

StudiCare Mindfulness

Intercultural version of an online Mindfulness Intervention for international students

Description

The stress level of university students affects not only their studies but it also decreases their quality of life and can cause psychosomatic symptoms. Additionally, among international students, stress is influenced by living in and adapting to a foreign country, language barriers and discrimination. Thus, makes it difficult for them to get access to support services in the host country. While stress seems inevitable among students, in a meta-analysis, reducing stress by online mindfulness interventions are proven to be effective (Jayewardene, Lohrmann, Erbe, & Torabi, 2017). Online interventions have the advantage of being independent from time and place, and its anonymity could attract more students to participate. In order to offer these students an intervention to reduce stress via increasing mindfulness and well-being, an online mindfulness intervention has been translated to English and adapted to international students' lifestyle and needs: StudiCare Mindfulness.

StudiCare-Mindfulness consists of 7 modules and 2 booster sessions. Each module aims at teaching a different skill of mindfulness or stress management. The online platform can be reached 24/7 and the participants will receive tailored feedback after completing each module.

StudiCare-Mindfulness is part of a bigger project StudiCare-Projekt (Project directors Ebert & Baumeister) and its adaptation, feasibility and implementation and effectiveness will be tested in clinical studies. In addition, a focus is placed on developing a deeper understanding of the need for adaptation of German-language interventions for people in Germany with a migration background as well as for people with a different language and cultural background from other countries. For further details please see StudiCare project: www.studicare.com.

Project team

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Duration of StudiCare

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Publication

See the following link for publication list of the department <https://www.uni-ulm.de/en/in/psy-klips/publications/>

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