

# 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"/>	<input 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 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？ \*

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 他の  
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

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Homesickness bothers me ホームシックは私に悩まされる

<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel sad living in unfamiliar surroundings 馴染みのない環境で暮らしていて悲しみを感ずる

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I miss the people and country of my origin 自分の国にいてなくて国民といてなくて寂しさを感ずる

<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others don't appreciate my cultural values 他の人私の文化的価値観に尊敬しない	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel insecure here 私はここで不安を感じる	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I frequently relocate for fear of others 他人に恐怖のせいで、頻繁に移動する	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 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 日本にき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  
が劣って扱うこ  
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  
価値を理解してい  
ないと苦しさを感  
じる

☐☐☒☐☐

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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