VOLUME II:

References and Appendices
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APPENDICES
Appendix A: EPQ-R (Eysenck and Eysenck, 1981)
Please answer each question by putting a circle around the YES or NO following the question. There are no right or wrong answers, and no trick questions. Work quickly and do not think too long about the exact meaning of the questions.

PLEASE REMEMBER TO ANSWER EACH QUESTION

1. Does your mood often go up and down? YES NO
2. Do you take much notice of what people think? YES NO
3. Are you a talkative person? YES NO
4. If you say you will do something, do you always keep your promise no matter how inconvenient it might be? YES NO
5. Do you ever feel just miserable for no good reason? YES NO
6. Would being in debt worry you? YES NO
7. Are you rather lively? YES NO
8. Were you ever greedy by helping yourself to more than your fair share of anything? YES NO
9. Are you an irritable person? YES NO
10. Would you take drugs which may have dangerous or strange effects? YES NO
11. Do you enjoy meeting new people? YES NO
12. Have you ever blamed someone for doing something you knew was really your fault? YES NO
13. Are your feelings easily hurt? YES NO
14. Do you prefer going your own way rather than act by the rules? YES NO
15. Can you usually let yourself go and enjoy yourself at a lively party? YES NO
16. Are all your habits good and desirable? YES NO
17. Do you often feel "fed-up"? YES NO
18. Do good manners and cleanliness matter much to you? YES NO
19. Do you usually take the initiative in making new friends? YES NO
20. Have you ever taken anything (even a pin or button) that belonged to someone else? YES NO
21. Would you call yourself a nervous person? YES NO
22. Do you think marriage is old-fashioned and should be done away with? YES NO
23. Can you easily get some life into a rather dull party? YES NO
24. Have you ever broken or lost something belonging to someone else? YES NO
25. Are you a worrier? YES NO
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>26</td>
<td>Do you enjoy cooperating with others?</td>
<td></td>
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<tr>
<td>27</td>
<td>Do you tend to keep in the background on social occasions?</td>
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<tr>
<td>28</td>
<td>Does it worry you if you know there are mistakes in your work?</td>
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<td>29</td>
<td>Have you ever said anything bad or nasty about anyone?</td>
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<td>30</td>
<td>Would you call yourself tense or &quot;highly-strung&quot;?</td>
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<td>31</td>
<td>Do you think people spend too much time safeguarding their future with savings and insurances?</td>
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<td>32</td>
<td>Do you like mixing with people?</td>
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<td>33</td>
<td>As a child were you ever cheeky to your parents?</td>
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<td>34</td>
<td>Do you worry too long after an embarrassing experience?</td>
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<td>35</td>
<td>Do you try not to be rude to people?</td>
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<td>36</td>
<td>Do you like plenty of bustle and excitement around you?</td>
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<td>37</td>
<td>Have you ever cheated at a game?</td>
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<td>38</td>
<td>Do you suffer from &quot;nerves&quot;?</td>
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<tr>
<td>39</td>
<td>Would you like other people to be afraid of you?</td>
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<td>40</td>
<td>Have ever taken advantage of someone?</td>
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<tr>
<td>41</td>
<td>Are you mostly quiet when you are with other people?</td>
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<td>42</td>
<td>Do you often feel lonely?</td>
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<td>43</td>
<td>Is it better to follow society's rules than go your own way?</td>
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<td>44</td>
<td>Do other people think of you as being very lively?</td>
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<tr>
<td>45</td>
<td>Do you always practice what you preach?</td>
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<tr>
<td>46</td>
<td>Are often troubled about feelings of guilt?</td>
<td></td>
<td></td>
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<tr>
<td>47</td>
<td>Do you sometimes put off until tomorrow what you ought to do today?</td>
<td></td>
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<tr>
<td>48</td>
<td>Can you get a party going?</td>
<td></td>
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</tbody>
</table>
Appendix B: Self-Esteem Index (Hudson, 1982)
This questionnaire is designed to measure how you see yourself. Answer each item by circling the appropriate number:

1 = rarely or none of the time
2 = a little of the time
3 = some of the time
4 = a good part of the time
5 = most or all of the time

I feel that people would not like me if they really knew me well

I feel that others get along much better than I do

I feel that I am a beautiful person

When I am with other people, I feel they are glad I am with them

I feel that people really like to talk with me

I feel that I am a very competent person

I think I make a good impression on others

I feel that I need more self-confidence

When I am with strangers I am very nervous

I think that I am a dull person

I feel ugly

I feel that others have more fun than I do

I feel that I bore people

I think my friends find me interesting

I think I have a good sense of humour

I feel very self-conscious when I am with strangers

I feel that if I could be more like other people I would have it made

I feel that people have a good time when they are with me

I feel like a wallflower when I go out (as if I am not a participant)

I feel I get pushed around more than others

I think I am a rather nice person

I feel that people like me very much

I feel that I am a likeable person

I am afraid I will appear foolish to others

My friends think very highly of me
Appendix C: Social Inhibition and Perceived Social Competence scale (Horowitz and French, 1979; Adams, Opensaw, Bennion, Mills and Noble, 1988)
Please tick the appropriate box:

I find it hard to......

1. make friends in a simple, natural way  Yes [ ]  No [ ]  
2. introduce myself to others at a party  Yes [ ]  No [ ]  
3. make phone calls to others to initiate social activities  Yes [ ]  No [ ]  
4. actively participate in groups  Yes [ ]  No [ ]  
5. get pleasure out of a party  Yes [ ]  No [ ]  
6. relax on a date and enjoy myself  Yes [ ]  No [ ]  
7. be friendly and sociable with others  Yes [ ]  No [ ]  
8. participate in playing games with others  Yes [ ]  No [ ]  
9. get buddy-buddy (become friends) with others  Yes [ ]  No [ ]  
10. entertain others at home  Yes [ ]  No [ ]  
11. get along with others  Yes [ ]  No [ ]  
12. extend myself to accept others' friendships  Yes [ ]  No [ ]  

13. I consider myself to be
   a. somewhat shy and withdrawn  [ ]
   b. fairly social and outgoing  [ ]

14. I perceive myself as
   a. having poor social skills  [ ]
   b. having adequate social skills  [ ]
Appendix D: Achievement Motivation Scales
Argyle and Robinson, 1962)
Please, circle the response which you think is most true of yourself. There are no right or wrong answers.

1. If a job is worth doing, it is worth doing well. How many activities in your life come into this category? Very few / few / some / many / most

2. Experience of failure makes one try harder. How often is this true of you? Hardly ever / seldom / about half the time / frequently / nearly always

3. My efforts are directed towards avoiding failure rather than achieving success. Nearly always / frequently / about half the time / seldom / hardly ever

4. I am resistant to undertake any venture that might result in failure. Hardly ever / seldom / about half the time / frequently / nearly always

5. I seek opportunities to excel. Nearly always / frequently / about half the time / seldom / hardly ever

6. I lack self-confidence when I have to compete against others. Nearly always / frequently / about half the time / seldom / hardly ever

7. In how many activities are you personally concerned about your standard of performance? Very few / few / some / many / most

8. I avoid situations in which I might expose myself to evaluation. Hardly ever / seldom / about half the time / frequently / nearly always

9. I just expect to fail things. Hardly ever / seldom / about half the time / frequently / nearly always

10. How much effort do you use to reach the goals you set yourself? 100% / 75% / 25% / almost 0%
Appendix E: Locus of Control scale (Levenson, 1981)
Please answer this questionnaire by ticking the appropriate box depending on whether you strongly agree, moderately agree, agree, slightly disagree, moderately disagree, or strongly disagree with each of the statements.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Moderately agree</th>
<th>Slightly agree</th>
<th>Slightly disagree</th>
<th>Moderately disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whether or not I get to be a success depends mostly on my ability.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
</tr>
<tr>
<td>To a great extent my life is controlled by accidental happenings.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
</tr>
<tr>
<td>Whether or not I get into a car accident depends on how good a driver I am.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
</tr>
<tr>
<td>When I make plans I am almost certain to make them work.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
</tr>
<tr>
<td>Often there is no chance of protecting my personal interests from bad luck.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<tr>
<td>When I get what I want, it's usually because I'm lucky.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<tr>
<td>Although I have ability, I would not achieve success or leadership without appealing to people in positions of power.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<tr>
<td>How many friends I have depends on how nice a person I am.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<tr>
<td>I have often found that what is going to happen will happen.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
</tr>
<tr>
<td>My life is mainly controlled by powerful others.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<tr>
<td>Whether or not I get into a car accident is mainly a matter of luck.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<td>Q</td>
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<tr>
<td>People like myself have very little chance of protecting our interests if they conflict with those of pressure groups.</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
<td>Q</td>
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<tr>
<td></td>
<td>Strongly agree</td>
<td>Moderately agree</td>
<td>Slightly agree</td>
<td>Slightly disagree</td>
<td>Moderately disagree</td>
<td>Strongly disagree</td>
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<tr>
<td>It's not always wise for me to plan ahead because things turn out to be a matter of good or bad luck.</td>
<td>☐</td>
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<tr>
<td>Getting what I want requires pleasing people above me.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Getting to be a success depends on me being in the right place at the right time.</td>
<td>☐</td>
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<tr>
<td>If important people were to decide they didn't like me, I probably wouldn't make many friends.</td>
<td>☐</td>
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<td>☐</td>
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<tr>
<td>I can pretty much decide what happens in my life.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
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<tr>
<td>I am usually able to protect my personal interests</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Whether or not I am in a car accident depends on the other driver.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
<td>☐</td>
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<tr>
<td>When I get what I want, it's usually because I've worked hard for it.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>In order to make my plans work, I make sure they fit in with people who have power over me.</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>My life is determined by my own actions</td>
<td>☐</td>
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<tr>
<td>It's chiefly a matter of luck whether or not I have few friends or many.</td>
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Appendix F: Interpersonal Trust Scale (Rotter 1967, 1980)
Please, tick the box with the answer you mostly agree with. Remember that there are no right or wrong answers

<table>
<thead>
<tr>
<th>Statement</th>
<th>I strongly agree</th>
<th>I agree</th>
<th>Unsure</th>
<th>I disagree</th>
<th>I strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. In dealing with strangers one is better off to be cautious until they have provided evidence that they are trustworthy.</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>2. Most people can be counted on to do what they say will do.</td>
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<td>☐</td>
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<td>3. The judiciary is a place where we can all get unbiased treatment.</td>
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<td>☐</td>
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<td>4. It is safe to believe that in spite of what people say, most people are primarily interested in their own welfare.</td>
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<td>☐</td>
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<tr>
<td>5. Most people would be horrified if they knew how much news that the public hears and sees is distorted.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>6. In these competitive times one has to be alert or someone is likely to take advantage of you.</td>
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<td>☐</td>
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<td>7. Most salesmen are honest in describing their products.</td>
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<td>8. Most repairmen will not overcharge even if they think you are ignorant of their specialty.</td>
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<td>9. Most elected public officials are really sincere in their campaign promises.</td>
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Appendix G: Negative and Positive Affectivity
Watson and Clark, 1988)
This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer. Please indicate to what extent you recently feel this way.

1=very slightly or not at all  
2=a little  
3=moderately  
4=quite a bit  
5=extremely

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<tbody>
<tr>
<td>1. interested</td>
<td>2. distressed</td>
<td>3. excited</td>
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<tr>
<td>4. upset</td>
<td>5. strong</td>
<td>6. guilty</td>
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<tr>
<td>7. scared</td>
<td>8. hostile</td>
<td>9. enthusiastic</td>
<td></td>
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<tr>
<td>10. proud</td>
<td>11. irritable</td>
<td>12. alert</td>
<td></td>
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<tr>
<td>13. ashamed</td>
<td>14. inspired</td>
<td>15. nervous</td>
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<tr>
<td>16. determined</td>
<td>17. attentive</td>
<td>18. jittery</td>
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<tr>
<td>19. active</td>
<td>20. afraid</td>
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Appendix H: Dysfunctional Attitudes Scale
(Weissman, 1980)
This questionnaire lists different attitudes or beliefs which people hold. Please, read each statement and decide how much you agree or disagree with each. There are no right or wrong answers.

1= totally agree  2=agree a lot  3= agree slightly  4=neutral  5= disagree slightly  6= disagree very much  7= totally disagree

1. It is difficult to be happy unless one is good-looking, intelligent, rich and creative.  
2. Happiness is more a matter of my attitudes toward myself than the way people feel about me.  
3. People will possibly think less of me if I make mistakes.  
4. If I do not do well all the time people will not respect me.  
5. Taking even a small risk is foolish because the loss is likely to be a disaster.  
6. It is possible to gain another person's respect without being particularly talented at anything.  
7. I cannot be happy unless most of the people I know admire me.  
8. If a person asks for help, it is a sign of weakness  
9. If I do not do as well as other people this means I am a weak person.  
10. If I fail at my work then I am a failure  
11. If you cannot do something well, there is little point in doing it at all.  
12. Making mistakes is fine because I can learn from them.  
13. If someone disagrees with me, it probably indicates that he does not like me.  
14. If I fail partly, it is as bad as being a complete failure.  
15. If other people know what you are really like they will think less of you.  
16. I am nothing if a person I love does not love me  
17. One can get pleasure of an activity regardless of the end result.  
18. People should have a chance to succeed before doing anything.  
19. My value as a person depends greatly on what others think of me.
20. If I don't set the higher standards for myself, I am likely to end up a second rate person.

21. If I am to be a worthwhile person, I must be the best in at least one way.

22. People who have good ideas are better than those who do not.

23. I should be upset if I make a mistake.

24. My own opinion of myself is more important than other's opinion of me.

25. To be a good, moral person I must help everyone who needs it.

26. If I ask a question it makes me look stupid.

27. It is awful to be put down by people important to you.

28. If you don't have other people to lean on, you cannot be happy.

29. I can reach important goals without pushing myself.

30. It is possible for a person to be scolded and not get upset.

31. I cannot trust other people because they may be dishonest to me.

32. If others dislike you, you cannot be happy.

33. It is better to give up your own interests in order to please other people.

34. My happiness depends more on other people than it does on me.

35. I do not need the approval of other people in order to be happy.

36. If a person avoids problems then the problems tend to go away.

37. I can be happy even if I miss out on many of the good things in life.

38. What other people think about me is very important.

39. Being alone leads to unhappiness.

40. I can find happiness without being loved by another person.
Appendix I: College Adaptation Questionnaire
(Crombag, 1968; van Rooijen, 1986)
<table>
<thead>
<tr>
<th>Statement</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>very applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I am very satisfied with the course of my studies</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>2. Sometimes I want to give it all up.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>3. I often ask myself what I am doing here.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>4. I would prefer to study elsewhere.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>5. I made many friends here.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>6. I do not feel very at home at the university.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>7. I never feel bored here.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>8. Sometimes I feel very discouraged here.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>9. I find life as a student very pleasant.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>10. Sometimes I feel rather lonely.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>11. Sometimes I don't know what to do with my time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>12. I find it hard to get used to life here.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>13. What I miss here is someone to talk to freely from time to time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>14. I am very satisfied with my way of life.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>15. If I feel blue, my friends will help me to get out of it</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>16. I find it very difficult to adjust to student life.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>17. I am glad that I came to study here</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>18. I feel very much at home here.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>
Appendix J: State Anxiety scale (Spielberger et al., 1970, 1980)
A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to indicate how you feel right now. There are no right or wrong answers.

<table>
<thead>
<tr>
<th>Number</th>
<th>Statement</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I feel calm</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2</td>
<td>I feel secure</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3</td>
<td>I am tense</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>I am regretful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>I feel at ease</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>I feel upset</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>I am presently worrying over possible misfortunes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8</td>
<td>I feel rested</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>I feel anxious</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10</td>
<td>I feel comfortable</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11</td>
<td>I feel self-confident</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12</td>
<td>I feel nervous</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13</td>
<td>I am jittery</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14</td>
<td>I feel 'high strung'</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15</td>
<td>I am relaxed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16</td>
<td>I feel content</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17</td>
<td>I am worried</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>18</td>
<td>I feel over-excited and 'rattled'</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>19</td>
<td>I feel joyful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>20</td>
<td>I feel pleasant</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
Appendix K: Cultural Distance Index
(Babiker, Cox and Miller, 1980)
Modified
For each statement below, please circle the number of the answer with which you most agree:

(A) CLIMATE

Q1. What is the climate like in your country in comparison to Scotland?
1. The same
2. A little different (eg. a little warmer or a little colder, a little more or a little less rainfall, a little stronger or a little weaker sunlight etc)
3. Very different (eg much warmer or much colder, much more or much less rainfall, much stronger or much weaker sunlight etc)

Q2. What are the hours of a typical working day in your country?
1. Same hours (9.00 to 5.00; plus one hour lunch break)
2. Minor variations (for example, no lunch break)
3. Morning/afternoons only or substantial midday break (eg 2 hours or more)

(B) CLOTHES

Q1. What do people usually wear in your country?
1. Western clothes, the same as here
2. Western clothes with small variations
3. Completely different from here, eg. national costume

Q2. What did you wear when being at home?
1. Wore western clothes
2. Wore western clothes, with small variations
3. Wore completely different clothes from here, eg national costume only.

(C) LANGUAGE

Q1. What is your first language?
1. English
2. Other European language
3. Other non-European language

(D) EDUCATIONAL LEVEL

Q1. In your country is education free or not?
1. Free throughout primary, secondary and university
2. Free up to secondary level
3. Free up to primary level or not at all free.

Q2. What level of education would most people in your country attain?
1. Secondary (high school) or higher
2. Primary level
3. None (ie. would not attend school)

Q3. How many Universities are in your country?
1. Several (adequate to cover the country's needs)
2. Few (in relation to population size and the demand for graduate studies)
3. None

Q4. Can you go on with postgraduate studies in a University in your country if you want to?
1. Yes, there are many opportunities for postgraduate studies.
2. Yes, but very few and/or it is very difficult (or expensive) to attain them.
3. There is no opportunity for postgraduate studies.
(E) FOOD

Q1. What do people usually eat in your country?
1. Same as here
2. Basically same - Western with variations
3. Completely different

Q2. Are there any religious constraints on what may be eaten in your country?
1. No
2. Yes, but they are not compulsory
3. Yes, there are strict religious constraints

Q3. Is alcohol accepted in your country?
1. Yes
2. Not legally available but can be purchased.,
3. No, not available at all, under any circumstances.

Q4. What sort of things did you usually eat before coming here?
1. Same as here
2. A little different diet
3. Completely different diet

(F) RELIGION

Q1. What religious faith (or faiths) are there in your country?
Circle what is appropriate.
3. Other religions. Please indicate...........................................

Q2. What is your religious faith?
Circle what is appropriate:
3. Other. Please indicate...........................................

Q2b. Do you practice your faith? Does it play a big part in your life?
1. No 2. Yes

(G) MATERIAL COMFORT

Q1. In your district of your country, what is the standard of living like? Do the people have the same amount of material things as over here? (eg. Food? TV sets? Roads? Communication? Electricity?)
1. Same as here.
2. A little better than that here or a little worse off than that here
3. Much better or worse off

Q2. At home what is your family's standard of living like?
1. Similar with the family standard here
2. A little different from standard family here (eg. a little better or a little worse than here)
3. Much different from standard family here (much better, much worse or simply much different)
(I) FAMILY STRUCTURE AND FAMILY LIFE

Q1. Who would live in a typical house in your country?
1. Family unit (parents and their children)
2. Family unit and married members (grandparents, parents and their children)
3. The extended family (grandparents, all their children and their families)

Q2. In general, in your country what is a man expected to do within the family?
1. Plays some role (eg he helps in the household, bringing up the children etc)
2. He has the traditional masculine role (eg. he is mainly concerned with his job)
3. Only looks after house/children

Q3. What about the woman's role? What is she expected to do?
1. She can have a job if she wishes and be quite independent of her husband.
2. She must only look after the house and the children
3. She is rigidly housebound (or she is obliged to go to work as well), and she is expected to obey her husband.

(J) COURTSHIP AND MARRIAGE

Q1. In your country, very roughly, what is the usual age of marriage?
1. Aged 20-30 years
2. Under 20 or over 30 years of age
3. Aged 15 years or less

Q2. In your country, is it usual for a girl to have to produce a dowry when she gets married? Or does the husband pay a bride price?
1. Same as here (there is no obligation to produce a dowry)
2. Brides parents pay dowry
3. A marriage looks much like a financial transaction between the two families

Q3. Is polygamy permitted in your country?
1. No
2. Yes, but there are restrictions or it is just theoretically accepted (not really practiced)
3. Yes, it is common

Q4. In your country, what would happen to a girl who got pregnant illegitimately?
1. Accepted as normal
2. Disapproval, limited social sanction
3. Disowned/ severe sanctions

Q5. Is divorce possible?
1. It is possible
2. Not possible at all, under any circumstances
3. It is too easy to be obtained or it is possible for the man only to ask for a divorce

Q6. In general how do young people meet each other in your culture?
1. They meet easily in the university, parties, pubs and social occasions
2. Only through family
3. They do not have the opportunity to meet each other, especially members of the opposite sex (the marriages are mostly pre-arranged)
Appendix L: Ways of Coping Checklist
(Lazarus and Folkman, 1985)
Please, read each item below and indicate, by circling the appropriate category, to what extent you used it in coping with the examinations stress. This is not a test and there are no right or wrong answers.

<table>
<thead>
<tr>
<th></th>
<th>Not used</th>
<th>Used somewhat</th>
<th>Used quite a bit</th>
<th>Used a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Just concentrated on what I had to do next—the next step.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. I tried to analyze the problem in order to understand it better.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. Turned to work or substitute activity to take my mind off things.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. I felt that time would make a difference—the only thing to do was to wait.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. Bargained or compromised to get something positive from the situation.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. I did something which I didn’t think would work, but at least I was doing something.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. Tried to get the person responsible to change his or her mind.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. Talked to someone to find out more about the situation.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Ways of Coping (continued)

<table>
<thead>
<tr>
<th></th>
<th>Not used</th>
<th>Used somewhat</th>
<th>Used quite a bit</th>
<th>Used a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>9. Criticized or lectured myself.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. Tried not to burn my bridges, but leave things open somewhat.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11. Hoped a miracle would happen.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12. Went along with fate; sometimes I just have bad luck.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>13. Went on as if nothing had happened.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14. I tried to keep my feelings to myself.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>15. Looked for the silver lining, so to speak; tried to look on the bright side of things.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>16. Slept more than usual.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>17. I expressed anger to the person(s) who caused the problem.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>18. Accepted sympathy and understanding from someone.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>19. I told myself things that helped me to feel better.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>20. I was inspired to do something creative.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>21. Tried to forget the whole thing.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Ways of Coping (continued)</th>
<th>Not used</th>
<th>Used somewhat</th>
<th>Used quite a bit</th>
<th>Used a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>22. I got professional help.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>23. Changed or grew as a person in a good way.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>24. I waited to see what would happen before doing anything.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>25. I apologized or did something to make up.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>26. I made a plan of action and followed it.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>27. I accepted the next best thing to what I wanted.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>28. I let my feelings out somehow.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>29. Realized I brought the problem on myself.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>30. I came out of the experience better than when I went in.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>31. Talked to someone who could do something concrete about the problem.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>32. Got away from it for a while; tried to rest or take a vacation.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>33. Tried to make myself feel better by eating, drinking, smoking, using drugs or medication, etc.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Ways of Coping (continued)</th>
<th>Not used</th>
<th>Used somewhat</th>
<th>Used quite a bit</th>
<th>Used a great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>47. Took it out on other people.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>48. Drew on my past experiences; I was in a similar situation before.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>49. I knew what had to be done, so I doubled my efforts to make things work.</td>
<td>0</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>50. Refused to believe that it had happened.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>51. I made a promise to myself that things would be different next time.</td>
<td>0</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>52. Came up with a couple of different solutions to the problem.</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>53. Accepted it, since nothing could be done.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>54. I tried to keep my feeling from interfering with other things too much.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>55. Wished that I could change what had happened or how it felt.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>56. I changed something about myself.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>57. I daydreamed or imagined a better time or place than the one I was in.</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

(continued)
Appendix M: ISEL Social Support Scale
Cohen et al. (1985)
This scale is made up of a list of statements each of which might have been or might not have been true about you, during the last term. Please, for each statement, circle **Probably true (T)**, if the statement is true about you, or **Probably false (F)**, if the statement is not true about you. Please read each item quickly but carefully before responding. Remember this is not a test and there are no right or wrong answers.

### Appraisal

<table>
<thead>
<tr>
<th>Statement</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. There is at least one person I know whose advice I really trust.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>2. There is really no one I can trust to give me good financial advice.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>3. There is really no one who can give me objective feedback about how I am handling my problems.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>4. There is someone who I do feel comfortable going for advice about personal problems.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>5. There is someone I can turn to for advice about handling problems concerning household responsibilities.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>6. There are very few people I could trust to help solve my problems.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>7. There is someone I could turn to for advice about changing my job or finding a new one.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>8. I feel that there is no one with whom I can share my most private worries and fears.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>9. If a family crisis arose few of my friends would be able to give me good advice about handling it.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>10. When I need suggestions for how to deal with a personal problem, I know there is someone I can turn to.</td>
<td>T</td>
<td>F</td>
</tr>
</tbody>
</table>

### Belonging

<table>
<thead>
<tr>
<th>Statement</th>
<th>T</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. If I decide on a Friday afternoon that I would like to go to a film that evening, I could find someone to go with me.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>12. There are several different people with whom I enjoy spending time with.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>13. No one I know would throw a party for me (e.g. to celebrate a birthday or some special occasion).</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>14. When I feel lonely there are several people I could call and talk to.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>15. I don't often get invited to do things with others.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>16. If I wanted to lunch with someone, I could easily find someone to join me.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>17. I feel that I am on the fringe in my circle of friends (i.e. not really participating to the full)</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>18. I regularly meet or talk with members of my family or friends.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>19. If I wanted to go out for the day it would be difficult to find someone to go with me.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>20. Most people I know don't enjoy the same things I do.</td>
<td>T</td>
<td>F</td>
</tr>
</tbody>
</table>
**Tangible**

21. If I were sick and needed someone to drive me to the doctor, I would have trouble finding someone. 
   \[T\] \[F\]

22. If I needed some help in moving to a new home, I would have a hard time finding someone to help. 
   \[T\] \[F\]

23. If for some reason I was remanded on bail (and about to be sent to prison) there is someone I know who would put up the money for me. 
   \[T\] \[F\]

24. If I were sick, there would be almost no one I could find to help me with my daily chores. 
   \[T\] \[F\]

25. If I had to go out of town for a few weeks, someone I know would look after my home. 
   \[T\] \[F\]

26. If I got stranded far out of town, there is someone I could call to come and get me. 
   \[T\] \[F\]

27. If I had to mail an important letter at the post office by 5.00 and couldn’t make it, there is someone who could do it for me. 
   \[T\] \[F\]

28. There is no one I could call on if I needed to borrow a car for a few hours. 
   \[T\] \[F\]

29. If I needed a quick emergency loan of £100, there is someone I could get it from. 
   \[T\] \[F\]

30. If I needed a lift to the airport very early in the morning, it would be difficult finding someone to go with me. 
   \[T\] \[F\]

**Self-esteem**

31. In general people don’t have much confidence in me. 
   \[T\] \[F\]

32. I have someone who takes pride in my accomplishments. 
   \[T\] \[F\]

33. Most of my friends are more successful at making changes in their lives than I am. 
   \[T\] \[F\]

34. Most people I know think highly of me. 
   \[T\] \[F\]

35. Most of my friends are more interesting than I am. 
   \[T\] \[F\]

36. I am more satisfied with my life than most people are with theirs. 
   \[T\] \[F\]

37. I have a hard time keeping pace with my friends. 
   \[T\] \[F\]

38. I think that my friends feel that I am not very good at helping them solve problems. 
   \[T\] \[F\]

39. I am closer to my friends than most other people. 
   \[T\] \[F\]

40. I am able to do things as well as most other people. 
   \[T\] \[F\]
Appendix N: R-UCLA Loneliness Scale
(Russel, Peplau and Perlman, 1980)
Please, tick the box that best describes the way you feel recently. Remember that there are no right or wrong answers.

<table>
<thead>
<tr>
<th></th>
<th>often</th>
<th>sometimes</th>
<th>rarely</th>
<th>never</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel in tune with the people around me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I lack companionship</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. There is no one I can turn to</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4. I do not feel alone</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5. I feel part of a group of friends</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>6. I have a lot in common with the people around me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. I am no longer close to anyone</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. My interests and ideas are not shared by those around</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>9. I am an outgoing person</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>10. There are people I feel close to</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. I feel left out</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. My social relationships are superficial</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. No one really knows me well</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. I feel isolated from others</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. I can find companionship when I want it</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. There are people who really understand me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17. I am unhappy being so withdrawn</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. People are around me but not with me</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. There are people I can talk to</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20. There are people I can turn to</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Appendix O: General Health Questionnaire
(Goldberg and Hillier, 1979)
We would like to know if you have had any medical complaints and how your health has been over the past few weeks. Please answer ALL the questions on the following pages by underlining the answer which most nearly applies to you. Remember, we want to know about present and recent complaints, not those you have had in the past.

It is important to answer ALL the questions.

Have you recently:

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>No more than usual</th>
<th>Rather more than usual</th>
<th>Much more than usual</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1. Been feeling perfectly well and in good health?</td>
<td>Better than usual</td>
<td>Same as usual</td>
<td>Worse than usual</td>
<td>Much worse than usual</td>
</tr>
<tr>
<td>A2. Been feeling in need of a good tonic?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>A3. Been feeling run down and out of sorts?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>A4. Felt that you are ill?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>A5. Been getting pains in your head?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>A6. Been getting a feeling of tightness or pressure in your head?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>A7. Been having hot or cold spells?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>No more than usual</th>
<th>Rather more than usual</th>
<th>Much more than usual</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1. Lost much sleep over worry?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>B2. Had difficulty in staying asleep once you are off?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>B3. Felt constantly under strain?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>B4. Been getting edgy and bad-tempered?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>B5. Been getting scared or panicky for no good reason?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>B6. Found everything getting on top of you?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td>B7. Been feeling nervous and strung-up all the time?</td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
<td>Much more than usual</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><strong>Have you recently:</strong></td>
<td><strong>C1. Been managing to keep yourself busy and occupied?</strong></td>
<td>More so than usual</td>
<td>Sameas usual</td>
<td>Rather less than usual</td>
</tr>
<tr>
<td></td>
<td><strong>C2. Been taking longer over the things you do?</strong></td>
<td>Quicker than usual</td>
<td>Sameas usual</td>
<td>Longer than usual</td>
</tr>
<tr>
<td></td>
<td><strong>C3. Felt on the whole you were doing things well?</strong></td>
<td>Better than usual</td>
<td>About the same</td>
<td>Less well than usual</td>
</tr>
<tr>
<td></td>
<td><strong>C4. Been satisfied with the way you've carried out your task?</strong></td>
<td>More satisfied</td>
<td>About same as usual</td>
<td>Less satisfied than usual</td>
</tr>
<tr>
<td></td>
<td><strong>C5. Felt that you are playing a useful part in things?</strong></td>
<td>More so than usual</td>
<td>Sameas usual</td>
<td>Less useful than usual</td>
</tr>
<tr>
<td></td>
<td><strong>C6. Felt capable of making decisions about things?</strong></td>
<td>More so than usual</td>
<td>Sameas usual</td>
<td>Less so than usual</td>
</tr>
<tr>
<td></td>
<td><strong>C7. Been able to enjoy your normal daily activities?</strong></td>
<td>More so than usual</td>
<td>Sameas usual</td>
<td>Less so than usual</td>
</tr>
<tr>
<td></td>
<td><strong>D1. Been thinking of yourself as a worthless person?</strong></td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
</tr>
<tr>
<td></td>
<td><strong>D2. Felt that life is entirely hopeless?</strong></td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
</tr>
<tr>
<td></td>
<td><strong>D3. Felt that life isn't worth living?</strong></td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
</tr>
<tr>
<td></td>
<td><strong>D4. Thought of the possibility that you might do away with yourself?</strong></td>
<td>Definitely not</td>
<td>I don't think so</td>
<td>Has crossed my mind</td>
</tr>
<tr>
<td></td>
<td><strong>D5. Found at times you couldn't do anything because your nerves were too bad?</strong></td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
</tr>
<tr>
<td></td>
<td><strong>D6. Found yourself wishing you were dead and away from it all?</strong></td>
<td>Not at all</td>
<td>No more than usual</td>
<td>Rather more than usual</td>
</tr>
<tr>
<td></td>
<td><strong>D7. Found the idea of taking your own life coming into your mind?</strong></td>
<td>Definitely not</td>
<td>I don't think so</td>
<td>Has crossed my mind</td>
</tr>
</tbody>
</table>
Appendix P: Personal Details Form (Study I)
Personal details sheet

Please fill in the following information about yourself/tick appropriate box. Please do not leave any relevant questions unanswered.

1. Initials: 

2. Date of birth: ..................................  Nationality: ..............................

3. Male  □  Female  □

4. Official national language of your country: .................................

5. What degree/diploma will you attend at Stirling university?
   ...........................................................................................................

6. Marital status: single  □  having a serious relationship/engaged  □  having a casual relationship
   married  □  divorced/separated  □  widowed  □

7. While at Stirling University will your spouse/boyfriend/girlfriend be with you?
   Yes  □  No  □  Not applicable  □

8. How long is your course at Stirling intended to last? ............................

9. Whose decision was to come to Stirling University?
   mine  □  my family's  □  home university's  □  financial supporter's  □

10. Why did you decide to study to Stirling University?

       a. To get a good degree
          Strongly agree  □  Moderately agree  □  Unsure  □  Moderately disagree  □  Strongly disagree  □

       b. To gain academic/professional expertise
          □  □  □  □  □

       c. In order to have more opportunities when going back.
          □  □  □  □  □

       d. To learn the culture (e.g. the language)
          □  □  □  □  □

       e. Because there are more opportunities here for a future career
          □  □  □  □  □

       f. To avoid/escape from home/family pressures and demands.
          □  □  □  □  □

       g. Other.  □  Please specify ..........................................................................................
14. How much do you think that you know about Scottish:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Very well informed</th>
<th>Fairly well informed</th>
<th>Basically informed</th>
<th>Rather uninformed</th>
<th>Not at all informed</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. food</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. climate</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. social life</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. politics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. values</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. customs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g. social rules</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>h. sex roles</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>i. religion</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>j. academic standards</td>
<td></td>
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</tr>
</tbody>
</table>

11. How willing are you to change/modify some of your attitudes/habits etc. to accommodate some Scottish attitudes, customs etc as it refers to:

<table>
<thead>
<tr>
<th>Attitude</th>
<th>Very willing willing</th>
<th>Moderately willing</th>
<th>Unsure willing</th>
<th>Not very willing willing</th>
<th>Not at all willing</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. food</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. dress</td>
<td></td>
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<tr>
<td>c. religion</td>
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<tr>
<td>d. sex roles</td>
<td></td>
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</tr>
<tr>
<td>e. politics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

13. In what country would you wish to work after completing your course/research at Stirling University?

14. While in Stirling, will you have a host family? Yes □ No □

15. How confident do you feel with your English?

<table>
<thead>
<tr>
<th>Confidence Level</th>
<th>Very confident</th>
<th>Confident enough</th>
<th>Not very confident</th>
<th>Not at all confident</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

16. How much experience do you have of living/studying away from home?

<table>
<thead>
<tr>
<th>Experience Level</th>
<th>Very much</th>
<th>Much</th>
<th>Average</th>
<th>Little</th>
<th>Not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

17. To date what is the total length of time you have spent away from home?

18. Have you ever worked or studied in a foreign country? Yes □ No □
19. If "Yes", for how long have you worked or studied in another country?

20. Are you currently staying in parental home?  
   Yes ☐  No ☐

21. What are your expectations of your living in Scotland, as it refers to:

<table>
<thead>
<tr>
<th></th>
<th>very difficult</th>
<th>rather difficult</th>
<th>unsure</th>
<th>rather easy</th>
<th>very easy</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. completing your studies</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>b. developing new friendships</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>c. meeting interesting people</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>d. mixing with host students/local people</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>e. adjusting to the university's lifestyle</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>f. life, in general, while living here</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

22. In general, how do you feel about your future "adjustment" to the University life at Stirling?  
   very optimistic ☐  unsure ☐  pessimistic ☐  very pessimistic ☐

23. What is the most difficult problem you expect you will have to cope with, whilst in Scotland?  

24. What strategies do you intend to use in order to cope with this?  
   ..................................................................................................................
25. Before coming to Stirling, how satisfied are you at present with your current:

<table>
<thead>
<tr>
<th></th>
<th>Very satisfied</th>
<th>Satisfied</th>
<th>Unsure</th>
<th>Not very satisfied</th>
<th>Not at all satisfied</th>
</tr>
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<tbody>
<tr>
<td>a. family relationships</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>b. friends</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>c. spouse/boyfriend/</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>girlfriend</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. employment</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>e. academic status</td>
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<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>f. financial status</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>g. career opportunities</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>h. place and conditions</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>of residence</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

26. How “close” do you presently feel to:

<table>
<thead>
<tr>
<th></th>
<th>Very close</th>
<th>Close</th>
<th>Unsure</th>
<th>Not very close</th>
<th>Not at all close</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. family members</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>b. spouse/girlfriend/</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>boyfriend</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. friends</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

27. Up to date would you consider yourself as easy-going and find it easy to meet people and make new friends? Yes □ No □

28. Are you interested in making new friends? Yes □ No □
Appendix Q: Personal Details Form (Study II)
Personal details sheet

Please fill in the following information about yourself/tick appropriate box. Please do not leave any relevant questions unanswered.

1. Initials: .................
   Date of birth: ........................................ Nationality: ..............................

   Male  □   Female  □

   Marital status: single  □   having a serious relationship/engaged  □   having a casual  □  relationship
   married  □   divorced/separated/ widowed  □

   Whose decision was to come to Stirling University?
   mine  □   my family's  □   home university's  □   financial supporter's  □

   How much experience do you have of living/studying away from home?
   very much  □   much  □   average  □   little  □   not at all  □

   How much time have you spend abroad?..............................
   How much time have you spent away from parental home (studying/working/living on your own)?..............................

2. When did you arrive at Stirling?..............................

   What is your first impression of the University and the Stirling area?
   very positive  □   positive  □   unsure  □   rather negative  □   very negative  □

3. What problems, if any, have you had to face up to, since your coming to Stirling?
   ...................................................................................................................

   How did you try to cope?..............................................................................

4. Do you feel homesick at all?
   very often  □   often  □   sometimes  □   little  □   not at all  □

   I feel homesick  □  ........................................................................

   How intense are your feelings of Homesickness?

   not at all 1.............2.............3.............4.............5 very intense

5. Since your arrival at the university, have you met anybody with whom you get along well - a potential
good friend? Yes  □   No  □

6. In general, how do you feel about your future "adjustment" to the University life at
   Stirling?
   very  □   optimistic  □   unsure  □   pessimistic  □   very  □   pessimistic
Appendix R: Personal Details Form (Study III & IV)
Please fill in the following information about yourself/tick appropriate box, without leaving any relevant questions unanswered. Your answers will be treated as strictly confidential.

1. Initials____________ Date of birth__________________ Nationality_______________________
   Male ☐ Female ☐
   - Marital status :single ☐ having a serious relationship ☐ having a casual ☐ married ☐ divorced ☐
   - While at Stirling, is your spouse/girlfriend/boyfriend with you? Yes ☐ No ☐

2. What degree do you attend at Stirling University?__________________________
   - How long is your course intended to last?_______________________________
   - Whose decision was to come to Stirling University?
     - mine ☐ my family’s ☐ home University’s ☐ financial supporter’s ☐

3. Before coming to study here how satisfied were you with:
   very satisfied satisfied unsure not very satisfied not at all satisfied
   a. family relationships ☐ ☐ ☐ ☐ ☐
   b. spouse/girlfriend/boyfriend ☐ ☐ ☐ ☐ ☐
   c. friends ☐ ☐ ☐ ☐ ☐
   - Do you feel homesick at all?
     Very often ☐ often ☐ sometimes ☐ rarely ☐ never ☐
   During the last term, did you feel homesick/at all?
     Very often ☐ often ☐ sometimes ☐ rarely ☐ never ☐
   How intense are your feelings of Homesickness?
     1............2............3............4............5
   - Since your arrival at the University, have you met anybody with whom you get along very well—a good friend? Yes ☐ No ☐ Specify his/her nationality ____________________________

4. Please tick these items in the following list that are (or were) a source of difficulty which affected your well-being here:
   - financial problems YES ND
   - Difficulty adjusting to climate YES ND
   - Difficulty adjusting to local food YES ND
   - Difficulty adjusting to local language YES ND
   - Lack of opportunity to use the local language YES ND
   - Problems relating to religion YES ND
   - Racial/national discrimination and prejudice YES ND
   - Lack of framework and direction in academic studies YES ND
   - Lack of personal counselling YES ND
   - Difficulty of the course YES ND
   - Lack of support and/or cooperation with your fellow students YES ND
   - Insufficient previous training YES ND
   - Lack of meaningful contact with people YES ND
   - Depressed mood and/or homesickness YES ND
   - Loneliness YES ND
   - Else. Please specify: ____________________________________________________________
   - How did you try to cope? _______________________________________________________

5. Do you feel that you were well informed about your studies and way of living here prior to your coming? Yes ☐ No ☐
   - Do you feel that reality of life in Stirling Uni. has met the expectations you had prior to your coming here? Yes ☐ No ☐
   - In general how do you feel about your future adjustment to the University life?
     very optimistic ☐ optimistic ☐ unsure ☐ pessimistic ☐ very pessimistic ☐
Appendix S: Personal Details Form (Study V)
Please fill in the following information about yourself/tick appropriate box, without leaving any relevant questions unanswered. Your answers will be treated as strictly confidential.

1. Age: _____________________   - Male ☐ Female ☐ Nationality: ____________________________________________
   - Marital status: single ☐ having a serious relationship ☐ having a casual ☐
     married ☐ divorced ☐ relationship

2. Did you feel homesick at all during the last term?
   Very often ☐ often ☐ sometimes ☐ rarely ☐ never ☐ not applicable ☐
   How intense are your feelings of Homesickness?
   not at all 1........2........3........4........5

   - If yes, how did you try to cope with it?.................................................................
   ...............................................................................................................................

3. Please tick these items in the following list that are (or were) a source of difficulty which affected your well-being here:
   - financial problems
   - Difficulty adjusting to climate
   - problems relating to religion
   - racial/national discrimination and prejudice
   - lack of framework and direction in academic studies
   - lack of personal counselling
   - difficulty of the course
   - work overload
   - practical problems (eg. transport)
   - having to manage family responsibilities and studying at the same time
   - lack of support and/or cooperation with your fellow students
   - problems related to accommodation/flatmates
   - lack of meaningful contact with people
   - personal depression and/or homesickness
   - loneliness
   - Else. Please specify: ........................................................................................................
   - How did you try to cope?.................................................................................................
   .................................................................................................................................

4. Do you have any suggestions to do that could possibly help minimizing the problems students experience?
   ...........................................................................................................................................
   ...........................................................................................................................................

5. A. In general, how satisfying do you find the way you are spending your life these days?
   would you call it:
   a) not very satisfying ☐ b) pretty satisfying ☐ c) very satisfying ☐

   B. Taking all things together, how would you say things are these days?
   would you say you are:
   a) not too happy ☐ b) pretty happy ☐ c) very happy ☐
Appendix T: Covering Letter
Dear student,

As you already know, we are conducting a number of studies in order to assess what difficulties, if any, students might experience adjusting to University life. First of all, I would like to thank you for your valuable help during the previous stages. This is the third questionnaire you receive (there will be one more at the end of the year) and I would be really grateful if you could give me twenty minutes of your time to complete it and return it within the next 3-4 days. Participation is anonymous, voluntary and all replies are strictly confidential.

As you will appreciate, a high response rate is necessary in order to ensure that the results are valid and representative of the student population.

Data from this project will be analysed anonymously and the overall results for all first year Psychology students will be returned to you in order that you might complete some of the assignments of your first year practicals.

In particular we intend that during your first year practicals you will be able to compare statistically and anonymously this present questionnaire completed at the end of the first semester, with the other questionnaires completed at the beginning and at the end of the academic year.

Here again all the questionnaires will be anonymous and the purpose of the practicals will be:

a) to investigate the relationship between the various variables eg. self-esteem, personality, home-sickness etc.

b) and to assess what changes, if any, occur within the student population on those measures during the course of the first year.

However, participation or non-participation will in no way influence your status in the Department of Psychology.

Finally, I would like to thank you once more for your time and valuable assistance in completing this questionnaire. We hope that this will be helpful to the student population and of assistance in completing some aspects of your first year practicals. If there are any queries please do not hesitate to contact me.

Yours sincerely

R. Halamandaris
Ph.D student
Dear student,

I am currently conducting a study at Stirling University, in order to assess what difficulties, if any, students might experience adjusting to the University life, in relation to a number of personality and situational factors. Here, you will find a set of questions—about your general well-being and problems you may experience from time to time—and a number of widely used standardized questionnaires, measuring some personality characteristics, social support from your relationships, or satisfaction with your life at the University.

Participation in this study is voluntary, and responses will be treated as strictly confidential. The questionnaire is anonymous, so please do not write your name anywhere on it. This study also conforms to the Data Protection Act.

I would be really grateful if you could give me 15 minutes of your time to complete this questionnaire and return it (through internal mail) in the addressed envelope provided within the next 3-4 days. This study is part of a wider study, which, hopefully, and with your help will lead to a Ph.D.

Finally, I would like to thank you once more for your time and valuable assistance you are giving to this project, and to wish you all the best with your studies. If you have any queries, please do not hesitate to contact me.

Yours sincerely

R. Halamandaris
Ph.D student
Dear student,

We are currently conducting a number of studies at Stirling University in order to assess what difficulties, if any, students might experience adjusting to University life. We would therefore be grateful if you would help in this project by completing the attached questionnaires. Participation is anonymous, voluntary and all replies are confidential.

There are two main aims related to this study as outlined below:

1. We are investigating the relationship between loneliness, homesickness, self-esteem, personality and the role of social support during adjustment to the first year of University life. You will be asked to complete a series of questionnaires on four occasions ie a) at present, before attending University, b) at the beginning of the first semester, c) at the end of your first semester, and d) at the end of your second semester. All questionnaires are standardised, valid, reliable and widely used.

As you will appreciate, a high response rate is necessary in order to ensure that the results are valid and representative of the student population.

2. Data from this project will be analysed anonymously and the overall results for all first year Psychology students will be returned to you in order that you might complete some of the assignments of your first year practicals.

In particular we intend that during your first year practicals you will be able to compare statistically and anonymously this present questionnaire completed prior to attendance at the University with the other questionnaires completed during the academic year. Here again all the questionnaires will be anonymous and the purpose of the practicals will be a) to investigate the relationship between the various variables eg. self-esteem, personality, homesickness etc. b) and to assess what changes, if any, occur within the student population on those measures during the course of the first year.

It is also important to secure a high response rate since the overall results for all first year students will be returned to you and used in your first year practicals. However, participation or non-participation will in no way influence your admission status or your subsequent status in the Department of Psychology.

This study has met with the approval of the Department of Psychology Ethics Committee and Professor R. Watt, Head of Psychology Department. I would be grateful if you would complete this questionnaire and return it in the white addressed envelope within the next week, if you have any queries please do not hesitate to contact Dr. Kevin Power, Senior Lecturer, Dept. of Psychology, University of Stirling FK9 4LA, tel. 0786-467684.

Thank you very much for your time and valuable assistance in completing this questionnaire. We hope that this will be helpful to the student population and of assistance in completing some aspects of your first year practicals.

Yours sincerely

Dr. Kevin Power