

Stress and Immigrant Youth:  
Subjectivity, Stress and Resilience in the Context of  
'Navigating Multiple Worlds'

***Participant Consent Form- Youth Interviews***

You are invited to participate in a study entitled 'Navigating Multiple Worlds' that is being conducted by Sarah Fletcher and a team of youth researchers. Sarah Fletcher is a Graduate Student in the department of Anthropology at the University of Victoria and you may contact her if you have further questions by email at [sfletch@uvic.ca](mailto:sfletch@uvic.ca) or by phone at 250-818-0471. As a Graduate student, I am required to conduct research as part of the requirements for a degree in Anthropology. It is being conducted under the supervision of Lisa Mitchell. You may contact my supervisor at 250-721-6282. This research is being funded by the Canadian Institutes of Health Research.

**Purpose and Objectives**

Focusing on the meanings and experiences of 'stress' from the perspective of immigrant youth, the objective of this research is to explore the relationship between stress and resilience among immigrant youth. (Many youth are able to overcome a lot of challenges and succeed, managing expectations in school, with friends and with family. This is what we mean by resilience.) This research will gather youth perspectives on both what it is that they experience as 'stress' but also what youth feel could be changed or improved to minimize stress and enhance resilience in the lives of immigrant youth.

**Importance of this Research**

Research of this type is important because too often the perspectives of youth get overlooked. It is also important because the ideas of youth will help to inform efforts address the gaps in services and in support that currently exist, enhancing the resilience of immigrant youth in the future.

**Participants Selection**

You are being asked to participate in this study because as an immigrant youth, you have valuable ideas and perspectives on the factors that can contribute to stress and factors that can minimize stress, in your life and the lives of your peers.

**What is involved**

If you agree to voluntarily participate in this research, your participation will include a semi-structured interview. You will be interviewed by a member of the youth research team and asked about your ideas and experiences related to stress and what could be done to decrease stress or help youth cope with stress. The interview will be audio-taped and a transcription will be made. (Translating the tape to written form).

**Inconvenience**

Participation in this study may cause some inconvenience to you, including the use of your time, each interview will take between 30 minutes to an hour.

**Risks**

There are some potential risks to you by participating in this research, although these risks are very minimal. It is possible that talking about stress might be emotional for some people, and may be stressful. To minimize this possibility, the majority of the interview questions will be focused on positive aspects of resilience, and if you decide there is a question you don't want to answer that is fine. Sarah Fletcher, a counselor, and the staff from VIRCS youth programming will be available after the interview if you feel like there is anything that has come up for you in the interview that is upsetting.

**Benefits**

Bringing attention to the perspectives of youth related to stress and resilience has enormous potential benefits as it will also inform improvement and/or the development of services or supports available to immigrant youth. Raising awareness about the challenges and strengths of immigrant youth will also benefit the wider community and the state of knowledge related to youth, stress and resilience.

## **Compensation**

As a way to compensate you for any inconvenience related to your participation, you will be given a 10\$ gift card to Starbucks or iTunes. (If you agree to participate in this study, this form of compensation to you must not be the only reason you are participating. If you would not participate if the compensation were not offered, then you should decline).

## **Voluntary Participation**

Your participation in this research must be completely voluntary. If you do decide to participate, you may withdraw at any time without any consequences or any explanation. Your decision to participate will have no impact on your ability to access services at VIRCS or ICA now or in the future and you are free to withdraw at any time. If you do withdraw from the study your data will only be used if you give permission for its use.

## **Researcher's Relationship with Participants**

The researcher may have a relationship to potential participants as a friend (for the youth researchers). Some of you may also know Sarah Fletcher as a volunteer with the Enable Theatre program. These relationships should not influence your decision to participate. To help prevent these relationships from influencing your decision recruitment for these interviews have taken place through a third party (VIRCS) and your decision to participate will have no effect on any relationships, or ability to access services or support through VIRCS.

## **Anonymity & Confidentiality**

In terms of protecting your anonymity you can chose a pseudonym for your interview and all references made will use that pseudonym. All names will be removed from the data and any identifying stories or circumstances will be slightly altered to protect your confidentiality. Efforts will be made to remove all identifying features from interview transcripts before they undergo group analysis so that your answers will not be identifiable.

Your confidentiality and the confidentiality of the data will be protected by ensuring that all data from the interview is stored in password protected computer files. Confidentiality will be limited by the legal requirements related to reporting child abuse or intent to self-harm. If any of these topics do come up the safety and health of the youth involved will take top priority. The legal guidelines and reporting requirements in Section 13 of the BC Child, Family and Community Service act will be followed.

## **Dissemination of Results**

It is anticipated that the results of this study will be shared with others in the following ways: directly to the participants, exhibits and presentations in the community and at VIRCS, presentations at scholarly meetings, dissertation, published articles.

## **Disposal of Data**

As the data in storage will be anonymized and there is no danger to the participants with regards to the release of information, all paper records will be shredded and destroyed after five years, but electronic files will be stored indefinitely as they may provide useful background information for continued research. Individuals that may be contacted regarding this study include Sarah Fletcher and Lisa Mitchell (see their contact info at the beginning of the document) In addition, you may verify the ethical approval of this study, or raise any concerns you might have, by contacting the Human Research Ethics Office at the University of Victoria (250-472-4545 or [ethics@uvic.ca](mailto:ethics@uvic.ca)). Your signature below indicates that you understand the above conditions of participation in this study, that you have had the opportunity to have your questions answered by the researchers, and that you agree to participate in this research project.

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*Name of Participant*

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*Signature*

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*Date*

***A copy of this consent will be left with you, and a copy will be taken by the researcher***