



**University  
of Basel**

Faculty of  
Psychology



# Home Abroad

**Understanding and supporting  
successful work-related relocation**

**Recruitment of research volunteers for a  
scientific study on**

Sociocultural Adjustment and Well-being in Third  
Culture Kids and their Families

# Sociocultural Adjustment and Well-being in Third Culture Kids and their Families: A Longitudinal Study

## Background

Living within an international community comes with its unique challenges and opportunities. Big life changes can lead to adjustment difficulties and increased stress, which can be particularly demanding in an unfamiliar environment. Being away from home can be especially challenging for children and adolescents, and extra support can ease this transition and reduce ongoing problems.

## Aims and design of the study

The study aims to better understand factors that promote positive adjustment and well-being during the relocation process. Therefore, we are seeking participants for a study on adjustment and well-being in Third Culture Kids, i.e. children and adolescents raised in a culture other than their parents' or the culture named in their passport, and their families. During the study, participating parents and their children will be asked to complete an online questionnaire (10-15 minutes) twice, i.e. at the start of the study and one year after. In addition, we will conduct family interviews (50 minutes) for selected participants at the beginning of the study and one year later. Participating families will receive a reimbursement of CHF 30 or cinema vouchers for their effort and time.

## How to participate

We are seeking English speaking families with children between 7-17 years old who have moved to Switzerland because of employment reasons. If you are interested in participating in our study, please contact our study team by email at [homeabroad@unibas.ch](mailto:homeabroad@unibas.ch). For further information on our study and our services, please visit our website or contact us directly.

## Study team

Our study team consists of highly qualified international clinical psychologists who fully understand the unique challenges and constraints that international expatriates and their families face.

## Contact

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