

Research Ethics Board Application for
Ethical Review of Human Participants Research
Adler School of Professional Psychology – Vancouver Campus

1. RESEARCH TEAM
1.1. <u>Thesis Title</u> From Risk to Resilience: A study of Government Sponsored Refugees
1.2. <u>Applicant (usually Student Researcher)</u> Name: Mona Hassannia Phone: Email:
1.3 <u>Faculty Thesis Advisor (Supervising Researcher)</u> Dr. Darien Thira, PhD, Reg. Psych.
1.4. <u>Second Reader/Committee Members/Consultants</u> Second Reader: Dr. Anne C. Erlebach, PhD.
1.5 <u>Researcher Experience</u> Who will actually conduct the study and what is their experience conducting this kind of research and/or working with this population? Mona Hassannia will be conducting this study as part of the qualification criteria for her Masters of Arts in Counselling Psychology degree. She has a Bachelor of Arts in Psychology and Political Science from the University of Ottawa. She also has over 8 years of experience working in the refugee sector in various capacities including coordination and settlement counselling. Mona Hassannia's thesis supervisor, Dr. Darien Thira, is a registered psychologist in British Columbia. He is the director of Thira Consulting which serves many Aboriginal communities across Canada through trainings and clinical consultations through a variety of issues, including trauma. Dr. Thira's doctoral dissertation focused on Aboriginal suicide resilience and social activism and he was involved in further resilience research at the University of British Columbia. He has also presented at many conferences both nationally and internationally.

<p>1.6 <u>Additional Study Team Members (if applicable)</u></p> <p>N/A</p>
<p>1.7 <u>Tri Council Policy Statement (TCPS 2) Tutorial</u></p> <p>Date student researcher completed the TCPS 2 Tutorial: Oct 18, 2013</p>
<p>1.8 <u>Most Recent Date REB FAQs Checked</u></p> <p><i>October 28, 2013</i></p>
<p>1.9 <u>Submission Date</u></p> <p><i>November 1, 2013</i></p>

2. SUMMARY OF STUDY AND RECRUITMENT

2.1 A. Overview of research study (Maximum 300 words)

Summarize the research proposal using the following headings 1) Purpose, 2) Research Question or Hypothesis, 3) Rationale, 4) Objectives

1) Purpose

The purpose of this study is to explore the process of post trauma resilience amongst government sponsored refugees through interviewing clients who are deemed to be resilient by settlement workers at Immigrant Services Society of BC (ISSofBC).

2) Research Question

“What is the process of post trauma resiliency amongst government sponsored refugees?”

3) Rationale

Many studies confirm the premise that refugees frequently arrive to Canada having suffered at some point from trauma (Holtz, 1998; Cardozo, Vergara, Agani, & Gotway, 2000; Kleijn, Hovens, & Rodenburg, 2001; Porter & Haslam, 2001; Alcock, 2003; Stein 1998). Such literature tends to generalize refugees as a group suffering from mental health distress due to trauma and little attention is given to their resilience. In this study resilience is being defined as an individual’s maintenance of their mental health and well being when faced with adversity (Herrman, Stewart, Diaz-Granados, Berger and Jackson (2011) However, the exploration into the process of post trauma resiliency is important because research shows that the presence of resilience factors has greatly facilitated acculturation processes and overall mental health outcomes for government-sponsored refugees (Schweitzer et al., 2007) In this study, acculturation is being defined as changes in cultural patterns of groups of individuals within different cultures that come into direct contact (Redfield, Linton, & Herskovits ,1936)

4) Objectives

Participants will take part in an interview and will be invited to share stories about resiliency. The interview will ask questions relating to times and situations where they felt they demonstrated resiliency.

2.1 B. Summary of Research Procedures

An introductory session for settlement counsellors at ISSofBC will be organized at which time the study will be introduced (Appendix B). An information package will be given to settlement counsellor detailing the purpose of this study. Settlement counsellors will be asked to use their expertise to

determine resilient clients and refer them as participants, if they choose to participate. The screening for resilient participants will be based on the identification of individuals who are known to be actively engaged in contributing to their community in a formal (i.e. as a trained volunteer and/or paid worker), or informal (i.e. actively engaged in contributing outside of a structured program) manner. The active engagement of contributing to their communities, post-traumatized refugees are able to act as agents of change, build social capital and practice empowerment. Such factors are presumably positive adaptations and demonstrative of the definition of resilience that suggest it is fundamentally a positive adaptation or ability to maintain mental health well being despite experiencing adversity.

A letter for the referral and a scripted guide for recruitment of participants (Appendices C & D) will also be included in the information package to explain the purpose of the study. A copy of the informed consent will also be included for the review of counsellors. A question and answer period will follow as to address any concerns or clarifications that the settlement counsellors may have. Once the potential participant has contacted the student researcher, a pre-screening for the criteria of the study will be completed with the potential participants, in person or via telephone, by the student researcher. The interested participations will be given a copy of the informed consent (Appendix F) and a copy of the consent for audio taping (Appendix G) for review, and will have the option of obtaining this document via email, mail or in person. Once the participant has gone through the informed consent with the student researcher, an appointment will be set up for an interview time. Their understanding of the study and its procedures will be assessed by their ability to repeat back their comprehension that this is voluntary, confidential and that they can withdraw at any time prior to the end of the interview. This will also be a time for the potential participant to ask any questions they may have. The interview will begin with the informed consent form (Appendix F), will be read, reviewed and signed by all participants. The inform consent will be translated into French (Appendix F1) and Farsi (Appendix F2) and available to client to ensure that they fully understand the document in detail. After participants have agreed, they will be interviewed for about one to two hours at which time the interview will be recorded to facilitate verbatim transcription (Butterfield, Borgen, Amundson and Erlebach, 2010). If extended quotes are used, Participants may also be scheduled for another appointment to review the extended quotes, in which case, the student researcher will contact them for an appointment lasting half-an-hour to one hour, at their convenience. Consent for audio taking will have been previously signed for (Appendix G). It will also be translated in French (Appendix G1) and French (Appendix G2)

This study will use the qualitative research methods of Critical Incident Theory for data collection and Grounded theory for analysis. The objective of CIT is to understand the incident from the perspective of the individual by taking into account cognitive, affective and behavioural elements (Chell, 1998). The study's approach will look at these so-called Critical Incidents (CIs), specific events and factors that help or hinder resilience. The rationale behind using CIT for data collection is because it allows for the information to be collected from the participant's perspective and in his/her own words (Gremier, 2004). By asking participants to recall an event, they are able to use their own terms and

languages and also have the ability to give detailed accounts about their own experiences without being forced into a predetermined framework (Gremier, 2004). Once these stories, or CIs have been collected, content analysis can take place. It is believed that one of the limitations of CIT is within its data analysis and interpretation because it does not assist in building a premise or establishing a theory on the phenomenon. GT is specifically chosen because it focuses on developing a theory that naturally arises from the data (Charmaz, 2006). GT's process of analysis, comparison and categorization of data from which theory emerges allows the researcher to reduce data into concepts and relational statements that explain what is happening in a general sense (Strauss & Corbin, 1990; Dick, 2005). The analysis will therefore begin by coding and analysing the data through naming, comparing, and memoing (Egan, 2002). The coding has three analytical techniques including open coding where nouns and verbs are highlighted creating themes, axial coding where the themes are interlinked, and selective coding where a core category is chosen relating all other data to it. GT's process of coding in order to compile the results for analysis will allow for the formation of a resilience theory that is grounded in the data

2.2 Inclusion Criteria

- The participant must be a government sponsored refugee
- The participant must be at least 19 years or older
- The participant must speak and read one of three languages: English, French or Farsi
- The participant must have arrived to Canada at least 3 years ago, but not longer than 5 years ago.
- The participant must be referred by an expert identifier (i.e., settlement counsellor) as a person demonstrating resiliency as demonstrated by their being actively engaged in contributing to their community in a formal (i.e. as a trained volunteer and/or paid worker) or informal (i.e. actively engaged in contributing outside of a structured program).
- The participant must have a network of people that provide support when needed.
- The participant must be comfortable talking about resiliency and the refugee experience

2.3. Exclusion Criteria

- Individuals who have been in Canada for less than 3 years or longer than 5 years
- Individuals who are younger than 19
- Individuals who do not speak English, French or Farsi
- Individuals who have not been referred by an expert identifier (ie settlement counsellor)
- Individuals who do not have sufficient support networks in place when needed

- Individuals who are not comfortable talking about resiliency and the refugee experience
- Individuals who have previously sought services from the student researcher, as to avoid a dual relationship

2.4 **Recruitment**

Participants will be recruited through the immigrant serving agency Immigrant Services Society of BC (ISSofBC). The agency, specifically settlement counsellors, will be asked to attend an information session for the recruitment process, at which time the study will be introduced (Appendix B), an overview of the interview will be examined, and informed consent (Appendix F) will be reviewed. The agency can then refer potential participants who are interested in the study to contact the student researcher through phone or email to set up an appointment. A screening appointment with the student researcher will be done for inclusion and exclusion criteria over the phone in the format outlined in Appendix E. All information for individuals who do not meet the inclusion criteria will be destroyed. A script for individual who wish to participate in the study but do not meet the inclusion criteria is also included in Appendix E.

2.5 **External Approvals**

External approval will be obtained from Chris Friesen, Director of Immigrant Services Society of BC. A meeting will be set up with him to discuss the study with all relevant information of the process of the study being made available to him. It is the student researchers hope that an approval will be given in that meeting. This is based on knowledge that previous such studies were approved by the organization and on previous informal conversations about this particular study. The meeting will be set up once the student researcher's thesis advisor approves this stage of the thesis.

2.6 **Number of Participants**

A. How many participants will be enrolled in the entire study? (i.e. the entire study world-wide; applies if yours is part of a larger research project)

8- 10 participants will be enrolled in the entire study.

B. How many control participants will be enrolled in the study that you are conducting?

N/A

2.7 **Access to Records**

N/A

2.8 **Deception:**

Is deception being used in this research?

No

3. STUDY DATES AND FUNDING INFORMATION

Project Period

3.1 A.

Start date: February 2014

3.1 B.

End date: February 2015

3.2 Source of Funds

If you are getting financial support for this study please identify the type of funds, and which organization or individual is funding this?

N/A

3.3 Restrictions on Disclosures

There are no restrictions on the disclosure of information to research participants.

3.4 Actual or Perceived Conflict of Interest

Currently, the student researcher is an employ of Immigrant Services Society of BC and works under the Resettlement Assistance Program as a Resettlement Assistance Program Counsellor. Her position is only referable by Citizenship and Immigration Canada specifically for clients who have arrived to Canada less than 1 year ago under their federal sponsorship program. She is not a supervisor and has no supervision over counsellors who may assist in recruitment of participants. Any dual relationship will be mitigated by, only accepting clients that are not and have not in the past been served by the student researcher. To minimize the potential for dual relationships, the student researcher will also not recruit individuals from the Resettlement Assistance Program, the program under which she is currently employed and instead work with a different program, the Community Settlement Program at different office locations.

4. RISK LEVEL

4.1. Sites for Study

Immigrant Services Society of BC will be the site at which interviews will be completed. Interviews

will be conducted in a private room. Currently these are the following locations, offices of ISSofBC settlement services, that may be used:

333 Terminal Ave, Vancouver BC V6A 2L7

530 Drake St, Vancouver BC V6B 2H3

7355 Canada Way, Burnaby BC V3N 4Z6

504 Cottonwood Ave, Coquitlam BC V3J 2P5

3020 Lincoln Ave, Coquitlam BC V3B 6B4

4.2 **Determining Level of Risk**

After reviewing the risk criteria outlined in the TCPS 2, state level of risk in your study and explain your rationale for why you have chosen this level.

Minimal Moderate High

The risk for participants will be minimal because the focus will be on recounting stories of resiliency and not trauma. Participation in this study involves the telling of stories of resiliency. This experience tends to be positive for participants as this focuses on narratives of strength and wellness. Such recounting of stories of resiliency have no more the probability of possible harm that is greater than those encountered by the participants in their everyday life. Since the participants are known to be contributing to the resettlement of refugees, it is likely that the telling of their stories is an occurrence of their daily lives, in which case, sharing such stories with the student researcher would be no different. Hence the experience will be focused on strength and minimize the potential for distress.

4.3. **Peer Review**

N/A

5. PARTICIPANT INFORMATION AND CONSENT PROCESS

5.1. **Time Requested of Participants**

The participant will be asked to invest 1 to 2 hours for the interview process.

5.2 **Risks**

Describe what is known about the risks (harm) of participating in the proposed research and any possible vulnerability that needs to be considered, including relevant literature related to the risks. In what ways will you address these risks should they arise?

Risks:

Participation in this study involves the telling of stories of resiliency, and as such, there is a risk that participants may feel unpleasant recalling stories of certain life events. Participants may also feel uneasy due to the nature of the confidential information they share about themselves. In the refugee context, confidentiality is sensitive because stories identifying individuals in documents may become known in their original context within the community (Mackenzie, McDowell & Pittaway, 2007).

Management of Risks:

To minimize the possible stated risks, the student researcher will provide a stable and supportive environment throughout the interview taking steps to stop if the participant becomes triggered or anxious. This will be done by asking the participants if they would like to continue every half hour, whether or not any distress signals are present or not. A list of community resources, as part of the informed consent (Appendix F) will also be provided to the participant in case they need medical or mental health assistance. Participants can contact the referral sources themselves or choose to seek assistance from one of the counselors if they are comfortable doing so. ISSofBC counsellors (referral workers) will know about this study so that if a client comes to them they will be ready to guide, inform and facilitate accessing the available resources, as stated in the Informed Consent (Appendix F) Furthermore, the confidentiality of their participation in the study will be re iterated during the informed consent and again at the end of the interview and no names will be transcribed from the interviews. A procedure in the management of possible distress (Appendix I) will also be available should the student researcher need it.

The student researcher has also included an up to date resource referral list (appended to the informed consent (Appendix F). The inclusion and exclusion of participants having been here for a minimum of two years is also designed to minimize risk. Participants, who have experienced trauma in the past, may experience anxiety while responding to questionnaires or interviews, but often find the levels of distress to be tolerable and generally elicit positive responses and no regret to having participated in the study (Carter-Visscher, Naugle, Bell, & Suvak, 2007). Research also points out that participants who have a history of trauma should not be considered particularly vulnerable if the research is ethically sound (Carter-Visscher et al., 2007). If the participants recollection of resiliency does lead them to think about previous trauma or hardships that may cause them anxiety or distress, the student researched has taken steps to minimize the level of risk by including a procedure on the management of possible distress (Appendix I). Participants will be encouraged to return to stories of resilience, should they raise memories of more difficult experience

5.3 **Benefits**

Describe what is known about the potential benefits that could arise from participating in the proposed research for participants, the profession and for wider society. For research that is moderate or high risk, include relevant literature related to the benefits of participating in the study.

In addition to contributing to developing the field's knowledge of resiliency community, this study hopes to contribute to the self-awareness of the participants, specifically in regards to their strength and resiliency. Studies demonstrate that many participants who have experienced trauma find participating in studies about trauma, including resiliency to be useful (Carlson, Newman, Walker Daniels, Amrstrong, Roth & Loewenstein, 2003). This may also serve as an opportunity for participants to contribute to their own community by enhancing the ability of support workers and counsellors to better serve them compatriots. This can be a strong contribution to their community, not only creating a sense of empowerment within themselves, but also the refugee community.

5.4 Reimbursements and Incentives for Participation

N/A

5.5 Assessment of Capacity

A. Initial assessment of capacity for the purposes of informed consent

Will every participant have the capacity to give fully informed consent on his/her own behalf?

Yes, participants will be aged 19 and over and will have the capacity to give fully informed consent. Before informed consent is signed, the participant will be asked to repeat the potential risks and benefits of the research. The capacity to give consent is dependent on the participants' ability to demonstrate their understanding by answering the question correctly.

B. Ongoing assessment of capacity

How would capacity be assessed throughout the research? This includes each occasion in which you are in contact with your participants.

During the 1 to 2 hour interview, the student researcher will assess the distress level of the participant by gauging any signs of distress and asking if they feel they would still like to continue. If a participant becomes distressed during the interview, a break will be taken, at which time the participant will be again asked if they wish to continue or if they would like to withdraw from the study. Participants who wish to withdraw from the study will be asked if they would like a referral for further assistance.

5.6 Explanation of Consent and Assent Forms to Potential Participants

The informed consent form (Appendix F) will be distributed to settlement workers at ISSofBC by the student researcher and be explained during an introduction to the study. It will once again be reviewed by the student researcher with the participants prior to starting the interview. The participant will have been given the informal consent prior to the interview and will have had time to consider it prior to the interview. At the interview, the informed consent will be reviewed by the student researcher with the participant. Once the participants have signed the form, the interview may begin. Participants will

be given every opportunity to ask questions or express concerns about the informed consent.

The student researcher will be conducting the interviews in English, French and Farsi. She is qualified to do so a native Farsi speaker, and also has a bilingual French certificate. The interviews in French and Farsi will be transcribed in their original language but will not be translated into English with exceptions to quotations. Since minimal risk research allows for the verification of another fluent person in English and either of the other two languages, this alternative will be used to proofread the translation by sending an email to the REB for confirmation that the translation has been done with accuracy.

5.7 Explanation of Assent Forms to Potential Participants

N/A

5.8. Assistance with Consent

Consent forms will be translated into Farsi and French to accommodate participants who do not speak English.

SECURITY OF DATA AND CONFIDENTIALITY OF PERSONAL INFORMATION FOR STUDY

6.1. Confidentiality of Data

The data will be recorded on a tablet device that is disconnected from the Internet and immediately transferred to an encrypted USB. Once transferred, the recording on the tablet will be destroyed. Any documents, such as forms or notes, will be stored in a locked cabinet at the student researcher's home. No data or images will be kept on the Web.

6.2. Access to the Data by Persons within the School

Who will have access to the data?

The student researcher and her thesis advisor, Dr. Thira, will be the only persons within the school to have access to the data information. Both the student researcher and Dr. Thira have been briefed on the procedures of confidentiality.

6.3. Access to Data by Persons Outside of the School

Will any data that identifies individuals be available to persons or agencies outside of the Adler School of Professional Psychology-Vancouver Campus?

No

6.4 Storage of Data

All of the data information will be coded with letters and kept in a locked cabinet at the student researcher's home. No names will be used to identify any of the participants in any of the reports within the study. Pseudo names will be given as to enhance confidentiality. In accordance with Adler's recommendations, all of the data will be kept for a period of 5 years at the student researcher's home office in a locked cabinet. After the five years have terminated, all data will be destroyed through deleting electronic files or the shredding of physical files.

6.5 Future Use of Data

N/A.

6.6 Summary of Results to Participants

At the end of the interview, participants will be asked if they would like to have a summary of the study's findings once the study is completed.

6.7 Withdrawal of Data

Participants will be given the chance to withdraw from the study, should they choose to, during the informed consent process. They will be given the option to withdraw from the study and have their data deleted if they become distressed during the interview process. Participants will have the right to withdraw their data at any time prior to data analysis. They will also have the right to pass on any of the questions but still continue with the interview if they choose to.

7. APPLICATION SUBMISSION AND DOCUMENTATION

7.1 Process for Submitting REB Application

- 1) REB Submission Form
- 2) This Application including all appendices attached at the end of the document
- 3) TCPS 2 Tutorial Certificate

7.2 Letter of Initial Contact with External Institutions or Agencies

Appendix A: Communication with External Organizations Seeking Assistance for Recruitment and Referral

Appendix B: Scripts for Introduction of Study for ISSofBC Script

7.2. Advertisements to Recruit Participants

N/A
7.3. <u>Script(s) for Initial Contact with Participants</u> Appendix C: ISSofBC Counsellors Initial Participant Contact Script Appendix D: Referral Contact Information Sheet Appendix E: Script for Verbal Contact in Initial Participation Contact
7.4. <u>Consent Forms</u> Appendix F: Participant Informed Consent form Appendix F1: Participant Informed Consent form in French Appendix F2: Participant Informed Consent form in Farsi Appendix G: Audio Taping Consent form Appendix G1: Audio Taping Consent form in French Appendix G2: Audio Taping Consent form in Farsi
7.5. <u>Assent Forms</u> N/A
7.6. <u>Research Methods</u> Appendix H: Interview Questions and Guide
7.7. <u>Additional Appendices</u> A. Other documents: Appendix I: Procedures for Management of Possible Distress B. Web site use: N/A

Appendices:

Appendix A: Communication with External Organizations Seeking Assistance for Recruitment and Referral

Appendix B: Scripts for Introduction of Study for ISSofBC Script

Appendix C: ISSofBC Counsellors Initial Participant Contact Script

Appendix D: Referral Contact Information Sheet

Appendix E: Scripts for Verbal Contact in Initial Participant Contact

Appendix F: Participant Informed Consent form

Appendix F1: Participant Informed Consent form in French

Appendix F2: Participant Informed Consent form in Farsi

Appendix G: Audio Taping Consent form

Appendix G1: Audio Taping Consent form in French

Appendix G2: Audio Taping Consent form in Farsi

Appendix H: Interview Questions and Guide

Appendix I: Procedures for Management of Possible Distress

Appendix A: Communication with External Organizations

Dear Settlement Counsellors at ISSofBC,

My name is Mona Hassannia and I am a graduate student at the Adler School of Professional Psychology completing an M.A. in Counselling Psychology. As part of my degree, I am conducting a research study that explores the process of post trauma resiliency amongst government-assisted refugees (GARs). This study will include a 1 to 2 hour interview with participants who have demonstrated resiliency and will ask them to recount their stories of resiliency. The purpose of this research is to increase the understanding about the process of resiliency and to use this information in cultivating or enhancing resiliency factors within the context of refugees in therapy.

This letter is to request the possibility of your assistance as expert identifiers of resiliency in referring previous government-assisted refugees. I have included a copy of the Informed Consent form for your review. I will be happy to answer any questions you may have regarding this study.

Thank you for your time,

Mona Hassannia

Appendix B: Introduction of study to ISSofBC Script

Introduction of my MAC Program

Hand out of information package, which will include a copy of the Informed Consent, Referral Script, Interview Script, and list of referrals resources.

Explanation of the study:

- Conducting a research study that explores the process of post trauma resiliency amongst government-assisted refugees (GARs).

The purpose of this research:

- To increase the understanding about the process of resiliency and to use this information in cultivating or enhancing resiliency factors within the context of refugees in therapy.

Explanation of the process:

- Review of the informed consent, including eligibility of screening for GARs who are known to be actively engaged in contributing to their community in a formal or informal way, limits to confidentiality, risks and benefits.
- ISSofBC staff will also be informed that the student researcher will be ensuring that participants will have a support network via direct questioning
- Once eligibility is screened (refer to Informed consent) participants will complete a 1 to 2 hour interview where they will be asked to recount their stories of resiliency

Request from ISSofBC Counsellors:

- Your assistance as expert identifiers of resiliency is requested in referring previous government-assisted refugees and assisting them in getting hold of further resources should they need to do so
- Your confidentiality about the participants of this study is also requested

Question and Answer period

- Addressing any concerns or clarification that the counsellors may have

Appendix C: ISSofBC Settlement Counsellors First Contact with Potential Participants

Mona Hassannia is student researcher finishing a Master's degree from the Adler School of Professional Psychology. She is looking at the way individuals are resilient after the experience of being a government-sponsored refugee. She has asked us to refer clients who are actively contributing to their communities if they are interested to participate in the study.

The participation of this study is voluntary and you can withdraw from it at any point before ending of your interview with her. This will not affect the services you receive at ISSofBC.

The study would include a brief telephone conversation to see if you meet the eligibility and a 1 to 2 hour interview. She is interested to hear your stories of resiliency in the refugee experience.

All of the information that is taken in the interview is kept confidential.

Show Informed Consent to client

You are not obligated in anyway to participate in this study and this has no affect on our services. It is important that you know that you can refuse or withdraw from participating in this study at anytime. If you are comfortable talking about resiliency and your refugee experience, a referral can be made.

If client agrees to participate please provide the Referral Contact Information Sheet (Appendix D), allowing the participant to contact me should they choose.

If the client does not agree, thank him/her for their time.

Appendix D: Referral Contact Information Sheet

Thank you for expressing interest in taking part of this study.

Please feel free to contact me, Mona Hassannia, to further discuss the details of this research.

Telephone: ()

Email:

I will be happy to answer any questions you may have regarding this study and your possible participation in it.

Thanks and I look forward to hearing from you soon.

Mona Hassannia

Student Researcher
Adler School of Professional Psychology

Appendix E: Initial Participant Contact Script

Introduction:

Hello, my name is Mona Hassannia and I am a student researcher completing a Master's degree from the Adler School of Professional Psychology. My thesis supervisor is Dr. Darien Thira R.Psych who is overseeing my work. I am also a counsellor at ISSofBC. However, this study in no way impacts services received with ISSofBC and is for the sole voluntary purpose of research.

I am looking at the way individuals are resilient after the experience of being a government-sponsored refugee. I would like to thank you for taking the time for this study. Your interest is greatly appreciated. Unfortunately, I will not be able to accept participation from any previous client due to dual relationships.

This study's focus is on the resiliency of government-sponsored refugees, specifically looking at individuals who are actively contributing to their community.

I would like to ask you some questions to see if you can participate in this study:

Did you enter Canada as a government sponsored refugee under the UNHCR program?

Are you at least 19 years of age or older?

Are you able to speak and read in English, French or Farsi?

Did you arrive to Canada between 2008-2011?

Were you referred by an ISSofBC settlement counsellor?

Are you comfortable talking about resiliency and your refugee experience?

Do you have a network of people that provide you with support when you need it?

Participants not eligible:

Thank you for your time and willingness to participate in this study, however, I can only include participants who meet the set criteria for this study. I appreciate your time and willingness to meet with me today.

Participants eligible:

I'm happy to say you are eligible for participating in this study, if you are willing to do so. I would like to arrange a time to meet with you at any of the ISSofBC office locations that is the most accessible to you. At the meeting I will interview you for anywhere between one to two hours. If you are interested in participating, I will provide you with a copy of the informed

Please check Moodle to ensure you have the most recent version of this form. Rev. Oct. 2012

consent so that you can review. Please let me know the best way of giving you this document, email, mail or in person? We will also go over it before the interview begins at which time I will ask you to sign it. If at any point you have any questions, please feel free to contact me.

It is important that you know that you can refuse or withdraw from participating in this study at anytime. Do you have any questions at this time?

Thanks again for your time.



Appendix F: Informed Consent Form

From Risk to Resilience: A study on Government Assisted Refugees

Informed Consent Form

This research is being done by **Student Researcher, Mona Hassannia**. She is doing this research for her Masters Thesis at Adler School of Professional Psychology. Mona Hassannia also works at ISSofBC. Her contact information is below:

Student Researcher: Mona Hassannia ()
Email:

Mona Hassannia is working with a Faculty Advisor from her School. His contact information is below:

Faculty Advisor: Darien Thira, PhD, R.Psych,
Email: Darien@Thira.ca

The research has been approved by the Adler School Research Ethics Board (REB). **If you have any concerns about your participation in the research** you can contact the Chair of the REB. Her contact information is below

REB Chair: Debbie Clelland PhD (604) 699 3570
E-mail: dclelland@adler.edu

The Research

The purpose of this research is to find out more about the process of resilience specifically within the refugee experience.

The researcher will ask you to tell stories about a time where you felt you demonstrated resiliency through an open interview. The interview will last for 1 to 2 hours. Another session of about half-an-hour to an hour may be scheduled to review extended quotes. In that case, the student researcher will contact you and set up that time at your convenience.

Before you begin, the research will also ask you some questions about your age, gender, country of birth and date of arrival to Canada.

The Research is Confidentiality:

The interview will be recorded and transcribed. Only the Student Researcher and the Faculty Advisor will be allowed to review the information. The information will be password protected and will be placed in a locked cabinet for five years after which time it will be destroyed.

The Research is Voluntary

You can decide if you want to participate in the study. You may decide to stop being a part of the research study at any time without explanation. There is no penalty if you say “no.”

The Results of the Research

The Student Researcher will publish the results of the research in her thesis. She may also write or speak about the research. Your name and other information about you will NOT be included in any writing or presentation.

If you want a summary of the results you can ask for them below on this form.

The Risks and Benefits

You might feel some stress when recounting stories of resiliency. If you feel more stress than you want you can:

- 1) Decide not to tell a particular story
- 2) Take a break
- 3) Withdraw from the research at any time before my part in the research is finished

** A Resource Referral List is provided for you as a precaution to help you in the Informed Consent.*

You may also feel you have learned something about yourself as a result of answering the questions.

Consent for this Research:

- I understand that this research is voluntary and confidential.
- I can refuse to answer any question.
- I can withdraw at any time until 2 weeks after my interview is finished.
- I understand that I have not given up any legal rights concerning this research by consenting

I have read and understood this consent form.

I have received a copy of this consent form for my own records.

By signing below, I am giving my consent to participate in this study.

Participant Signature

Date

Participant Name (Printed)

☐

Yes I would like to receive a summary of the results of this research:

Participant Email



Informed Consent Appendix A

You can contact the resources yourself or choose to seek assistance from one of the ISSofBC counsellors to facilitate accessing these services, if you are comfortable doing so:

Resource Referral List

Vancouver Association for Survivors of Torture: 604-299-3539

Family Services of Greater Vancouver Counselling Services 604-874-2938

SUCCESS Family and Youth Counselling Services 604-408-7266

Vancouver and lower Mainland Multicultural Family Support Services 604-436-1025

Crisis Line: 604.872.3311, www.crisiscentre.bc.ca

24hr Women's Support Line: 604.987.3374

Mental Health Emergency Services: 604.874.7307

Options Family Counselling 604-584-5811



Appendix G: Consent to Audio Tape

Consent to Audio Tape

I, _____ consent to have my interview with Mona Hassannia audio taped for the purposes of her study in exploring the processes of post trauma resiliency amongst government sponsored refugees. Only Mona Hassannia and her thesis supervisor Dr. Darien Thira may have access to this raw data. In accordance with the recommendations made by the Adler School of Professional Psychology, the audio files will be kept for a period of five years after the completion of the work.

After those five years, the data will be destroyed.

I have read this consent form. I have received a copy of this consent form for my own records. My signature below indicates my consent to participate in this study.

Participant Signature

Date

Appendix H: Interview Questions and Guide

The interviews with participants will use the Critical Incident Technique in the form of a semi-structured conversation, which will last about 1 to 2 hours in length.

Once the informed consent is signed and the purpose of the study is discussed.

The interview will begin with allowing the participant to convey their meanings of resiliency in an open-ended question.

“Tell me what resiliency means to you?”

Participants are then encouraged to reflect back to a time where they exhibited resiliency. They will be asked to share a story in which they demonstrated resiliency. This story will have a beginning, a middle and an end.

“Tell me a story about a time where you felt you demonstrated resiliency?”

Once the story is told, the student researcher will ask for the participant to share another story about resiliency.

“Tell me another story where you showed resiliency?”

For further clarification to the story, the student researcher may ask the following questions:

“In your opinion, what led to your resiliency?”

“What resources were available to you that allowed you to demonstrate resiliency?”

“What would have made it more difficult for you to demonstrate resiliency?”

This process of storytelling and clarifying will continue until the client feels that he/she has no more stories to share or at a time where saturation has occurred, at which time the interview will come to an end.

Check in throughout the interview about participant’s overall well-being throughout the process.

“How are you feeling”

“On a scale of 1 to 10, 1 feeling very calm and relaxed and 10 feeling upset and overwhelmed, how would you rate yourself?”

“Do you need to take a break?”

Appendix I: Procedure for Possible Distress

The following protocols may be followed should the client feel distress at any point during the participation of this study:

- Actively encourage participants to refuse to discuss particular issues that may be distressing for them
- Guide participants to say 'pass' if they did not want to discuss specific topics
- Suggest taking a break from the interview
- Suggest stopping the interview
- Encourage contacting informal support network (friends or family) or resources provided in the Referral Resource List

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