~The problems and positives of communication and disclosure~~** | **Cycle of stress and the effects on behaviour and physical well-being** | **~~Development of (healthy) perspective, acceptance & stress-relieving outlets~~** |
| **Whilst trying to adapt and adjust to another country, individuals may experience stressors caused by pressure, expectations and lost of social support circles which can lead to psychological distress including loneliness.** | **Challenges adapting to the cultural, language, social, academic and lifestyle differences can cause stress, effecting mental, emotional and physical well-being.** | **Fear of people’s perception including vulnerability, judgement, stigma (sometimes deriving from cultural norms) may lead to individuals withholding their problems, can lead to being more self-reliant** | **Mixed experiences with help seeking (in academic setting or for personal/ mental health related problems)** | **Pre-conceived beliefs, assumptions and expectations of mental health related topics may lead effect help-seeking attitude and behaviours- including avoidance, dismission or hiding true feelings** | **Who, why and how individuals chose to communicate and seek help depends on variables including: trust, attentiveness, perceived ability to help, relatability, expression and confidentiality.** | **Stress influencing (negative) behaviours that effect physical well-being directly or change in daily routine** | **Experience, time and individual growth can contribute to ‘developing’ one’s perspective, mentality and handling of mental health- including adopting stress- relieving outlets and coping mechanisms** |