

POSITIVE THINKING TRAINING INTERVENTION FOR FIRST GENERATION MIDDLE EASTERN IMMIGRANTS



SUMMARY

First generation ME immigrants would benefit from a positive thinking training (PTT) intervention to help them cope with their daily stressors, which has the potential of positively impacting their psychological well-being and combating depression.

DESCRIPTION

The number of immigrants from the Middle East (ME) has grown more than seven-fold, reaching 1.5 million in 2000. First generation migrants are at an increased risk of mental illness, especially depression. Positive thinking is a cognitive process that helps individuals to deal with problems and has been suggested as a useful strategy for coping with adversity, including depression. First generation ME immigrants could benefit from a positive thinking training (PTT) intervention to help them cope with depression and different stressors.



MILESTONES

July-October/2018

IRB and Middle Eastern Immigrants recruitment

November-December/2018

Baseline data collection and Positive thinking training intervention

January-March/2019

Data collection post intervention and analyzing the results

May-June/2019

Final report and Data dissemination

ABOUT OUR TEAM

Abir Bekhet

Associate Professor, College of Nursing

Veronica Nakhla

Undergraduate Student, College of Health Sciences

Nadia Malik

Undergraduate Student, College of Health Sciences

Rawan Oudeh

Undergraduate Student, College of Arts and Sciences

Magdala Maximous

Professor, Alexandria University

Iziz Gohar

Lecturer, Alexandria University

Three students, through their affiliations with ME churches and Mosques, will help in recruiting the participants, delivering the intervention, collecting and analyzing the data, and preparing the manuscript. The data will be analyzed by Bekhet and the students. Bekhet in collaboration with faculty members from Alexandria University, Egypt will develop and tailor the PTT intervention to meet the needs of first generation ME immigrants. Drs. Maximous and Gohar will be invaluable in this project as to provide insights into the ME immigrants' needs and the cultural aspects of the intervention.

BEYOND BOUNDARIES

This research is in alignment with the strategic plan "research in action." This research will define a growing area of research potential and grow scholarly collaboration across disciplines/universities/countries. It will address community and world problems as well as increase capacity for innovation and foster internal and external partnerships to solve problems. Another strategic theme is "a culture of inclusion" in which diverse communities beyond the boundaries of our campus will be engaged in this project and will enhance opportunities for diverse and inclusive learning and scholarship through potential student exchange programs between Marquette University and Alexandria University.