

Understanding Mental Health and Help-seeking behaviour among the Asian International Student population

Are you: (1) A full-time student studying at Strathclyde University?

(2) Over 18 years of age?

(3) An Asian international student?

(4) Have lived in the UK for at least three months?

and (5) Is reasonably fluent in English – IELTS 5.5 or above?

⚠no restrictions on course subject.

⚠open to undergraduates and post-graduates

Your participation would involve taking part in a confidential **one-to-one interview** with the researcher to discuss your thoughts in 3 areas including: mental health literacy, disclosure and help seeking-behaviour.

The study will take approximately **1 hour** to complete.

You will receive a £20 amazon voucher for your participation.



If you are interested or have any questions, please contact the research assistant:
Yvonne Chau at chinvan.chau@strath.ac.uk

Or you can contact the Lead Researcher: Dr Nicola Cogan at
Nicola.Cogan@strath.ac.uk

This study has been granted full ethical approval from the University Ethics Committee (SEC)
Funded by the SMARTEN research network, the project will be completed by July 2020.