

# Consent Form for Research on Help-seeking behaviors of students in a multicultural environment regarding acculturative stress and depression.

We will carry out this research as follows. If you understand the purpose and content of the research and are willing to participate, please click "agree" below this consent form. If after reading this consent you would not like to participate click "not agree" and you will not proceed to survey. You may also withdraw from this research later. You will not suffer any penalty or disadvantage if you choose not to participate in the research or choose to participate and later withdraw. If you agree to participate in the research of your own volition, we would very much appreciate it.

## 1. Purpose of the Research

This research aims to examine the prevalence and predictors of help-seeking behaviors among international and domestic students in a multicultural environment like APU.

## 2. Research Methods, Research Term

In this research, we will ask you to fill out online questionnaire and it will take around 15-20 minutes to finish.

## 3. Your Selection as a Research Subject

This research is based on International and multicultural student's experience and environment that is why APU students are recruited for this study. The research is not concerned with your individual nationality, gender, age, or health (it will be used only for combined data).

## 4. Participation in the Research and Withdrawal from the Research

While we would certainly appreciate your understanding and participating in the research, you should decide yourself whether or not to participate. You can refuse to participate after hearing the explanation and choose "not agree to participate". You will not suffer any penalty or disadvantage if you refuse to participate or decide to participate and later withdraw. You can withdraw from the research while it is in progress as well. In that case, you can turn off the web site of the questionnaire and all the information recorded will be deleted accordingly.

## 5. Potential Benefits of Participating in the Research

There are no direct benefits to you from participating in the research. we believe to points out the risk of acculturative stress faced by domestic and international students in a multicultural environment. So hopefully, this research could provide empirical evidences for policy-planners to design an educational system that is better at supporting students dealing with depression and acculturative stress

## 6. Potential Risks and Discomforts

There are no foreseeable risks in participating in this survey.

## 7. Disclosure of Research Outcomes

We plan to compile the outcomes of this research into a research article and submit them to a peer-reviewed journal.

There is possibility of presentation research data at conference and other journals.

In the research, all data collected are anonymous.

If you like, you can check the data of your response before we write the research article.

Also, we will explain the content of my research to you either through documentation or orally if you would like to. Please let us know which you would prefer.

## 8. Confidentiality, Personal Information and Handling of Research Data

We promise to protect your confidentiality. We will not use your questionnaire responses for any purpose other than the research. In order to protect your personal information, your questionnaire answers will be stored in a password protected electronic format at Google Drive. Google Drive does not collect identifying information such as your name, email address, or IP address. Therefore, your responses will remain anonymous. No one will be able to identify you or your answers, and no one will know whether or not you participated in the study. Following the APU's guidelines, we will keep research data in an anonymized form that does not allow for identifying individuals for 5 years. After 5 years, we will destroy all data, including this consent form.

9. Funding for the Research

None

10. Questions About the Research or Your Rights as a Participant

This research is being done by NGUYEN Minh Hoang and Manh-Tung Ho, master's students in the Graduate School of Asia Pacific Studies at Ritsumeikan Asia Pacific University, supervised by Professor MEIRMANOV Serik, Public Health Management program, APS. in collaboration with Thu-Trang Vuong, Sciences Po, Paris, France. Please direct questions about the research to the address written below. If any issues arise with the researcher's research ethics, please contact the Research Office of Ritsumeikan Asia Pacific University at [reo@apu.ac.jp](mailto:reo@apu.ac.jp).

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I have had the above items about the research on depression, social connectedness, acculturative stress, and help-seeking behavior explained to me. I understand the purpose and methods of the research and agree to participate in the research. Do you agree to participate in the questionnaire \*

Yes

No

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APU student mental health

APU 学生のメンタルヘルス

Are you domestic student or International student? 日本学生 / 国際学生 \*

Domestic student 日本学生

International Student 国際学生

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## Demographics (International students)

Which country/region are you from? 国籍 \*

Indonesia ▼

What is your gender? 性別 \*

Female 女性 ▼

What is your academic level? \*

Undergraduate 大学生 ▼

What is your age? 年齢 \*

Less than 18 ▼

How long have you been in Japan? あなたは日本にどれくらい滞在しましたか? \*

1 year ▼

What is your Japanese proficiency? 日本語能力 \*

	1	2	3	4	5	
Beginner	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Native

What is your English proficiency? 英語能力 \*

	1	2	3	4	5	
Beginner	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Native

Do you have any intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)? パートナーいますか（恋人、夫、妻、...）？ \*

Yes

No

Do you consider yourself religious? あなたは信仰的ですか？ \*

Yes ▼

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## Demographics (Domestic student)

What is your gender? 性別 \*

Choose ▼

How long have you been in APU? あなたはAPUにどれくらい滞在しましたか？ \*

Choose ▼

What is your age? 年齢 \*

Choose ▼

What is your academic level \*

Choose ▼

What is your Japanese proficiency?日本語能力 \*

	1	2	3	4	5	
Beginner	<input type="radio"/>	Native				

What is your English proficiency?英語能力 \*

	1	2	3	4	5	
Beginner	<input type="radio"/>	Native				

Do you have any intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto)?パートナーいますか（恋人、夫、妻、...）？ \*

- Yes
- No

Do you consider yourself religious?あなたは信仰的ですか？ \*

Choose ▼

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Depression

Over the last 2 weeks, how often have you been bothered by any of the following problems? 過去二週間に、次の問題のどれに悩まされましたか? \*

1. Not at all ぜんぜん  
ありません

2. Several days 数日

3. More than half the days 1週間以上

4. Nearly everyday 毎日

Little interest or pleasure in doing things 仕事をする  
興味がない





Feeling down, depressed, or hopeless 落ち込み、絶望





Trouble falling or staying asleep, or sleeping too much 寝にくい / 寝すぎ





Feeling tired or having little energy 疲労感





Poor appetite or overeating 食欲がない / 食べすぎ





Feeling bad about yourself or that you are a failure or have let yourself or your family down 自分が悪いと感じている、あるいは失敗している





Trouble concentrating on things, such as reading the newspaper or watching television 集中力がない





Moving or speaking so slowly that other people could have noticed. Or the opposite being so figety or restless that you have been moving around a lot more than usual 普通な行動が遅すぎ、あるいは落ち着きがない

Thoughts that you  
would be better off  
dead, or of hurting  
yourself 自殺の考  
えこと



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## Social Connectedness 社会的接続性

This scale assesses the degree to which you feel connected to others in their social environment.

Choose the answer that shows how much you agree or disagree with each of the following statements

次の事は同意しますか？ \*

1. Strongly disagree 強く同意しない

2. Disagree 同意しない

3. Slightly disagree 少し同意しない

4. Slightly agree 少し同意する

5. Agree 同意する

6. Strongly agree 強く同意する

I feel disconnected from the world around me 私は周りの世界から切り離されているように感じる

Even around people I know, I don't feel that I really belong 私が知っている人の周りでも、本当に属しているとは思わない

I feel so distant from people 私は人々からとても遠く離れているように感じる

I have no sense of togetherness with my peers 私は仲間との共感がない

I don't feel related to anyone 私は誰にも関係ないと感じる

I catch myself losing all sense of connectedness with society 私は社会とのつながりのすべての感覚を失う

Even among my friends, there is no sense of brother/sisterhood. 友人の間でさえ、兄弟性/姉妹性の感覚はない

I don't feel that I participate with anyone or any group グループに参加しているとは思わない

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## Acculturation 異文化適応

Factors of Acculturative Stress Scale for Internation Students

# Perceived Discrimination 差別を感じる事 \*

1. Strongly disagree 強く同意しない  
 2. Disagree 同意しない  
 3. Not sure 分からない  
 4. Agree 同意する  
 5. Strongly agree 強く同意する

I am treated differently in social situations 私は社会的状況に異なった扱いを受ける

Others are biased toward me 他人は私のことに偏っている

Many opportunities are denied to me 多くの機会が私に拒否されている

I feel that I receive unequal treatment 私は不平等な扱いを受けると感じる

I am denied what I deserve 私に値するものが否定されている

I feel that my people are discriminated against 私の国民は差別されているように感じます

I am treated differently because of my race 私は自分の人種のために異なる扱いを受ける

I am treated differently because of my color 私は肌の色のために異なる扱いを受ける

# Homesickness ホームシック\*

1. Strongly disagree 強く同意しない  
2. Disagree 同意しない  
3. Not sure 分からない  
4. Agree 同意する  
5. Strongly agree 強く同意する

I feel sad leaving my relatives behind 親戚を後にして、悲しみを感ずる

Homesickness bothers me ホームシックは私に悩まされる

I feel sad living in unfamiliar surroundings 馴染みのない環境で暮らして悲しみを感ずる

I miss the people and country of my origin 自分の国にいて国民といて寂しさを感ずる

## Perceived Hate/Rejection 憎悪/拒絶を感じる事\*

1. Strongly disagree 強く同意しない  
2. Disagree 同意しない  
3. Not sure 分からない  
4. Agree 同意する  
5. Strongly agree 強く同意する

People show hatred toward me non-verbally

人々は私に向かって非言語的に憎しみを見せる

People show hatred toward me verbally

人々は私に向かって言語的に憎しみを見せる

People show hatred toward me through actions

人々は行動で私に向かって憎しみを見せます

Others are sarcastic toward my cultural values

他の人は私の文化的価値観に対して口が悪いことをする

Others don't appreciate my cultural values

他の人私の文化的価値観に尊敬しない

## Fear 恐怖\*

1. Strongly disagree 強く同意しない

2. Disagree 同意しない

3. Not sure 分からない

4. Agree 同意する

5. Strongly agree 強く同意する

I fear for my personal safety because of my different cultural background 私の異なる文化的背景のため、個人的な安全に恐れがある

I generally keep a low profile due to fear 恐怖のせいで、アテンションを避ける

I feel insecure here 私はここで不安を感じる

I frequently relocate for fear of others 他人に恐怖のせいで、頻繁に移動する

## Culture Shock/Stress Due to Change カルチャーショック\*

1. Strongly disagree 強く同意しない  
2. Disagree 同意しない  
3. Not sure 分からない  
4. Agree 同意する  
5. Strongly agree 強く同意する

I feel uncomfortable to adjust to new foods 新しい食べ物に適應するのは不快を感じる

Multiple pressures are placed on me after coming to Japan 日本に来たから私に複数の圧力がかかっている

I feel uncomfortable to adjust to new cultural values 新しい文化的価値観に適應するのは不快を感じる

## Guilt 罪悪感\*

1. Strongly disagree 強く同意しない  
2. Disagree 同意しない  
3. Not sure 分からない  
4. Agree 同意する  
5. Strongly agree 強く同意する

I feel guilty to leave my family and friends behind 家族や友人を後にして罪悪感を感じる

I feel guilty that I am living a different lifestyle here ここで違った生活をしていると罪悪感を感じる

## Miscellaneous 他の問題\*

1. Strongly disagree 強く同意しない  
2. Disagree 同意しない  
3. Not sure 分からない  
4. Agree 同意する  
5. Strongly agree 強く同意する

I feel nervous to communicate in English 私は英語でコミュニケーションすることに緊張している

I feel nervous to communicate in Japanese 私は日本語でコミュニケーションすることに緊張している

I feel angry that my people are considered inferior 私の国民が劣って扱われることは怒っている

It hurts when people don't understand my cultural values 人々が私の文化的価値を理解しないと苦しさを感ずる

I feel low because of my cultural background 私の文化的背景のために私は劣りを感じる

I feel that my status in this society is low due to my cultural background 私の文化的背景のため、この社会に私の地位は低いと感じる

I don't feel a sense of belonging (community) here 私はここに所属する感覚を感じない

I feel sad to consider my people's problems 私の国民の問題を考えるのは悲しみを感ずる

I feel some people don't associate with me because of my ethnicity 私の人種のために、私と関係ない人がいる

I worry about my future for not being able to decide whether to stay here or to go back 私はここにとどまるのか、帰るのかを決めることができないため、私の未来のことに心配する

I feel intimidated to participate in social activities (社会活動に参加することを怖がっている)

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## Help-seeking behavior

If you were having a personal or emotional problem, how likely is it that you would seek help from the following people? あなたが個人的または感情的な問題がある場合、次の人々の助けを求めるのはどれくらいの可能性がありますか? \*

1 = Extremely unlikely 非常にそう思わない 3 = Unlikely そう思わない 5 = Likely そう思う 7 = Extremely likely 非常にそう思う

	1. Extremely unlikely 非常にそう思わない	2	3. Unlikely そう思わない	4	5. Likely そう思う	6	7. Extremely likely 非常にそう思う
Intimate partner (e.g., girlfriend, boyfriend, husband, wife, de' facto) パートナー (恋人、夫、妻、...)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friend (not related to you) 友達	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parent 両親	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other relative/family member 親戚	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health professional (e.g. psychologist, social worker, counsellor) 精神科医者	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Phone helpline (e.g. Lifeline) ヘルプライン	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doctor/GP 医者	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Minister or religious leader (e.g. Priest, Rabbi, Chaplain) 宗教リーダー	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet (e.g. Website, Social media) インターネット	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would not seek help from anyone (Try to solve things)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

alone) 誰から  
も助けを求めな  
い

Others 他

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