

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 |

26. Do you enjoy cooperating with others ?	YES	NO
27. Do you tend to keep in the background on social occasions ?	YES	NO
28. Does it worry you if you know there are mistakes in your work ?	YES	NO
29. Have you ever said anything bad or nasty about anyone ?	YES	NO
30. Would you call yourself tense or "highly -strung "?	YES	NO
31. Do you think people spend too much time safeguarding their future with savings and insurances ?	YES	NO
32. Do you like mixing with people ?	YES	NO
33. As a child were you ever cheeky to your parents ?	YES	NO
34. Do you worry too long after an embarrassing experience ?	YES	NO
35. Do you try not to be rude to people ?	YES	NO
36. Do you like plenty of bustle and excitement around you?	YES	NO
37. Have you ever cheated at a game ?	YES	NO
38. Do you suffer from "nerves"?	YES	NO
39. Would you like other people to be afraid of you ?	YES	NO
40. Have ever taken advantage of someone ?	YES	NO
41. Are you mostly quiet when you are with other people ?	YES	NO
42. Do you often feel lonely?	YES	NO
43. Is it better to follow society's rules than go your own way?	YES	NO
44. Do other people think of you as being very lively?	YES	NO
45. Do you always practice what you preach ?	YES	NO
46. Are often troubled about feelings of guilt?	YES	NO
47. Do you sometimes put off until tomorrow what you ought to do today ?	YES	NO
48. Can you get a party going ?	YES	NO

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	1	2	3	4	5
I feel that others get along much better than I do	1	2	3	4	5
I feel that I am a beautiful person	1	2	3	4	5
When I am with other people, I feel they are glad I am with them	1	2	3	4	5
I feel that people really like to talk with me	1	2	3	4	5
I feel that I am a very competent person	1	2	3	4	5
I think I make a good impression on others	1	2	3	4	5
I feel that I need more self-confidence	1	2	3	4	5
When I am with strangers I am very nervous	1	2	3	4	5
I think that I am a dull person	1	2	3	4	5
I feel ugly	1	2	3	4	5
I feel that others have more fun than I do	1	2	3	4	5
I feel that I bore people	1	2	3	4	5
I think my friends find me interesting	1	2	3	4	5
I think I have a good sense of humour	1	2	3	4	5
I feel very self-conscious when I am with strangers	1	2	3	4	5
I feel that if I could be more like other people I would have it made	1	2	3	4	5
I feel that people have a good time when they are with me	1	2	3	4	5
I feel like" a wall flower "when I go out(as if I am not a participant)	1	2	3	4	5
I feel I get pushed around more than others	1	2	3	4	5
I think I am a rather nice person	1	2	3	4	5
I feel that people like me very much	1	2	3	4	5
I feel that I am a likeable person	1	2	3	4	5
I am afraid I will appear foolish to others	1	2	3	4	5
My friends think very highly of me	1	2	3	4	5

**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 <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. introduce myself to others at a party | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. make phone calls to others to initiate social activities | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. actively participate in groups | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. get pleasure out of a party | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. relax on a date and enjoy myself | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. be friendly and sociable with others | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. participate in playing games with others | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 9. get buddy-buddy (become friends) with others | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. entertain others at home | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 11. get along with others | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 12. extend myself to accept others' friendships | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

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)**

**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

	I strongly agree	I agree	Unsure	I disagree	I strongly disagree
1. In dealing with strangers one is better off to be cautious until they have provided evidence that they are trustworthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Most people can be counted on to do what they say will do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The judiciary is a place where we can all get unbiased treatment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. It is safe to believe that in spite of what people say , most people are primarily interested in their own welfare.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Most people would be horrified if they knew how much news that the public hears and sees is distorted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. In these competitive times one has to be alert or someone is likely to take advantage of you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Most salesmen are honest in describing their products .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Most repairmen will not overcharge even if they think you are ignorant of their specialty .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Most elected public officials are really sincere in their campaign promises.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**

- | | | | | | |
|---------------|-----|---------------|-----|----------------|-----|
| 1.interested | ___ | 2.distressed | ___ | 3.excited | ___ |
| 4.upset | ___ | 5.strong | ___ | 6.guilty | ___ |
| 7.scared | ___ | 8.hostile | ___ | 9.enthusiastic | ___ |
| 10. proud | ___ | 11.irritable | ___ | 12.alert | ___ |
| 13. ashamed | ___ | 14.inspired | ___ | 15. nervous | ___ |
| 16.determined | ___ | 17. attentive | ___ | 18. jittery | ___ |
| 19. active | ___ | 20.afraid | ___ | | |

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

20. If I don't set the higher standards for myself, I am likely to end up a second rate person.	1	2	3	4	5	6	7
21.If I am to be a worthwhile person , I must be the best in at least one way.	1	2	3	4	5	6	7
22. People who have good ideas are better than those who do not.	1	2	3	4	5	6	7
23.I should be upset if I make a mistake .	1	2	3	4	5	6	7
24. My own opinion of myself is more important than other's opinion of me.	1	2	3	4	5	6	7
25. To be a good , moral person I must help everyone who needs it.	1	2	3	4	5	6	7
26. If a ask a question it makes me look stupid.	1	2	3	4	5	6	7
27. It is awful to be put down by people important to you.	1	2	3	4	5	6	7
28. If you don't have other people to lean on, you cannot be happy.	1	2	3	4	5	6	7
29. I can reach important goals without pushing myself.	1	2	3	4	5	6	7
30. It is possible for a person to be scolded and not get upset.	1	2	3	4	5	6	7
31. I cannot trust other people because they may be dishonest to me.	1	2	3	4	5	6	7
32. If others dislike you, you cannot be happy .	1	2	3	4	5	6	7
33. It is better to give up your own interests in order to please other people.	1	2	3	4	5	6	7
34. My happiness depends more on other people than it does on me.	1	2	3	4	5	6	7
35. I do not need the approval of other people in order to be happy.	1	2	3	4	5	6	7
36. If a person avoids problems then the problems tend to go away.	1	2	3	4	5	6	7
37. I can be happy even if I miss out on many of the good things in life.	1	2	3	4	5	6	7
38. What other people think about me is very important.	1	2	3	4	5	6	7
39. Being alone leads to unhappiness.	1	2	3	4	5	6	7
40. I can find happiness without being loved by another person.	1	2	3	4	5	6	7

Appendix I: College Adaptation Questionnaire
(Crombag, 1968; van Rooijen, 1986)

Please read each statement and circle the number which applies to you.

	Not applicable	1	2	3	4	5	6	7	very applicable
1. I am very satisfied with the course of my studies		1	2	3	4	5	6	7	
2. Sometimes I want to give it all up.		1	2	3	4	5	6	7	
3. I often ask myself what I am doing here.		1	2	3	4	5	6	7	
4. I would prefer to study elsewhere.		1	2	3	4	5	6	7	
5. I made many friends here.		1	2	3	4	5	6	7	
6. I do not feel very at home at the university.		1	2	3	4	5	6	7	
7. I never feel bored here.		1	2	3	4	5	6	7	
8. Sometimes I feel very discouraged here.		1	2	3	4	5	6	7	
9. I find life as a student very pleasant.		1	2	3	4	5	6	7	
10. Sometimes I feel rather lonely.		1	2	3	4	5	6	7	
11. Sometimes I don't know what to do with my time .		1	2	3	4	5	6	7	
12. I find it hard to get used to life here.		1	2	3	4	5	6	7	
13. What I miss here is someone to talk to freely from time to time.		1	2	3	4	5	6	7	
14. I am very satisfied with my way of life.		1	2	3	4	5	6	7	
15. If I feel blue, my friends will help me to get out of it		1	2	3	4	5	6	7	
16. I find it very difficult to adjust to student life.		1	2	3	4	5	6	7	
17. I am glad that I came to study here		1	2	3	4	5	6	7	
18. I feel very much at home here.		1	2	3	4	5	6	7	

**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.

- | | | | | |
|--|---|---|---|---|
| 1. I feel calm | 1 | 2 | 3 | 4 |
| 2. I feel secure | 1 | 2 | 3 | 4 |
| 3. I am tense | 1 | 2 | 3 | 4 |
| 4. I am regretful | 1 | 2 | 3 | 4 |
| 5. I feel at ease | 1 | 2 | 3 | 4 |
| 6. I feel upset | 1 | 2 | 3 | 4 |
| 7. I am presently worrying over possible misfortunes | 1 | 2 | 3 | 4 |
| 8. I feel rested | 1 | 2 | 3 | 4 |
| 9. I feel anxious | 1 | 2 | 3 | 4 |
| 10. I feel comfortable | 1 | 2 | 3 | 4 |
| 11. I feel self-confident | 1 | 2 | 3 | 4 |
| 12. I feel nervous | 1 | 2 | 3 | 4 |
| 13. I am jittery | 1 | 2 | 3 | 4 |
| 14. I feel 'high strung' | 1 | 2 | 3 | 4 |
| 15. I am relaxed | 1 | 2 | 3 | 4 |
| 16. I feel content | 1 | 2 | 3 | 4 |
| 17. I am worried | 1 | 2 | 3 | 4 |
| 18. I feel over-excited and 'rattled' | 1 | 2 | 3 | 4 |
| 19. I feel joyful | 1 | 2 | 3 | 4 |
| 20. I feel pleasant | 1 | 2 | 3 | 4 |

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.

1. Largely Christian, eg. a. Protestant/ b. Catholic/ c. Orthodox
2. Largely Non-Christian d. Moslem/ e. Hindu/ f. Jewish
3. Other religions. Please indicate.....

Q2. What is your religious faith?

Circle what is appropriate:

1. Christian - a. Protestant / b. Catholic/ c. Orthodox/ Other
2. Non-Christian d. Muslim/ e. Hindu/ f. Jewish
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.

	Not used	Used some-what	Used quite a bit	Used a great deal
--	----------	----------------	------------------	-------------------

- | | | | | |
|---|---|---|---|---|
| 1. Just concentrated on what I had to do next—the next step. | 0 | 1 | 2 | 3 |
| 2. I tried to analyze the problem in order to understand it better. | 0 | 1 | 2 | 3 |
| 3. Turned to work or substitute activity to take my mind off things. | 0 | 1 | 2 | 3 |
| 4. I felt that time would make a difference—the only thing to do was to wait. | 0 | 1 | 2 | 3 |
| 5. Bargained or compromised to get something positive from the situation. | 0 | 1 | 2 | 3 |
| 6. I did something which I didn't think would work, but at least I was doing something. | 0 | 1 | 2 | 3 |
| 7. Tried to get the person responsible to change his or her mind. | 0 | 1 | 2 | 3 |
| 8. Talked to someone to find out more about the situation. | 0 | 1 | 2 | 3 |

(continued)

Ways of Coping (continued)

	Not used	Used some-what	Used quite a bit	Used a great deal
--	----------	----------------	------------------	-------------------

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

(continued)

Initials.....date of birth.....male.....female.....

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

(continued)

Ways of Coping (continued)

Ways of Coping (continued)	Not used	Used some-what	Used quite a bit	Used a great deal
34. Took a big chance or did something very risky.	0	1	2	3
35. I tried not to act too hastily or follow my first hunch.	0	1	2	3
36. Found new faith.	0	1	2	3
37. Maintained my pride and kept a stiff upper lip.	0	1	2	3
38. Rediscovered what is important in life.	0	1	2	3
39. Changed something so things would turn out all right.	0	1	2	3
40. Avoided being with people in general.	0	1	2	3
41. Didn't let it get to me; refused to think too much about it.	0	1	2	3
42. I asked a relative or friend I respected for advice.	0	1	2	3
43. Kept others from knowing how bad things were.	0	1	2	3
44. Made light of the situation; refused to get too serious about it.	0	1	2	3
45. Talked to someone about how I was feeling.	0	1	2	3
46. Stood my ground and fought for what I wanted.	0	1	2	3

(continued)

Initials.....date of birth.....male.....female.....

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

(continued)

Ways of Coping (continued)

	Not used	Used some-what	Used quite a bit	Used a great deal
58. Wished that the situation would go away or somehow be over with.	0	1	2	3
59. Had fantasies or wishes about how things might turn out.	0	1	2	3
60. I prayed.	0	1	2	3
61. I prepared myself for the worst.	0	1	2	3
62. I went over in my mind what I would say or do.	0	1	2	3
63. I thought about how a person I admire would handle this situation and used that as a model.	0	1	2	3
64. I tried to see things from the other person's point of view.	0	1	2	3
65. I reminded myself how much worse things could be.	0	1	2	3
66. I jogged or exercised.	0	1	2	3
67. I tried something entirely different from any of the above. (Please describe).	0	1	2	3

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

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

Belonging

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

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 frinds 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.

	often	sometimes	rarely	never
1. I feel in tune with the people around me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I lack companionship.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. There is no one I can turn to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I do not feel alone.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel part of a group of friends.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have a lot in common with the people around me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am no longer close to anyone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My interests and ideas are not shared by those around	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I am an outgoing person.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. There are people I feel close to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel left out.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My social relationships are superficial.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. No one really knows me well.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel isolated from others.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I can find companionship when I want it.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. There are people who really understand me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I am unhappy being so withdrawn.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. People are around me but not with me.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. There are people I can talk to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. There are people I can turn to.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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:

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

B1. Lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual
B2. Had difficulty in staying asleep once you are off?	Not at all	No more than usual	Rather more than usual	Much more than usual
B3. Felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual
B4. Been getting edgy and bad-tempered?	Not at all	No more than usual	Rather more than usual	Much more than usual
B5. Been getting scared or panicky for no good reason?	Not at all	No more than usual	Rather more than usual	Much more than usual
B6. Found everything getting on top of you?	Not at all	No more than usual	Rather more than usual	Much more than usual
B7. Been feeling nervous and strung-up all the time?	Not at all	No more than usual	Rather more than usual	Much more than usual

Have you recently:

C1. Been managing to keep yourself busy and occupied?	More so than usual	Same as usual	Rather less than usual	Much less than usual
C2. Been taking longer over the things you do?	Quicker than usual	Same as usual	Longer than usual	Much longer than usual
C3. Felt on the whole you were doing things well?	Better than usual	About the same	Less well than usual	Much less well
C4. Been satisfied with the way you've carried out your task?	More satisfied	About same as usual	Less satisfied than usual	Much less satisfied
C5. Felt that you are playing a useful part in things?	More so than usual	Same as usual	Less useful than usual	Much less useful
C6. Felt capable of making decisions about things?	More so than usual	Same as usual	Less so than usual	Much less capable
C7. Been able to enjoy your normal daily activities?	More so than usual	Same as usual	Less so than usual	Much less than usual

D1. Been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual
D2. Felt that life is entirely hopeless?	Not at all	No more than usual	Rather more than usual	Much more than usual
D3. Felt that life isn't worth living?	Not at all	No more than usual	Rather more than usual	Much more than usual
D4. Thought of the possibility that you might do away with yourself?	Definitely not	I don't think so	Has crossed my mind	Definitely have
D5. Found at times you couldn't do anything because your nerves were too bad?	Not at all	No more than usual	Rather more than usual	Much more than usual
D6. Found yourself wishing you were dead and away from it all?	Not at all	No more than usual	Rather more than usual	Much more than usual
D7. Found the idea of taking your own life coming into your mind?	Definitely not	I don't think so	Has crossed my mind	Definitely have

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?

	Strongly agree	Moderately agree	Unsure	Moderately disagree	Strongly disagree
a. To get a good degree	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. To gain academic / professional expertise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. In order to have more opportunities when going back.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. To learn the culture (e.g. the language)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Because there are more opportunities here for a future career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. To avoid / escape from home / family pressures and demands.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Other. <input type="checkbox"/> Please specify.....					

14. How much do you think that you know about Scottish:

	Very well informed	Fairly well informed	Basically informed	Rather uninformed	Not at all informed
a. food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. climate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. social life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. politics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. values	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. customs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. social rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. sex roles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. religion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. academic standards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

	very willing	moderately willing	unsure	not very willing	not at all willing
a. food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. religion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. sex roles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. politics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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?

Very confident confident not very not at all
 confident enough confident confident

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

very much much average little not at all

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 :

	very difficult	rather difficult	unsure no exp.	rather easy	very easy
a. completing your studies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. developing new friendships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. meeting interesting people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. mixing with host students/ local people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. adjusting to the university's lifestyle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. life , in general , while living here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

very optimistic 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:

	Very satisfied	Satisfied	Unsure	Not very satisfied	Not at all satisfied
a. family relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. spouse/boyfriend/ girlfriend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. employment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. academic status	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. financial status	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. career opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. place and conditions of residence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

26. How "close" do you presently feel to

	Very close	Close	Unsure	Not very close	Not at all close
a. family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. spouse/gilfriend/ boyfriend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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
married divorced/separated/ widowed relationship

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 spend 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?

I feel homesick very often often sometimes little not at all

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
optimistic 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 relationship

- 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	NO
-Difficulty adjusting to climate	YES	NO
- Difficulty adjusting to local food	YES	NO
-difficulty adjusting to local language	YES	NO
-lack of opportunity to use the local language	YES	NO
-problems relating to religion	YES	NO
-racial/national discrimination and prejudice	YES	NO
-lack of framework and direction in academic studies		
-lack of personal counselling	YES	NO
-difficulty of the course	YES	NO
- lack of support and/or cooperation with your fellow students		
-insufficient previous training	YES	NO
-lack of meaningful contact with people	YES	NO
-depressed mood and/or homesickness	YES	NO
-loneliness	YES	NO

-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 .

February

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 conduct 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, 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.

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