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The effect of psychoeducational intervention on adjustment, coping self-efficacy and psychological distress of international students in Turkey

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Statement of the Problem: Studying abroad can be an exciting opportunity as it can be quite stressful. However, together with the developmental concerns, international students may encounter additional stressors while adjusting to living and studying in a new culture. Nevertheless, there is a dearth in the literature relating to psychological interventions to support their adjustment. The growing number of international students' population in Turkey seemingly necessitates undertaking need based psychological support services. Hence, the current study involves a group program and examines its efficiency to enhance adjustments of international students.

Methodology & Theoretical Orientation: With a 2x3 controlled quasi-experimental group design, participants in the experimental group underwent eight weekly sessions of a psychoeducational program. The program was cognitive behavioral in nature and contained every session with one and half hours each that proceeded for eight consecutive weeks. A total of 18 international students, as interventional and control groups, completed measures on coping self-efficacy, psychological adaptation and psychological distress at three-time points (baseline, post-intervention and six months after intervention).

Findings: Posttest results indicate significant differences in coping self-efficacy in favor of the experimental group. However, compared to control, the experimental group showed no statistically significant differences in psychological adaptation and distress levels. Follow-up results revealed significant changes in all the three measures in favor of the experimental group.

Recent Publications

1. Harper C (2009) The neuropathology of alcohol-related brain damage. *Alcohol* 44:136-140.
2. Heilig M and Egli M (2006) Pharmacological treatment of alcohol dependence: target symptoms and target mechanisms. *Pharmacology and Therapeutics* 111:855-876.
3. Li X, Schwacha M G, Chaudry I H and Choudhry M A (2008) Acute alcohol intoxication potentiates neutrophil-mediated intestinal tissue damage after burn injury. *Shock* 29(3):377-383.
4. Room R, Babor T and Rehm J (2005) Alcohol and public health. *Lancet* 365:519-530.
5. Sullivan E V and Zahr N M (2008) Neuroinflammation as a neurotoxic mechanism in alcoholism: Commentary on "Increased MCP-1 and microglia in various regions of human alcoholic brain". *Experimental neurology* 213(1):10-17.

Biography

Aman Sado Elemo obtained his B.Ed from the Bahir Dar University in Pedagogical Sciences and MA from the Addis Ababa University, Ethiopia. Currently, he is a PhD candidate in the Psychological Counselling and Guidance at Anadolu University, Turkey. He has research interests in International students' adjustment, stress coping and positive psychology.

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