The Impact of Immigration ‘New Diaspora’ on Women’s Mental Health and Family Structure: A Case Study of Sudanese Women in Columbus-Ohio

Thesis

Presented in Partial Fulfillment of the Requirements for the Degree Master of Social Work in the Graduate School of the Ohio State University

By

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Thesis Committee

Mo Y. Lee, Advisor

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Abstract

This research examines acculturation stress affecting Sudanese women immigrants in Columbus-Ohio and determines the key factors affecting especially Sudanese immigrant women mental health. The research methodology is a qualitative research design involving in-depth interviews of selected Sudanese immigrants living in Columbus, OH. The focus is on psychological effects on women, coping mechanisms, family and responses to acculturation, and the support given to Sudanese women immigrants. The results revealed that a majority of Sudanese immigrant women faced difficulties coping with the new life in the US when they first arrived and perhaps some of them are suffering from mental health problems. This result urge for help and support to newly arriving immigrants and calls for counseling and mental health service providers to reach out to those immigrants who are in need of help and support.
Dedication

I dedicate this thesis to my husband Khabbab Zohair and daughter Serena Zohair whose endless love and support have given me the strength to complete this thesis; to my mother Nafissa for her love and compassion; to my beloved departed brother Adil Elhag who always gave me support and would have done so if he was with us now; to my brothers and sisters who were always there for me; to my father-in-law Zohair for his inspiration and words of wisdom; and to my brother-in-law Eldaw for his encouragement and support.
ACKNOWLEDGMENTS

This thesis would not have been possible without the support of a number of people. Firstly, I would like to thank my advisor professor Mo Yee Lee for her wisdom in guiding me through this journey. Her guiding hand, head, heart, and soul lead me through a process of discovery and reassured me to value the voice of others and to have faith in myself. Her continuous guidance and advise made it possible for me to complete this thesis. I thank my co-advisor Dr. Sharvari Karandikar-Chheda for her support and help throughout the research. I would like to thank the College of Social work- University of Ohio for their support. I want to thank Connie Evans and Barb Hurt in Columbus Area Inc. who have shown me the value of being a good social worker. Finally I would like to thank the Sudanese women immigrants for their patience, openness, and full support in contributing to this thesis. They have shown that they have the courage and heart to start a new expedition in a new environment.
Vita

May 1998…………………………………..Khartoum High School for Girls

2003 ……………………………………….Ahfad University for Girls

Fields of Study

Major Field: Social Work
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Chapter 1: Introduction

With the exception of very few instances, Immigration is generally a new phenomenon among Sudanese people; it dates back to a few decades and particularly after World War II. The decade of 1990s has been remarkably a turning point in the immigration history of the Sudanese people, where masses of exodus have left the country seeking refugee or asylum status in the western hemisphere. For many of those refugee or asylum seekers the journey to the host countries of refugee or asylum wasn’t that smooth as they had to go through tremendous difficulties before been granted the refugee or asylum status, let alone the suffering faced in step immigration countries before reaching the final destination. For some Sudanese immigrants in the US the immigration status was granted by the US diversity visa (known as lottery). Yet, for both types of Sudanese immigrants the US as a host country was a new place with different culture, values, and lifestyle. Thus, many of the immigrants had faced the challenge of assimilation and acculturation in various aspects of life in order to cope with the life in the US as a new place of residence.

Some immigrants face difficulty adjusting to their new home in the United States for a host of reasons, including coping with trauma experienced in their native country, overcoming cultural and language barriers, and encountering discrimination. The effects of immigration on psychological and social well-being are especially profound for certain
populations, including children, women, individuals with disabilities, and those with limited financial resources. This warrants a careful examination and diagnosis of the problems faced by new immigrants settling in US.

The purpose of this study is examine (in-depth) the challenges that immigrants face when they arrive to US (the case of Sudanese immigrants living in Columbus-Ohio) and the different coping mechanisms they used to adapt to the new life. In addition, the impact of these challenges and coping mechanisms on the psychological well-being of those immigrants will also be examined. This study uses Okome (2004) definition of immigrants as people who moved from their home countries to the US, who are resolved to settle in the United States. Meanwhile acculturation is described as the modification of the culture of a group or individual as a result of contact with a different culture.

The objectives of this research are the following:

1. To determine the acculturation stress affecting Sudanese women immigrants in Columbus-Ohio
2. To study the key factors affecting specially Sudanese immigrant women mental health
3. To understand the impact of immigration on family structure
4. To explore immigrant women access to health services
The research seeks to determine the effect of immigration/acculturation on Sudanese women, their family structure and support structures they currently have. The focus is on psychological effects on women, coping mechanisms, family and community responses to acculturation, and the support given to women and children.

To effectively care for immigrant women as clients in the mental health care system, professionals need to move beyond the singular focus on culture to understand their individual experiences. They need to explore the varied and complex ways women experience migration and resettlement, and how this affects their mental health (Reitmanova, 2009).
Chapter 2: Literature review

The literature review is categorised according to the research interest. The literature review examines immigration to the U.S., the concept of new Diaspora, background on Sudan, mental health of women and relationship to employment and social context, recent studies on Sudanese women immigration, and access to mental services.

Immigration to USA

Immigrants are an integral part of the US population, contributing both to the economy and diversity of the country. The immigrant population plays an important role in the U.S, with the overwhelming majority here living legally and employed. Some 34.5 million immigrants were living in the U.S. in 2002, representing 12% of the population, and these numbers are expected to increase. This represents all individuals living in the U.S. who were not citizens at birth, including recent arrivals and long-term residents. Immigrants continue to be attracted to major cities like New York, Atlanta, Chicago and Los Angeles, they can also be found in increasing numbers in small and mid-sized cities in Ohio, Nebraska, Iowa and Maine (Takougang, 2003).
The US 2000 census shows that 10.4 percent, or 28.4 million of the country's population are foreign born. It is estimated that the current population of African immigrants to the United States is about 881,300.

In 2003, there were over 73,000 more immigrant women than men entering the United States. This includes people either entering the country with a legal immigration status or adjusting their status while in the U.S. Six percent of the U.S. Black population is foreign-born and 10 percent is of foreign ancestry (Williams, 2007). It is estimated that African immigrants in Columbus Ohio (51,815) represents 6 percent of total population (754,885).

<table>
<thead>
<tr>
<th>Origin</th>
<th>Women</th>
<th>Men</th>
<th>Total Women and Men</th>
</tr>
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<tbody>
<tr>
<td>Foreign-born</td>
<td>14,664,000</td>
<td>14,584,000</td>
<td>29,248,000</td>
</tr>
<tr>
<td>Native-born (total)*</td>
<td>89,841,000</td>
<td>81,767,000</td>
<td>171,608,000</td>
</tr>
<tr>
<td>Total Population</td>
<td>104,505,000</td>
<td>96,351,000</td>
<td>200,856,000</td>
</tr>
</tbody>
</table>

Table 1: Foreign- and Native-Born in the U.S. Population 2003 (21 Years and Older)

*Native-born also includes individuals born in Puerto Rico, U.S. island areas, and born abroad to American parents.

Despite the overwhelming presence of women in migration flows, until recently the role of women in migration had been totally neglected (Pedraza, 1991). Immigration law traditionally viewed women’s immigration status as derivative of their husband’s status. Immigrant women use international migration as a strategy to challenge existing patriarchal hegemonies operative both in the United States and Africa (Arthur, 2009). Sudanese women are no exception, with influxes of women from Sudan migrating to US and other countries, especially during the 1990s. The conservative patriarchal system in Sudan is eroding, thus giving emergence to migration among young motivated Sudanese females in pursuit of better education and better life filled with freedom.

**New Diaspora**

There are a growing numbers of Africans entering the stream of international migration away from the continent, not just from the country, of their birth. This exodus is what is referred to as the "new Diaspora" (Gordon, 1998). A variety of economic, political and social factors are identified as responsible for immigration (Watkins-Owens, 1996). There are five major factors that account for the patterns in African migration currently observable. They are as follows: globalization and integration of the world economy, economic and political development failures in Africa, immigration and refugee policies in Europe and the United States, Anglophone background, and historic ties of sending countries to the United States.
Some of the identified consequences of immigration according to Okome (2003) include the following: development effects, brain drain, attempts by immigrants to influence the foreign policy of their host country and the domestic policy of their home country, remittances that are sent home to family members, and assimilation of immigrants into the society of their host country. Many studies have confirmed that African immigrants are more educated than most other immigrants groups (Dodoo, 1997).

African immigrants encounter some of the same stereotypes often associated with their African American counterparts. They are often perceived as lazy, criminals, drug dealers and welfare cheats. This perception often results in police harassment, intimidation, unlawful arrests and even murder (Nesbitt, 2002).

African women who have traditionally been in the background of most traditional African family structure now find themselves at the forefront of economic opportunities in the United States and thus are playing important economic roles in maintaining the family structure both for the family members who are still in Africa and those in the United States.

Sudanese immigrant women to US are a special case of migrants, as compared to their African peers, manly due to the forced migration imposed by civil wars in the country since independence in 1956, let alone the recent conflict and war in Darfur. In addition, Sudanese immigrant women also face the above mentioned stereotypes.
Sudan Background

Sudan is the largest country in Africa. In 2008, the national population census of Sudan showed that there are 39.2 million Sudanese living in a total area of 967 thousand square miles, an area slightly larger that one-quarter the size of the United States. The country’s geographical location and historical heritage consolidate its place in history as a meeting point of Arab and sub-Saharan worlds (Ramsay, 99). Besides being the largest country in Africa, Sudan is also the most diverse nation on the continent. Mostly Arabs occupy the northern part of Sudan and Africans from many ethnically diverse tribes live throughout the southern part of the country. Approximately two-thirds of the Sudanese are Muslims who are concentrated in the northern regions of the country. Roughly five percent of the population is Christian, while the remaining twenty five percent practice indigenous religions. (Voll, 1985).

Sudan's primary resources are agricultural, but oil production and export are taking on greater importance since October 2000. Until the second half of 2008, Sudan's economy boomed on the back of increases in oil production, high oil prices, and large inflows of foreign direct investment. GDP growth registered more than 10% per year in 2006 and 2007. Agricultural production remains important, because it employs 80% of the work force and contributes a third of GDP. The Darfur conflict, the aftermath of two decades of civil war in the south, the lack of basic infrastructure in large areas, and a reliance by much of the population on subsistence agriculture ensure much of the population will remain at or below the poverty line for years despite rapid rises in average per capita income.
Women’s Mental Health

Research in mental health shows that women have higher rates of depression and psychological treatment than men do (Aneshensel 1992, Rosenfield 1989). Aneshensel (1992) and Mirowsky and Ross (1986) find that in relation to men, women report higher average levels of depression and anxiety.

The question is why do women outnumber men in the population that has mental problems? To investigate this subject, sociologists adopt mainly two approaches. One examines gender differences in personal characteristics (such as vulnerability, personality traits, self-concepts, coping strategies and available resources) and their effects on mental health. The second stresses the structural factors that produce gender inequality in society, and treats such forces as a major cause of the elevated status of one sex’s rate of mental illness relative to the other’s. Family structure, employment status, housework load, multiple roles, and poverty exemplify these structural factors.

In the first approach the gender differences in personal characteristics are the causes of gendered distress. Zukerman (1989) finds that women have less confidence, self-esteem, self-sufficiency or coping ability, and public speaking/leadership abilities than men, leading to the greater number of reports that attributes symptoms of depression, anxiety, and anger to women when under stress. Moreover, Turner and Marino (1998) report that higher levels of social support are related to lower levels of distress among both men and women. Women, however, exhibit more positive social support as well as more depressive symptoms and distress than their male counterparts.
In the second approach structural factors of gender inequality are the causes of gendered distress. Family structure (including parenthood and marital status) and employment are two of the most frequently examined variables in this approach. According to Broman (1991), in general, married people have greater levels of psychological well-being than the non-married, but married women have higher rates of mental illness than married men and single women. In addition, amount of housework and number of children are two major family conditions that have an important negative influence on married women’s mental health (Lennon and Rosenfield 1992). Husbands’ support and sharing of responsibilities for childcare and housework help reduce married women’s risk of mental illness, especially for employed women with multiple roles (Dennerstein 1995).

In relation to employment and mental health, women’s participation in the paid labor force has been found to be an important contributor to their general psychological well-being (Dennerstein 1995, Glass and Fujimoto 1994). While women who engage in paid work in most cases still perform the vast majority of domestic work, multiple roles for them could lead to extra burdens and consequently cause higher rates of distress and depression as compared to employed married men and employed single women (Pugliesi 1992). In particular, employed married women with young children experience higher levels of distress than their childless counterparts or comparable men (Thoits 1986).

It is important to examine family structure as a cause of mental distress. In Asian families, it is believed that close family ties provide important support for dealing with
psychological problems (Sue and Morishima 1982, Uba 1994). Wolf (1997) finds, however, that the strong family ideology pervading Filipino families imposes patriarchal power on young girls and causes serious mental problems.

Social contexts have been ignored to a large extent in sociological studies of mental health (Hall 1989). Mental health studies tend to be empirical examinations of specific variables. This tendency often overlooks the social contexts and the larger societal structure within which the social experience of mental distress is produced. In a study of Filipino families, Wolf (1997) provides some evidence that a qualitative approach can help contextualize the social dynamics of emotional life, which are what quantitative measurements fail to reveal. She thus advocates more in-depth qualitative investigations of immigrant mental health. A number of scholarly works have been published on African immigrants in the United States. Okome (2004) states that an overwhelming majority of these works is comprised of descriptive case studies on the causes for migrating, demographics and social conditions of these African immigrants in America

**Immigrants Mental Health**

To support their families, immigrants are often forced to take jobs in manual labor, even though they may have the training and education for professional jobs. Thus, many immigrants cannot sustain their former economic and social status, which can lead to psychological distress. Immigrants may feel torn about where to draw the line between fitting into American society and into their own ethnic community, and preserving their original way of life. Children and adolescents often acculturate more quickly than their
parents, which can lead to significant family conflicts and lack of family cohesion. Feelings of isolation often emerge with family conflict and the struggle to develop a tight social network.

Exposure to traumatic conditions, coupled with difficulties in acculturation, can lead to severe and long-lasting psychological and behavioral problems, including depression, anxiety, posttraumatic stress disorder, and a high risk for suicide (APA, 2009).

A major challenge facing many immigrants is lack of health insurance coverage, and, in recent years, the gap in overall health insurance coverage rates between low-income citizens and immigrants has widened. Immigrants face many barriers to receiving care, including financial difficulties, the lack of culturally- and linguistically-appropriate services, and mistrust of mental health providers. The longer Black Caribbeans live in the U.S. and younger they are when they immigrated, the more likely they are to use mental health services. The findings suggest that socialization and access may play an important role in seeking and receiving treatment for mental health problems (Williams et al, 2007).

Study by Read and Emerson (2005) looking at the health of black immigrants by their region of origin showed that the advantage enjoyed by black emigrants from predominantly non-white nations tended to erode the longer they remained within the American social framework. The researchers believe this may be the result of being exposed to more stressful life events.
Immigrants who may qualify for Medicaid and SCHIP coverage themselves or who have citizen children who qualify often are confused or scared about enrolling. Fear of being labeled a “public charge,” which leads to ineligibility for citizenship and possible deportation, has caused a decline in immigrant families’ enrollment in public programs. The overwhelming majority of immigrant families have at least one full-time worker. As a result of low-paying jobs without health insurance and restrictions on public coverage, immigrants are significantly more likely to be uninsured than Citizens (Kaiser Commission, 2003). Immigrants without health insurance have less access to health care and are less likely to obtain needed care than immigrants with insurance. Immigrant families who do not speak English (especially Latinos), who are more likely to be uninsured and to experience problems accessing care (Doty, 2003).

Immigrant women face common issues that can influence their health, how they respond to and deal with these challenges is unique to each woman’s situation. The key factors affecting mental health include language barriers parents, identity crisis, prejudice and discrimination, intergenerational conflict, and use of mental health services.

While women are more likely to experience depression than men, this phenomenon remains poorly understood, with research failing to emphasize the totality of women’s life experiences. There are intersecting social determinants that influence women’s depression, such as gender, socio-economic status, discrimination, social support, and violence and trauma.
Women give and receive social support when they connect with other women. When separated from familiar culture and community, women lose these connections and the ability to take part in rituals, which can create challenges, stresses and resulting ill health (CAMH, 2009).

To effectively care for immigrant women as clients in the mental health care system, professionals need to move beyond the singular focus on culture to understand their individual experiences. They need to explore the varied and complex ways women experience migration and resettlement, and how this affects their mental health (Centre for Addiction and Mental Health, 2009).

**Recent Studies on Sudanese Immigration**

Study by Reitmanova (2009) found that Sudanese immigrants in Ontario experience oppression within Canada’s stratified and racialized social system interact to negatively affect their mental health. Family issues that were once a communal responsibility become the sole burden of the couple—and particularly the woman—as they struggle to cope with issues such as role reversal and increased work for women.

Reitmanova (2009) examined the current realities of immigrant women’s experiences and explores their implications for clinical practice. The research shows that women who immigrate to Canada experience racism, sexism, classicism and heterosexism, and cope with other challenges to resettlement that increase their vulnerability to mental illness. They are also confronted by a mental health care system that does not address the social determinants of mental health; that fails to recognize what is integral to their health and
well-being (such as spirituality); and that presents barriers to accessing care (such as lack of trained interpreters).

Simich et al (2006) state that healthcare providers should be aware of how post-migration social disadvantages may increase the risk of mental distress particularly among refugees. Their research studied 220 recently arrived Sudanese refugees and immigrants in seven Canadian cities. Results indicate that those Sudanese for whom life in Canada was not what they expected and those who experienced economic hardship as measured by worry over having enough money for food or medicine experienced poorer overall health and reported a greater number of symptoms of psychological distress. Individuals who were experiencing economic hardship were between 2.6 and 3.9 times as likely to experience loss of sleep, constant strain, unhappiness and depression, and bad memories as individuals who do not experience hardship.

Holtzman (2000) tackles in his research the question of how Nuer refugees’ gender roles and relationships transform in the United States. In Sudan, Nuer women and men have well-defined cultural roles that are integral to their daily lives. They learn from childhood the particular tasks associated with their gender, as well as how men and women are expected to behave. These patterns, though, do not necessarily translate to their lives in the United States, where men and women need to cooperate in new ways. Moreover, the power relations between men and women are also significantly altered in the United States. Indeed, ritual activities, which may justify male claims of superiority, are absent. Moreover, Nuer women encounter a social environment that promotes female
independence rather than dependence. Understandably, the women may welcome this change, but it can certainly cause significant stress within their marriages. Nuer men, then, might feel that women, who previously showed respect to them, no longer respect them in the same magnitude as in Sudan.

Shandy (2002) explored in her research the socio-political role of Christianity in the forced migration experiences of southern Sudanese refugees living in the United States. Religion is the main avenue for Sudanese people’s integration into US society and has a crucial role in the Sudanese lives in the diaspora. The religious identity connects southern Sudanese to a wider community of Christians. Indeed, the Christian identity brings kinship unity among the diverse Sudanese population living in Northeast Florida. Besides spiritual nourishment churches provide social support – a sense of identity, which ultimately helps an individual to find his or her relationship to society.

Abusharaf (2002) describes in her research the challenges in the lives of Sudanese migrants and exiles in North America. Like Holtzman, she was interested in Sudanese refugees and a shift of gender roles after their arrival in the United States. Similarly, the increased participation of Sudanese women in employment outside the household has expanded the scope of household duties performed by men.
Chapter 3: Methodology

Research Design

The research design for this study follows the grounded theory, which is an inductive technique developed for health-related topics by Glaser and Strauss (1967). It emerged from the discipline of sociology. In the grounded theory approach the researcher will be observing, collecting data, and organizing data. An important methodological technique in grounded theory research is the constant comparative process in which every piece of data is compared with every other piece. According to Glaser and Strauss (1967), some of the roles of the grounded theory is to enable prediction and explanation of behavior, it is usable in practical applications, and it guides research on behavior. Typically grounded theory researches are conducted by in depth interview. Data collection usually results in large amounts of hand-written notes, typed interview transcripts, or video/audio taped conversations that contain multiple pieces of data to be sorted and analyzed. This process is initiated by coding and categorizing the data.

Following the grounded theory approach described above, this study is based entirely on a qualitative research design involving in-depth interviews of selected Sudanese immigrants living in Columbus, OH. Interviews are conducted based on detailed guidelines adapted from the study objectives (see attached guidelines in appendix A). The
in-depth interviews guideline is classified into general information, specific questions on difficulties faced and the coping mechanism adopted, and psychological distress proxies.

In-depth interviews stand as one of the most powerful tools in qualitative research. In-depth interviews have the strength of examining the problem under study in more depth while preserving the research subjects’ right and confidentiality as well as giving them more freedom and privacy to speak about personal issues.

**Sample design and selection**

The sampling design used is the snowballing sampling procedure, where resource persons were asked to identify a sample of Sudanese women immigrants residing in Columbus-Ohio State. The sample population was the Sudanese women immigrants living in Columbus-Ohio whom volunteered to take part in the research. The selection criteria are based on the characteristics of the Sudanese immigrant women, bearing in mind the necessity of maintaining the diversity among the sample population (education, age, origin in Sudan, work experience, and duration since first arrived into US).

First, two women for the sample (through a resource person), then each of these two women were asked to refer one woman, and thus the process continues till the sample reached 12 woman in total. The procedure included control over duplication of woman in the referral process by excluding the duplicate referrals and/or women with similar characteristics.
Data collection

The data collection procedures included two stages. The first stage is the preparation stage where literature review is undertaken to find out all relevant data to our case study. Wherever there are data gaps they were identified and searched for where to get such data. The second stage is data collection where the identified women were contacted for the in-depth interviews. These women should devote at least one hour for completing the questionnaire.

Comparisons will be made between those who arrived to the United States from 1-4 years with those settled for more than 5 years. Open-ended questions and semi structured interviews will be conducted.

The in-depth interviews were conducted in person with each of the 12 selected women by the principal investigator. Selected women were first contacted to agree on a suitable date and time for them, at their convenience, to conduct the interview. Before conducting the interviews women were informed about the study and its purpose and procedure and they were asked to provide their consent in case they are willing to participate. The main themes of the interview included acculturation stress affecting Sudanese women immigrants in Columbus-Ohio, factors affecting women’s mental health, impact of immigration on family structure, and access to health services. The guiding questions for the focus interviews are related to general information about respondents such as when they arrived, who they came with, and where they are coming from and their educational level. The second guiding questions are specific to the women’s experience in the US,
attitude to culture, employment experience, how they cope with raising children, 
communication with society and their future plans. The third guiding questions are about 
the mental status of women and uses psychological distress proxies. The questions will 
identify where they seek help for medical assistance and health care, the problems they 
face when they seek health care.

**Data Analysis**

The data analysis method is based on the grounded theory approach by Glaser and 
Strauss (1967) and Corbin and Strauss (2008) described above. The approach indicates 
that the researcher should be observing, collecting data, and organizing data. Then, the 
researcher should focus on comparing incidents and looking for emerging properties of 
the categories.

According to the grounded theory, data analysis and subsequent stages of data reduction 
operate iteratively. Data reduction involves filtering information relevant to the topic and 
discarding extraneous information, or in other words data reduction help in Identifying 
categories and concepts that emerge from text. An important element in grounded theory 
approach to data analysis is coding which help in reducing the data by dividing it into 
units of analysis and then coding each unit. Coding helps to categorize data rather than to 
quantify it. Coding, according to grounded theory, take the form of open coding, axial 
coding, and selective coding. Eventually, data is organized and explained with link to 
substantive theory and with well grounded contextual knowledge about the situation 
surrounding the data under analysis.
A detailed plan that adopts the approach to data analysis, which stems from the grounded theory, is described below in steps.

According to the grounded theory the different stages of research are generally sequential, but once research process begins they are often conducted simultaneously. Usually a general research topic is identified, but no predetermined research problem is mentioned in specific. For example, in this study the topic was identified without any pre-assumption of specific problem in mind to explore. Regarding this study, during the data collection process the in-depth interviews were often combined with participants’ observation by the researcher.

Before embarking into the analysis a thorough reading of the transcribed interviews will be conducted to detect any possible missing data or erroneous or irrelevant statements. Presence of any of these problems will be handled through re-contacts with the participants. Once the data looks in a good shape for analysis, then the following plan will be executed.

**Step 1: Creation of Major Themes, Patterns, and Trends**

This is a crucial step in the analysis and it was handled as follows:
• All interviews were transcribed and then organized around research questions (namely; 30 research questions covering background, acculturation and assimilation, coping strategies, and psychological distress and access to mental services questions).

• A first reading of the organized data (around research questions – as described above) was conducted and categories were created and coded (e.g. educational level was coded as below university or university and above, family structure was coded as alone, with husband or with husband and children, work status was coded as working not working,…etc). The coding began as initial work and has included a list of several categories which are as much as the 30 research questions.

• A second reading of the organized data and initially coded data (as above) was conducted. In this stage the reading focused on the initial codes and then themes were created accordingly. Five or more major themes were used in this study, namely; background, acculturation and assimilation coping strategies, psychological distress and access to mental services. Concepts and categories, created in the initial coding phase, that cluster together around a specific theme were grouped together.

• A last pass through the organized and thematically categorized data was conducted to identify cases that illustrate themes.

**Step 2: Interpretation of data**

After completing step 1, then step 2 followed into three stages, as stated below:
The major themes and categories found were linked to the existing literature to identify similarity or dissimilarity of findings in this study with other studies and provide explanation for such similarities or dissimilarities.

Comparisons and contrast were conducted among the different groups of participants (educated VS non educated, working VS non working, psychologically distressed VS non psychologically distressed, etc). Explanations of comparisons and contrasts were offered.

Patterns were examined and consequences were assessed based on existing data. For example, whether education status or work status or family structure are associated with presence of psychological distress, and so on for other variables; whether education or work status is associated with use of mental health services, and so on.

**Step 3: Presentation of results of the Major Themes, Patterns, and Trends**

The results are presented in two forms:

- Tabular forms and texts summarizing major findings.
- Case citation examples of the participants own words.

Appendix C, presents an example of the summary of the coding (in tabular form) for the initial stage of the coding only. Further stages of the coding, where each of the 30 questions are tabulated against each other and where further linkages are identified are not presented in this table for its complexity in presentation.
Strengths of the study

The interviews were based on an interview guide that covered the themes of the study to maximum possible extent. To be ethically correct and to gain participants support and trust, the study ensured that women interviewed did so voluntarily and understood the purpose of the study. The women were informed and assured about the confidentiality of their information and interviews were carried out in their own homes so as to make them feel more comfortable in their own environment. The sample selection was done carefully to ensure a balanced mix of diverse characteristics of participants.

Limitations of the study

There are certain limitations to the in-depth interviews. Women respondents may not necessarily give accurate data and express their true feelings and experiences. Bias is expected to be present as the sample was representing only those who agree to take part in the research. However, as a Sudanese women living in Columbus for long time I tried my best to deal with these limitations by building rapport with the selected women before conducting the in-depth interviews. The building of the rapport included several visits to the selected women and several informal discussions on issues not having to do with the study till I gained their confidence and trust. The discussions with the women did not ask specific questions about the political or economic situation in Sudan due to the sensitivity of the issue to these women.
Chapter 4: Results

The results of the study are divided according to the research themes. These themes include the demographic characteristics of informants, their experience in the US, experience of cultural shock, decisions coming to the US, psychological state, and access of mental health service.

4.1 Demographic Characteristics of Informants

The Sudanese women immigrant respondents (66 percent) have arrived to the US before 2006. All the women are married and they all have children with 50 percent having more than two children. The majority of women are university graduates and around 40 percent have received only educational level up to secondary school. Sudanese immigrant women are selectively well educated as the decision to migrate among Sudanese is driven by knowledge of English language. In addition, the US diversity visa program requires secondary school certificate as minimum level of education for visa processing and admittance to US as lawful resident. One third of these women are either pursuing or have completed post graduate degree. Before arriving to the US three-quarters (75%) of women did not have a job and no employment career. Only 25 percent are currently employed.
**Table 2: Demographic data (N=12)**

<table>
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</tr>
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</tr>
<tr>
<td>Single</td>
<td>0%</td>
</tr>
<tr>
<td>No.of children</td>
<td></td>
</tr>
<tr>
<td>1-2</td>
<td>50%</td>
</tr>
<tr>
<td>3-4</td>
<td>50%</td>
</tr>
<tr>
<td>Educational level</td>
<td></td>
</tr>
<tr>
<td>High School</td>
<td>40%</td>
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<tr>
<td>Graduate</td>
<td>60%</td>
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<tr>
<td>Employment</td>
<td></td>
</tr>
<tr>
<td>Unemployed</td>
<td>75%</td>
</tr>
<tr>
<td>Employed</td>
<td>25%</td>
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**Experience in the US**

Most of the women (83%) feel that they did not have a good experience living in the US. These women complained about loneliness and missing their families back home. For example one woman said “I missed my family as came from big family and when came
here felt loneliness because I came to foreign country and had to get used to living here”. There were some positive experiences “my experience has been very beneficial as came here to the US and learned many things about the country and different cultures and in the US had my family thus learned about responsibility and always learning new things”. One of the difficulties the women faced in the US was driving a car, one woman said “I was expecting that I will be able to move around and meet people. But for me the shock was that you need to have a car to drive around and I did not have a license. After driving found big difference”.

Most of the women (83%) are having difficulties finding employment in the US. They also face difficulties raising their children in the US with 91% stating that they face difficulties raising their children. For example one woman said “Problem is religion as in this society religion material such as Christmas and Halloween but in our culture religion more spiritual. Trying to teach children respect their culture and religion. Language is also problem”. “Adopting children is difficult here as religion and culture must always be priority to keep children in touch with their roots”.

**Experience of Cultural shock**

The results indicate that the Sudanese women immigrants have in general not encountered cultural shock when coming to the US 58 percent and have not faced difficulties living in the culture (66%). For example one woman said “Did not have cultural shock”. “Due to my background as traveled around before so not shock for me”. Others reported seeing
things that are different from their cultures “It was a shock as found things different from my culture such as open gays or lesbians”.

**Decision coming to the US**

However most of the women immigrants (91%) believe that it was the right decision to come to the US. “Decision to come here was right’. Those who felt it was not right decision said “Do not like staying in the US as customs and beliefs are different and feel discrimination as times as dress differently and black”.

When comparing their situation between Sudan and the US they feel that they are better off in the US (58%). “US is better as achieved many things here. Do have plans to go back Sudan”. They feel that their social prestige was better when they were in Sudan (75%). “Social prestige was better in Sudan”. “Sudan better as have family and friends”.

**Psychological State**

The Sudanese women immigrants were asked about their psychological state over the past month. Three-quarters (75%) of the women have little interest or pleasure in doing things they usually enjoy. “I sometimes do not enjoy what doing”. Two-thirds of the women have problems concentrating “I have problems concentrating and sometimes get headaches”.
With two-thirds of the women (66%) mostly feel down depressed or hopelessness and also have trouble falling or staying asleep, or sleeping too much. “I do get feeling of depression and feeling down”.

While Sixty percent of the women reported feeling tired or having little energy and half (50%) have poor appetite or over eating. Most of the women (58%) feel bad about themselves. “Sometimes I feel I have not done my goals in life and feel bad”. “Sometimes I feel I have not done my goals in life and feel bad”.

<table>
<thead>
<tr>
<th>Little interest or pleasure in doing things they usually enjoy</th>
<th>75%</th>
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<tbody>
<tr>
<td>Feel down depressed or hopelessness</td>
<td>66%</td>
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<tr>
<td>Trouble falling or staying asleep, or sleeping too much</td>
<td>66%</td>
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<tr>
<td>Feeling tired or having little energy</td>
<td>60%</td>
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<tr>
<td>Concentrating</td>
<td>66%</td>
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<tr>
<td>Feel bad about oneself</td>
<td>58%</td>
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<tr>
<td>Poor appetite or over eating</td>
<td>50%</td>
</tr>
<tr>
<td>Suicidal tendencies</td>
<td>9%</td>
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</table>

Table 3: Psychological State

They feel bad about themselves due to feelings that they are a failure or have let themselves or their family down “I have feeling of remorse and guilt as not continue
education and achieve my goals”. Most of the women have trouble concentrating on things, such as reading newspaper or watching TV. They also report moving or speaking so slowly that other people could have noticed or at times being so fidgety or restless that they have been moving around more than usual. Most of the women have no thoughts that they are better off dead or of hurting themselves in some way. This indicates that suicidal tendencies are non-existent among Sudanese immigrant women. One explanation is the strong religious orders of Islam that forbids suicide.

Access of Mental Health Service

The majority of women (83%) have access to medical services, however more than half the women (58%) have no plans to use mental health services “No will not use any mental health service as culturally there is stigma that if you have been using any kind of mental health service that means you are Crazy, and I do not want to be on that situation”.


Chapter 5: Discussion

The results indicate that the women are from similar background as they have all come from Sudan to the US seeking a better life for themselves and their families. They are literate and see the importance of pursuing education for raising the standards of their families. They have a strong link with their culture and religion. They found it difficult to be away from their families and that could be explained by the strong family and kinship ties in Sudan with social support networks provided almost by all relatives, friends, and even neighbors and colleagues and sometimes strangers. In the Sudan because of the culture women do not go out alone and therefore their families have to provide everything they need. Moreover, most of the women were single and living with their families thus they did not have the responsibilities of taking care of their husbands and children. There is always a fear among Sudanese immigrant community in general about raising their children in the US as they fear their children will gradually lose their language, culture and religion. They all want their children to keep their identity.

When examining the acculturation and assimilation levels of Sudanese women living in Columbus-Ohio, there are similarities. Most women feel that their experiences arriving to the US were difficult as their English language was poor, they could not adjust easily with the new culture and environment. In the beginning they did not have any family
support. “Being away from family in Sudan was difficult and found that customs are different. “I have not been working and staying at home with care for children”.

Living in the US they found that they could not get jobs easily and some have exerted efforts in seeking employment. These women had to readjust their career moves by gaining educational degrees from American institutes and some women have enrolled in post-graduate degrees. Their problem when arriving to the US was language. Although English language is taught in Sudan’s schools and used in universities, they realized that what they learned back home was not sufficient to communicate on a daily basis with others in the US.

In the US the women are expected to care for their children, cook, clean the house, do the shopping, pay the bills, help the children in their school work, teach their children about their religion, culture and language. With all these responsibilities women have limited time to think about their needs such as pursuing education, or socializing with friends. These factors may effect their mental health and Lennon and Rosenfield (1992) state that amount of housework and number of children are two major family conditions that have an important negative influence on married women’s mental health. Moreover, Sudanese men are traditional and rarely help women in their home duties such as cleaning dishes or cooking. Previous studies (Dennerstein 1995) have shown that husbands’ support and sharing of responsibilities for childcare and housework help reduce married women’s risk of mental illness.
It is noticeable that these women faced problem of movement when arriving to the US as they realized that you need a car to move freely in Columbus. They adjusted by learning to drive and getting a driving license therefore becoming more independent. Those women immigrants that are educated only to school level have found more difficulty finding a job in the US. This can be attributed to language skills and lack of educational qualification. Some of the women are graduates such as engineering, botany, sociology and other have postgraduates degrees. This is in line with studies (Dodoo, 1997) that confirm that African immigrants are more educated than most other immigrants groups.

Most of the women state that they do not face economic hardships in the US. “I have not faced economic hardship but the only problem is saving”. It is interesting to note that although most women state they do not face economic difficulties they nevertheless complain about the financial pressures as they have to pay bills. Immigrants send money regularly to their families back home and this is an added pressure on their tight budgets. It is therefore expected that worry about financial means affects psychological distress as concluded by Simich et al (2006) on Sudanese refugees and immigrants in Canada. The women complain that economically they can be much better and they have learned to budget so as to fulfill all their families’ requirements. They feel that they are better off in the US than Sudan. This is partly due to the economic situation in Sudan that has seen lack of quality public services such as education and health. They feel that the US presents them and their children with better opportunities in life and they can advance themselves and families especially through the educational system in the US. “My situation in the US is better as education in the US is better and life is easier”. This can
explain why most of the women believe that it was the right decision to come to the US and they feel that the standard of living is better in the US when compared to Sudan.

The majority of women have problems raising their children in the US. They attribute these problems to the need to teach children about their religion and language. The women feel that there is need to monitor their children closer as they can at times be influenced by bad company or television. As their children become more acculturated into the American culture this can create tensions and loss of family cohesion. It seems that these women fear that their children will eventually lose their identity and not associate with their culture and religion. “I want to raise my children the way I want but know can not as they will be affected by culture here”.

The psychological stress well-being of most of the Sudanese women immigrants living in Columbus show signs of depression. These women complain that they have no jobs, staying at home for long periods and with no social support networks, continuously worried about raising their children, have not achieved their desired goals after arriving to the US and worried about the future. All these factors have a negative effect on their mental well-being. In Sudan they had close family ties with large families and this can act as support for dealing psychological problems as seen in studies on other families such as Asian families by Sue and Morishima (1982), Uba (1994).

It is known that women receive social support when they connect with other women and living in an unfamiliar culture and community can result in stress and result in mental
health problems (CAMH, 2009). However, Sudanese women immigrants do not seem to have suicidal tendencies. This can be explained by their religious beliefs that forbid taking one's own life and the need to support their families. “At times these thoughts cross my mind but religious thus not think suicidal”. The Sudanese women immigrants are Muslims and there can be a greater role for religion through spiritual nourishment and Islamic mosques just like churches or synagogues can act social support for these women.

Most of the women have medical access in the US especially through Medicaid. However, the majority of women do not plan to use mental health services. This is due to the stigma associated with mental patients. “No I will not use any mental health service because culturally it means that I am crazy, but if I did I will never tell anyone”.

Although previous studies indicate that the longer immigrants live in the US the more likely they will use mental health services (Williams et al, 2007), the question is how long as the longer they become distressed the more difficult it will be to treat them. This is in line with study by Read and Emerson (2005) that the longer immigrants remained within the American social framework the more they will be exposed to more stressful life events.

The research is very useful for social workers as they can understand the actual problems that immigrants especially Sudanese women have. These problems when dissected can provide answers that will help social workers find the appropriate treatments for immigrants. There is a need for further studies so that we can understand better the interaction between immigrants and the community and how they can become productive in the community. There will be a need to get these immigrants more integrated with the
society through different activities that can include education and awareness on mental
health, socialization with other members of the community, holding seminars and
workshops of issues that will be of interest to the immigrants, and special training on
developing their career and finding a job. There will also be a need to support these
immigrants in their efforts to raise their children through special weekend schools where
the children can learn about their culture and religion.
Chapter 6: Conclusion

The research aim was to determine the effect of immigration/acculturation on Sudanese women immigrants living in Columbus-Ohio. The research looked at the women’s family structure and support structures they currently have. The focus is on psychological effects on women, coping mechanisms, family and responses to acculturation, and the support given to Sudanese women immigrants.

The Sudanese women immigrants came to the US in pursuit of a better life for themselves and their families. Their main focus is on upbringing their children and providing good education. They also want to improve their well being through financial independence. They have faced difficulties when arriving to the US due to the different culture and problems adopting to this new culture. These women have tried to adopt to their new home by seeking to better themselves academically and finding employment. Their movement from the home has meant that they interact with different people from different cultures.

The women immigrants main problems include difficulties raising their children in the US as they have constant fear of their children loosing their identity due to lack of knowledge about their religion, culture and language. Moreover, the majority of women
have difficulties finding employment and worry about the future. The Sudanese women immigrants are anxious about their future and family’s future which affects their mental well-being. Many women are depressed and report feeling tired, abnormal eating, sleeping and movement, loss of concentration and feelings of remorse or regret. However they have no suicidal tendencies. These women have mental health access but do not plan to use mental health services.

Social workers can make good use of this research in understanding the needs of immigrants especially Sudanese women immigrants. Understanding the family structure, aspirations, and challenges facing immigrants can shed light on the mental health and means of treatment. There will be a need to exert more effort in ensuring that immigrants especially women can have access to mental health services and new innovative programs to be devised to work with immigrant communities in removing the stigma from seeking treatment for mental health. These immigrants have somewhat support networks through their communities and there is a need to expand the support network to include mental health services. There is definitely a need for further studies on the life experiences of women immigrants so that effective mental health care is provided to women immigrants.
References


Appendix A: Guidelines

General Background Questions

1. When did you come to settle in the United States?

2. Who came with you from your family?

3. Where did you come from Sudan?

4. What is your educational level?

5. Were you working before you come to the US?

6. What kind of job were you working before you came to the US? Where you happy in that job?
Specific Questions

7. Could you tell me about your experience living in the US?

8. Do you like living in the US? If yes tell me why and if no why not?

9. Do you think it was the right decision to migrate to the US?

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.
14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

19. Do you think your standard of living was better when you were at your home country?
Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

21. Feeling down depressed or hopelessness

22. Having trouble falling or staying asleep, or sleeping too much.

23. Feeling tired or having little energy.

24. Have poor appetite or over eating.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

28. Having thoughts that you are better off dead or of hurting yourself in some way.

29. Do you have access to health services in Columbus and if so do you have medical insurance?

30. Have you used or plan to use mental health services? If the answer is no why.
Appendix B: Questionnaire answers

General Background Questions

1. When did you come to settle in the United States?
2006

2. Who came with you from your family?
My husband and children

3. Where did you come from Sudan?
Khartoum

4. What is your educational level?
High school

5. Were you working before you came to the US?
No

6. What kind of job were you working before you came to the US? Where you happy in that job?
Specific Questions

7. Could you tell me about your experience living in the US?
I was worried when coming here and the problem was language for me and my children.

8. Do you like living in the US? If yes tell me why and if no why not?
I like to live here shorter period.

9. Do you think it was the right decision to migrate to the US?
There is still problems living in this culture. My English is weak thus find problems adjusting to this culture.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.
Yes I had culture shock because everything was different from back home.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.
I cannot adjust to this culture because my English is weak and can not understand the culture.
12. Have you faced or are you facing any economic hardships in the US? If yes how.

We live comfortably here and the standard of living is good but no savings. Financially we have no trouble.

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

I can not stand the work pressure and decided not to work. However, if I want to work I can work.

14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

The problem is that as foreigners and Muslims we have worry that our kids do not know their religion and importance of Arabic language.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

No problem of communication. I want to deal with people in society.
16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

My dream is to find good work and earning good money so that I can go back home and do something. So far I have not achieved my dreams.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

US is better as achieved many things here. Do have plans to go back Sudan.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

In Sudan my social status was better.

19. Do you think your standard of living was better when you were at your home country?

Standard of living was better back home.

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:
20. Having little interest or pleasure in doing things you usually enjoy.

No I do not enjoy like I used to in the beginning.

21. Feeling down depressed or hopelessness

I usually feel down and depressed.

22. Having trouble falling or staying asleep, or sleeping too much.

Problems staying asleep.

23. Feeling tired or having little energy.

Sometimes I do feel tired.

24. Have poor appetite or over eating.

There is overeating.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

Sometimes I feel I have not done my goals in life and feel bad.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
Problems concentrating and sometimes get headaches

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

Yes I do walk slowly and feel restless.

28. Having thoughts that you are better off dead or of hurting yourself in some way.

No suicidal tendencies

29. Yes I do have health insurance (Medicaid)

30. No I will not use any mental health service because culturally it means that I am crazy, but if I did I will never tell anyone.
General Background Questions

1. When did you come to settle in the United States?

2006 August

2. Who came with you from your family?

family

3. Where did you come from Sudan?

Khartoum- Sudan

4. What is your educational level?

BSc. Engineering

5. Were you working before you come to the US?

No

6. What kind of job were you working before you came to the US? Where you happy in that job?

Not working
Specific Questions

7. Could you tell me about your experience living in the US?

I was pregnant when came to the US. I was expecting that I will be able to move around and meet people. But for me the shock was that you need to have a car to drive around and I did not have a license. After driving found big difference.

8. Do you like living in the US? If yes tell me why and if no why not?

I got used now to living in the US and once compare with Sudan it is better here.

9. Do you think it was the right decision to migrate to the US?

In the beginning felt not right decision but now feel it was good decision.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

Due to my background as traveled around before so not shock for me.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

I got used to the culture and have no problem as finding it easier.
12. Have you faced or are you facing any economic hardships in the US? If yes how.
Finding no difficulty but one has to work long hours to achieve needs,

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.
I can not find job and that is why I am studying.

14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.
For my children at this age no problem but as they get older will have problems raising them

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.
No problems in communication as I have student friends from all cultures.

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.
Was looking for career with my degree but this not happen.
17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good? In Sudan my situation will be better but not for my husband.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

Prestige is better in US.

19. Do you think your standard of living was better when you were at your home country?

Standard of living is better in US.

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

I sometimes do not enjoy what doing.

21. Feeling down depressed or hopelessness

I do get feeling of depression and feeling down.
22. Having trouble falling or staying asleep, or sleeping too much.
My sleeping is not normal.

23. Feeling tired or having little energy.
I do feel tired

24. Have poor appetite or over eating.
Eating is normal

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.
I do get feelings of hopelessness and not achieved my goals.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
I have no problem with concentration.

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.
No problem in this regard as normal.

28. Having thoughts that you are better off dead or of hurting yourself in some way.
Do not get suicidal thoughts
30. Yes I do have health insurance (Medicaid).

31. No I will not use any mental health service, as I do not feel comfortable to be seen by a psychiatrist, but if my case became so serious then I will think of that.
General Background Questions

1. When did you come to settle in the United States?
   2002 Sept

2. Who came with you from your family?
   Husband

3. Where did you come from Sudan?
   Khartoum- Sudan

4. What is your educational level?
   Undergraduate degree

5. Were you working before you come to the US?
   Not working

6. What kind of job were you working before you came to the US? Where you happy in that job?
   Not working
Specific Questions

7. Could you tell me about your experience living in the US?
I missed my family as came from big family and when came here felt loneliness because I came to foreign country and had to get used to living here. I was pregnant and it was difficult as I was alone. Struggled hard to get used to life then my mother came and it was better. I was not used to seeing big supermarkets and cooking was difficult for me. Language was a problem and I had to get used to accent. Studying and having a child is difficult and learning to drive took some time.

8. Do you like living in the US? If yes tell me why and if no why not?
Like living here as life easier for couple, education is better. But problem missing family links.

9. Do you think it was the right decision to migrate to the US?
It was good decision.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.
Did not have big shock coming here as expected to find different culture.
11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

Problem is that different culture and to raise children it is difficult with difficulty for me to have American family as friends. I want to raise my children the way I want but know can not as they will be affected by culture here.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

There are economic hardships as here have to pay for everything. Even when children want to go out it costs much. For example, if they want an ice-cream at Graders it will cost 15$ per person.

If you do not have good job then life difficult.

13. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

Problem is that different culture and to raise children it is difficult with difficulty for me to have American family as friends. I want to raise my children the way I want but know can not as they will be affected by culture here.
14. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.
Difficulty finding jobs and applied to over 30 jobs but with no success.

15. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.
Language and religion are different here and for my children want them to adopt to our culture and religion thus spend most times with them in weekend teaching them. Even eating habits change.

16. Have you faced or are you facing any barriers communicating with people in the US? If yes how.
In my 8 years here only have 3-4 foreign friends and when single easier to make new friends but with children difficult.

17. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.
Had goals for education and achieved but employment not find job. But nothing is impossible in this country.

18. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?
US is better as achieved many things here. Do have plans to go back Sudan.

19. Do you think your social prestige was better when you are in the US or when you where in your home country?
Sudan better as have family and friends.

20. Do you think your standard of living was better when you were at your home country?
Standard of living better US as life easier.

Psychological distress proxies
Over the past month how much have you been bothered by any of the following problems:

21. Having little interest or pleasure in doing things you usually enjoy.
I sometimes do not enjoy what doing.

22. Feeling down depressed or hopelessness
I have my ups and downs and the cold weather makes me depressed.

23. Having trouble falling or staying asleep, or sleeping too much.
No problems sleeping.
24. Feeling tired or having little energy.

Sometimes I do feel tired.

25. Have poor appetite or over eating.

Eat much when stay at home.

26. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

No do not get bad feelings

27. Having trouble concentrating on things, such as reading newspaper or watching TV.

Do have problem concentrating

28. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

No such problem.

29. Having thoughts that you are better off dead or of hurting yourself in some way.

No suicidal tendencies
30. No I do not have health insurance, I do not have any access to any mental health service.

31. No will not use any mental health service, as culturally I will be considered as Crazy.
General Background Questions

1. When did you come to settle in the United States?
2006

2. Who came with you from your family?
Husband

3. Where did you come from Sudan?
Khartoum- Sudan

4. What is your educational level?
BSc. Sciences-Botany

5. Were you working before you come to the US?
Not working

6. What kind of job were you working before you came to the US? Where you happy in that job?
Not working

Specific Questions
7. Could you tell me about your experience living in the US?

For marriage life there is responsibility and first time leave family found culture different and language barriers.

8. Do you like living in the US? If yes tell me why and if no why not?

Yes like to live in the US. I can go back Sudan anytime and like American culture in dealing with people, respect for others and more value human.

9. Do you think it was the right decision to migrate to the US?

It was good decision

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

Due to my background as traveled around before so not shock for me.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

In the beginning had problems adopting as found people not friendly but eventually understood their culture.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

70
Satisfied financially in the US but learnt to keep budget and with the financial crisis must try save.

13. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.
Did not try to find job and advised that have to study first.

14. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.
Problem is religion as in this society religion material such as Christmas and Halloween but in our culture religion more spiritual. Trying to teach children respect their culture and religion. Language is also problem.

15. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.
No problem communicating

16. Have you faced or are you facing any barriers communicating with people in the US? If yes how.
Want to pursue education but have family so difficult
17. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

The two are similar

18. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

In US more prestige as have thought of as individual

19. Do you think your social prestige was better when you are in the US or when you where in your home country?

Standard of living better US as life easier.

20. Do you think your standard of living was better when you were at your home country?

Have less desire

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

21. Having little interest or pleasure in doing things you usually enjoy.
Have less desire

22. Feeling down depressed or hopelessness
   Felt depressed

23. Having trouble falling or staying asleep, or sleeping too much.
   Sleeping not normal

24. Feeling tired or having little energy.
   Due to weather feel tired and depressed.

25. Have poor appetite or over eating.
   poor appetite food

26. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.
   No remorse as convinced by my actions.

27. Having trouble concentrating on things, such as reading newspaper or watching TV.
   Have problems and sometimes forget things
28. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

Problem as walk less and talk much

29. Having thoughts that you are better off dead or of hurting yourself in some way.

No suicidal tendencies.

30. yes I do have health insurance.

31. will not and I am not planning to use any mental health service as I have enough support from family, and prefer to listen to Quran, also I know in this country if I needed any kind of mental health service, that would be a long process, plus people will think that I am crazy, also that will appear on my record.
General Background Questions

1. When did you come to settle in the United States?
   2. 2000

3. Who came with you from your family?
   husband

4. Where did you come from Sudan?
   Omdurman-Sudan

5. What is your educational level?
   primary school

6. Were you working before you come to the US?
   Not working

7. What kind of job were you working before you came to the US? Where you happy in that job?
   Not working
Specific Questions

8. Could you tell me about your experience living in the US?
   Being away from family in Sudan was difficult and found that customs are different. I have not been working and staying at home with care for children.

9. Do you like living in the US? If yes tell me why and if no why not?
   Do not like staying in the US but children's education keeping me.

10. Do you think it was the right decision to migrate to the US?
    Yes it was right decision.

11. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.
    My shock was to find houses are made from wood and that the weather is cold.

12. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.
    I have problems adopting due to language.

13. Have you faced or are you facing any economic hardships in the US? If yes how.
Financial difficulty as no savings in the US.

14. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.
Finding difficulty getting job as cannot drive as unsuccessful getting license.

15. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.
Problem following up children raising as must always monitor and give advise. Religion and language important for children to learn.

16. Have you faced or are you facing any barriers communicating with people in the US? If yes how.
No problem communicating.

17. Did you have dreams that are not realized when you came to this country 9such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.
My goal is to get license and drive.
18. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good? Sudan is better as can control children. Would like to go back but my children are studying here.

19. Do you think your social prestige was better when you are in the US or when you where in your home country? Social prestige better in Sudan

20. Do you think your standard of living was better when you were at your home country? No my standard of living is better in the US

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

21. Having little interest or pleasure in doing things you usually enjoy. Yes I losing interest and pleasure doing things like before.

22. Feeling down depressed or hopelessness Yes do feel depressed and down
23. Having trouble falling or staying asleep, or sleeping too much.

Sleep has been abnormal in past month

24. Feeling tired or having little energy.

Have been feeling tired with less energy.

25. Have poor appetite or over eating.

I do not eat regularly

26. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

At times getting bad feelings as not accomplish some things in life.

27. Having trouble concentrating on things, such as reading newspaper or watching TV.

Do have trouble concentrating at times.

28. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

There is such problem

29. Having thoughts that you are better off dead or of hurting yourself in some way.

Do not get these feelings.

30. I do have access medical services.

31. Do not plan to use in future mental health services.
General Background Questions

1. When did you come to settle in the United States?
   2002

2. Who came with you from your family?
   husband

3. Where did you come from Sudan?
   Fasher-Darfur

4. What is your educational level?
   High school

5. Were you working before you come to the US?
6. What kind of job were you working before you came to the US? Were you happy in that job?

Not working

Specific Questions

7. Could you tell me about your experience living in the US?

Came pregnant in 8 months so found difficulties as no help. Here you can not leave children alone.

8. Do you like living in the US? If yes tell me why and if no why not?

Do not like staying in the US as customs and beliefs are different and feel discrimination as times as dress differently and black.

9. Do you think it was the right decision to migrate to the US?

Yes it was right decision.
10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.
When arrived it was summer and went to park to find nudity so was shock and worried how children will grow up in such environment.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.
When arrived could not drive but once learn could adopt and trying adopt children to own culture and religion.

12. Have you faced or are you facing any economic hardships in the US? If yes how.
Financially not difficult like Sudan

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.
Problem finding a job as discrimination due to religion

14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.
Bringing up children is difficult as require continuous follow up and must find out who are their friends and what they watch on TV.
15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.
   No problem communicating

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.
   My goals are not achieved here as expecting more financial stability

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?
   Sudan is better and I have idea of going back.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?
   Social prestige better Sudan

19. Do you think your standard of living was better when you were at your home country?
   Standard living is better as with lower income can live better
Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

Do not have interest as bored and have daily routine. Cold weather also makes me depressed.

21. Feeling down depressed or hopelessness

Feeling depressed during last month

22. Having trouble falling or staying asleep, or sleeping too much.

Sleeping long and at times sleep discontinued.

23. Feeling tired or having little energy.

I do feel tired with less energy

24. Have poor appetite or over eating.

Eating is normal

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

Feeling of remorse and guilt as not continue education.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
I have problem in concentration and do not remember as my focus is on my family in Sudan and worry about the children’s future,

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

My movement has become less

28. Having thoughts that you are better off dead or of hurting yourself in some way.

No such problem.

29. Have medical access through insurance.

30. I can use medical health services.
General Background Questions

1. When did you come to settle in the United States?

2002 November

2. Who came with you from your family?

Husband

3. Where did you come from Sudan?

4. Khartoum- Sudan

5. What is your educational level?

BSc. Sociology

6. Were you working before you come to the US?

Not working

7. What kind of job were you working before you came to the US? Where you happy in that job?

Not working

Specific Questions

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8. Could you tell me about your experience living in the US?

I moved to different states in the US and each state is different for example New York. Customs are different than ours, but here things more organized and what I liked is how they deal with people. But there is some discrimination especially when you wear a scarf.

9. Do you like living in the US? If yes tell me why and if no why not?

I like to live in the US as education is good, life is easier and organized, health services are better than Sudan and there is respect dealing with people.

10. Do you think it was the right decision to migrate to the US?

Decision to come here was right.

11. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

I did not have a cultural shock and states with high numbers of foreigners there is no problem adopting to culture.

12. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

Adopt easier than I thought as people here mind their own business and respect privacy.

13. Have you faced or are you facing any economic hardships in the US? If yes how.

Financially here it is better as can buy a house.
14. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

I did not try to work.

15. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

Problem bringing up the kids here is religion as they grow up not knowing about their religion and culture.

16. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

No problems in communicating with others and can deal with all cultures.

17. Did you have dreams that are not realized when you came to this country 9such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

Had dreams to be financially better situation so that can start business back home but this has not been achieved.

18. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

Myself and family are better off in the U.S and do not want to go back as settled in the U.S.
19. Do you think your social prestige was better when you are in the US or when you where in your home country?

My social prestige is better in Sudan.

20. Do you think your standard of living was better when you were at your home country?

No, standard of living is better here than in home country.

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

21. Having little interest or pleasure in doing things you usually enjoy.

Sometimes show little interest in doing things I usually enjoy.

22. Feeling down depressed or hopelessness

During last month had days when felt down and depressed.

23. Having trouble falling or staying asleep, or sleeping too much.

My sleep is normal

24. Feeling tired or having little energy.
I feel I have less energy.

25. Have poor appetite or over eating.

Food appetite is good.

26. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

Generally feel laziness and always want to be more active.

27. Having trouble concentrating on things, such as reading newspaper or watching TV.

I have lack of concentration.

28. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

Sometimes move slowly.

29. Having thoughts that you are better off dead or of hurting yourself in some way.

No do not get these thoughts but sometimes when feeling bad just want to leave and go back to Sudan.

30. Yes I do have health insurance.

31. Yes I will use mental health service if I needed to.
General Background Questions

1. When did you come to settle in the United States?

2002 April

2. Who came with you from your family?

Husband

3. Where did you come from Sudan?

Khartoum-Sudan

4. What is your educational level?

High School

5. Were you working before you come to the US?

Not working

6. What kind of job were you working before you came to the US? Where you happy in that job?

Not working

Specific Questions
7. Could you tell me about your experience living in the US?

My experience has been very beneficial as came here to the US and learned many things about the country and different cultures and in the US had my family thus learned about responsibility and always learning new things.

8. Do you like living in the US? If yes tell me why and if no why not?

Do not like living in the US as want to be with my family and also my children need to know their language and culture.

9. Do you think it was the right decision to migrate to the US?

Yes coming to the U.S was the right decision.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

I did not get cultural shock.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

I did not have any difficulties adopting to the culture.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

The only problem is saving.

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

Found no problem in finding job.
14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

One of the major problems bringing up kids is language as they have to know their mother tongue.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

No problem communicating with others

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

My goal of following my education has not been followed.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

My situation in the US is better as education in the US is better and life is easier.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

Social prestige is better in the US as have my family with me.

19. Do you think your standard of living was better when you were at your home country?

Standard of living is better here as life is easier.
Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

This has not happened during last month

21. Feeling down depressed or hopelessness

Do not feel depressed.

22. Having trouble falling or staying asleep, or sleeping too much.

Have problem staying asleep.

23. Feeling tired or having little energy.

I have less energy than usual.

24. Have poor appetite or over eating.

Food is normal.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

Do not get these feelings as satisfied that have my own house.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
There is no problem in concentration.

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

No such problems and no one has noticed such actions.

28. Having thoughts that you are better off dead or of hurting yourself in some way.

Do not have suicidal thoughts.

29. Yes I do have health insurance.

30. Will never use any mental health service, as people will think that I am crazy, as I prefer to talk to my family instead of seeking mental health service.
General Background Questions

1. When did you come to settle in the United States?
   1999 January

2. Who came with you from your family?
   Husband

3. Where did you come from Sudan?
   Geziera state- Sudan

4. What is your educational level?
   Postgraduate degree -Masters

5. Were you working before you come to the US?
   Yes

6. What kind of job were you working before you came to the US? Where you happy in that job?
   I was working as social worker in girls high school. I was happy with my job where I initiated many things for the well being of students. I organized student file and those students are either through referral, or they come directly to my office, or according to my observation. I had to speak to teachers and parents. Overall it was a positive experience.
Specific Questions

7. Could you tell me about your experience living in the US?

In the US my language improved and met different people. I worked as volunteer in school. I felt loneliness and miss family and felt depression.

8. Do you like living in the US? If yes tell me why and if no why not?

In the beginning I did not like living in the US and wanted to go back to Sudan and major problem is language.

9. Do you think it was the right decision to migrate to the US?

Feel that decision was right.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

Did not get cultural shock.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

There are no problems in adopting to the culture.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

There are always financial difficulties as always in debt.
13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

There is problem finding a job especially now with the financial crisis.

14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

Adopting children is difficult here as religion and culture must always be priority to keep children in touch with their roots.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

Do not face any communication problems.

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

My goals was to improve my life but when I compare my situation to friends and family in Sudan find that they are better off as they have less stress than here in the US.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

Better off in the US but have thoughts of going back home.
18. Do you think your social prestige was better when you are in the US or when you where in your home country?

Prestige is better in Sudan as know people and have friends.

19. Do you think your standard of living was better when you were at your home country?

The standard of living is better in US.

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

Interest in dong things has not been the same.

21. Feeling down depressed or hopelessness

Yes feel down and depressed.

22. Having trouble falling or staying asleep, or sleeping too much.

Sleeping is normal.

23. Feeling tired or having little energy.

Always feel tired.

24. Have poor appetite or over eating.
My appetite is poor.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

Feel remorse about my situation.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.

Have problem in concentration.

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

Have problem movement as move slowly.

28. Having thoughts that you are better off dead or of hurting yourself in some way.

No such feelings or thoughts came into mind.

29. yes I do have health insurance.

30. I did use mental health service as I had a really bad depression , and I have been seen by a psychiatrist, and it was good for me and my family, now I feel much more better.
General Background Questions

1. When did you come to settle in the United States?
   
   2005 September

2. Who came with you from your family?

   Husband

3. Where did you come from Sudan?

   Khartoum

4. What is your educational level?

   Undergraduate- BA

5. Were you working before you come to the US?

   Yes

6. What kind of job were you working before you came to the US? Where you happy in that job?

   Worked as teacher as head of English language department in high school. I was happy with my job.

Specific Questions
7. Could you tell me about your experience living in the US?

In the beginning found it difficult due to difference in culture and adopting to weather here. But eventually got used and adopted to US.

8. Do you like living in the US? If yes tell me why and if no why not?

I do like living in US as education good and my children can get good education.

9. Do you think it was the right decision to migrate to the US?

Yes it was right decision coming to the US.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

Found difference in culture but no cultural shock.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

I did not find problems in adopting with my language improving dramatically.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

There are always financial problems as here can not save.

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

Can not find job here and was in job but got laid off due to financial crisis.
14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

To raise my kids here requires teaching them about their culture, religion and language.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

Do not find any problems in communicating.

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

My goal was to pursue education but this was not realized as did not find time.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

Have feeling that my situation was better in Sudan and in future have plans to go back.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

Social prestige was better in Sudan.

19. Do you think your standard of living was better when you were at your home country?

Standard of living better in Sudan.

Psychological distress proxies
Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

Have not noticed that change in this regard.

21. Feeling down depressed or hopelessness

There is no depression.

22. Having trouble falling or staying asleep, or sleeping too much.

Sleeping is normal.

23. Feeling tired or having little energy.

Not feeling tired or loss of energy.

24. Have poor appetite or over eating.

Food is normal.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

At time feel remorse that my situation can be better.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.

Concentration is normal.
27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

Can say it is normal.

28. Having thoughts that you are better off dead or of hurting yourself in some way.

No do not get these thoughts.

29. Yes I do have health insurance.

30. Yes I will use any mental health service if I needed to.

General Background Questions

1. When did you come to settle in the United States?

2007 July

2. Who came with you from your family?

father and mother

3. Where did you come from Sudan?

Khartoum

4. What is your educational level?

First year of university.

5. Were you working before you come to the US?

Not working
6. What kind of job were you working before you came to the US? Where you happy in that job?

Not working

Specific Questions

7. Could you tell me about your experience living in the US?

Found problem in language especially accent.

8. Do you like living in the US? If yes tell me why and if no why not?

Yes like to live in the US as there is good education especially for children.

9. Do you think it was the right decision to migrate to the US?

Yes it was a right decision.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

It was a shock as found things different from my culture such as open gays or lesbians.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

In the beginning had problem but could accommodate as US is multi-cultural society.
12. Have you faced or are you facing any economic hardships in the US? If yes how.

Not facing financial difficulties.

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

Do not find problem getting job and through study can get better job.

14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

There is problem in language and religion as kids need to know their language and religion.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

Problem in communicating with some ethnic groups such as Chinese but overall no problem communication.

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

Thought that I will complete my study but this did not happen.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?
Better off in US and no thoughts going back.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

Social prestige was better in Sudan.

19. Do you think your standard of living was better when you were at your home country?

Standard of living better in US.

Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

No, not noticed that change in interest or pleasure

21. Feeling down depressed or hopelessness

Do not feel down or depressed or hopelessness.

22. Having trouble falling or staying asleep, or sleeping too much.

Sleeping is normal.

23. Feeling tired or having little energy.

Energy is normal.
24. Have poor appetite or over eating.
   
   Poor appetite.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.
   
   No do not get this feeling as in life I am optimist.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
   
   No problem concentration.

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.
   
   During last month did not have these things in my speech or movement.

28. Having thoughts that you are better off dead or of hurting yourself in some way.
   
   Not get these thoughts.

29. Yes I do have health insurance.

30. No will not use any mental health service as culturally there is stigma that if you have been using any kind of mental health service that means you are Crazy, and I do not want to be on that situation.
General Background Questions

1. When did you come to settle in the United States?
   2001

2. Who came with you from your family?
   Daughter

3. Where did you come from Sudan?
   Khartoum

4. What is your educational level?
   High school

5. Were you working before you come to the US?
   Yes

6. What kind of job were you working before you came to the US? Where you happy in that job?
   I was teacher and was happy in my job.

Specific Questions
7. Could you tell me about your experience living in the US?

In the US came with my family and search for job but not find. Problem was with language.

8. Do you like living in the US? If yes tell me why and if no why not?

Do not like living in US.

9. Do you think it was the right decision to migrate to the US?

Feel that it was right decision to come to US.

10. Do you think you had a cultural shock when you first settled in the US? If yes tell me how.

Did not have cultural shock.

11. Have you faced or are you facing any difficulties living in the culture in the US? If yes how.

There are no difficulties living in the culture.

12. Have you faced or are you facing any economic hardships in the US? If yes how.

Financially doing better than Sudan.

13. Have you faced or are you facing any difficulties finding a job in the US that suits your career and ambitions? If yes how.

Difficulties finding a job as my training was a teacher in Sudan.
14. Have you faced or are you facing any difficulties raising your kids in the US? If yes how.

Difficulties raising up kids due to religion.

15. Have you faced or are you facing any barriers communicating with people in the US? If yes how.

Americans are generally open but other cultural groups not so open.

16. Did you have dreams that are not realized when you came to this country such as advancing your education or finding suitable job? If yes tell me what are these and why not realized.

Advancing my education and finding suitable job are still not realized due to time constraint.

17. Have you ever thought or are now thinking that you are better off when you were at home country? Do you have thoughts of going back to your home country for good?

I was better off in my home country and have ideas to go back eventually.

18. Do you think your social prestige was better when you are in the US or when you where in your home country?

My social prestige is better in Sudan.

19. Do you think your standard of living was better when you were at your home country?

Standard of living is better in US.
Psychological distress proxies

Over the past month how much have you been bothered by any of the following problems:

20. Having little interest or pleasure in doing things you usually enjoy.

Not find change in my desire doing things.

21. Feeling down depressed or hopelessness

Depression is there as routine daily things.

22. Having trouble falling or staying asleep, or sleeping too much.

Sleeping is uneven.

23. Feeling tired or having little energy.

Energy level is normal.

24. Have poor appetite or over eating.

Food is normal.

25. Feeling bad about yourself- or that you are a failure or have let yourself or your family down.

During last month felt bad about myself.

26. Having trouble concentrating on things, such as reading newspaper or watching TV.
Have problems in concentration.

27. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around more than usual.

   My movement is fast and restless at times.

28. Having thoughts that you are better off dead or of hurting yourself in some way.

   At times these thoughts cross mind but religious thus not think suicidal.

29. No I do not have any health insurance.

30. No will never use any kind of mental health service as I think only crazy people can use that, as people from my country will think that mentally I am not stable.
### Appendix C: First Stage in Categorization and Coding

<table>
<thead>
<tr>
<th>Themes</th>
<th>Questions</th>
<th>Codes</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Background</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q1</td>
<td>Settled in US</td>
<td>Before 2006</td>
<td>66.66%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>After 2006</td>
<td>34.40%</td>
</tr>
<tr>
<td>Q2</td>
<td>Came as</td>
<td>Single</td>
<td>0.00%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>family</td>
<td>100.00%</td>
</tr>
<tr>
<td>Q3</td>
<td>Came from</td>
<td>Sudan</td>
<td>100.00%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>other</td>
<td>0.00%</td>
</tr>
<tr>
<td>Q4</td>
<td>Educational level</td>
<td>Less than University</td>
<td>41.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>University and above</td>
<td>58.30%</td>
</tr>
<tr>
<td>Q5</td>
<td>Work status before coming to US</td>
<td>not working</td>
<td>75.00%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Working</td>
<td>25.00%</td>
</tr>
<tr>
<td>Q6</td>
<td>Had career job before coming to US</td>
<td>Career job</td>
<td>41.70%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Career job</td>
<td>58.30%</td>
</tr>
<tr>
<td>Q7</td>
<td>Experience living in US</td>
<td>not good experience</td>
<td>83.30%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>good experience</td>
<td>16.70%</td>
</tr>
<tr>
<td>Q8</td>
<td>Living in US</td>
<td>not like US</td>
<td>41.70%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>like US</td>
<td>58.30%</td>
</tr>
<tr>
<td>Q9</td>
<td>Decision to migrate to US</td>
<td>Wrong decision</td>
<td>8.40%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Right decision</td>
<td>91.60%</td>
</tr>
<tr>
<td>Q10</td>
<td>Had cultural shock when first settled in US</td>
<td>cultural shock</td>
<td>41.70%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>no cultural shock</td>
<td>58.30%</td>
</tr>
<tr>
<td>Q11</td>
<td>Cultural difficulties living in US</td>
<td>Cultural difficulties</td>
<td>58.40%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Cultural difficulties</td>
<td>41.60%</td>
</tr>
<tr>
<td>Q12</td>
<td>Faced or facing economic hardship in US</td>
<td>Economic hardship</td>
<td>66.60%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No Economic hardship</td>
<td>33.40%</td>
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<tr>
<td>Q13</td>
<td>Faced or facing difficulty finding a job</td>
<td>difficulty finding a job</td>
<td>41.70%</td>
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<tr>
<td></td>
<td></td>
<td>No difficulty finding a job</td>
<td>58.30%</td>
</tr>
<tr>
<td>Q14</td>
<td>Faced or facing difficulty raising kids</td>
<td>difficulty raising kids</td>
<td>91.60%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No difficulty raising kids</td>
<td>8.40%</td>
</tr>
<tr>
<td>Q15</td>
<td>Faced or facing barriers in communicating</td>
<td>barriers in communication</td>
<td>25.00%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No barriers in communication</td>
<td>75.00%</td>
</tr>
<tr>
<td>Q16</td>
<td>Dreams realization</td>
<td>realized dreams</td>
<td>8.40%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Not realized dreams</td>
<td>91.60%</td>
</tr>
<tr>
<td>Q17</td>
<td>Think you are better off at home country</td>
<td>better-off home</td>
<td>41.70%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>not better-off home</td>
<td>58.30%</td>
</tr>
<tr>
<td>Q18</td>
<td>Your social prestige</td>
<td>Better in US</td>
<td>75.00%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Better in Sudan</td>
<td>25.00%</td>
</tr>
<tr>
<td>Q19</td>
<td>Your living standard</td>
<td>Better in Sudan</td>
<td>41.70%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>better in US</td>
<td>58.30%</td>
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### Experience living in US

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<tr>
<th>Questions</th>
<th>Codes</th>
<th>Percentage</th>
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<tr>
<td>Q20</td>
<td>Enjoy doing things you usually do</td>
<td>not enjoying doing things</td>
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<td></td>
<td></td>
<td>enjoying doing things</td>
</tr>
<tr>
<td>Q21</td>
<td>Feeling down depressed or hopelessness</td>
<td>feeling down and depressed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>not feeling down depressed</td>
</tr>
<tr>
<td>Q22</td>
<td>troubles falling/staying sleep or sleeping too much</td>
<td>trouble sleeping</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No trouble sleeping</td>
</tr>
<tr>
<td>Q23</td>
<td>Feeling tired or having little energy</td>
<td>tired no energy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>not tired with energy</td>
</tr>
<tr>
<td>Q24</td>
<td>Have poor apetite or abnormal eating</td>
<td>unnormal eating</td>
</tr>
<tr>
<td></td>
<td></td>
<td>normal eating</td>
</tr>
<tr>
<td>Q25</td>
<td>Feeling about ownself</td>
<td>feel bad about ownself</td>
</tr>
<tr>
<td></td>
<td></td>
<td>feel good about ownself</td>
</tr>
<tr>
<td>Q26</td>
<td>Having toruble concentrating</td>
<td>trouble concentrating</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No trouble concentrating</td>
</tr>
<tr>
<td>Q27</td>
<td>Any problem moving or speaking</td>
<td>problem moving/speaking</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No problem moving/speaking</td>
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<tr>
<td>Q28</td>
<td>Thought you better off dead or thought of hearting yourself</td>
<td>suicidal tendencies</td>
</tr>
<tr>
<td></td>
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<td>no suicidal tendencies</td>
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<tr>
<td>Q29</td>
<td>Have access to health services in Columbus</td>
<td>Have access</td>
</tr>
<tr>
<td></td>
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<td>No access</td>
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<tr>
<td>Q30</td>
<td>Used or plan to use mental health services</td>
<td>plan to use mental health services</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No plan to use mental health services</td>
</tr>
</tbody>
</table>