

## SECONDARY RESEARCH

The scope of the secondary research was to solidify the information we obtained on field, with documented resources. We were able to find a multitude of online resources that explained how people who move abroad have a hard time finding people with the same interests as them, as well as how they can be more predisposed at forming depression, if they do not manage to form a new social life in the new country. There is also evidence on how most people's social life was affected by the pandemic. Some people developed social anxiety when having to re-enter society; this happens when one spends time alone and lets their mind wander, creating different fictional scenarios, that can facilitate social anxiety.

### **Library research Article 1 summary: (nia.nih.gov - no specified author)**

According to studies, social isolation and loneliness raise the chance of developing conditions like heart disease, depression, and cognitive decline. Due of health concerns and the requirement for physical distance, the coronavirus outbreak in 2020 introduced further difficulties. A person is more likely to experience loneliness and social isolation if they become suddenly alone because of a loved one's illness, being away from friends or family, losing their mobility, developing eyesight or hearing issues, being disabled, or not having access to transportation. Social isolation and loneliness are distinct but connected. Being alone or apart from others causes the agonizing experience of loneliness. Lack of social connections and having few people to routinely communicate with constitute social isolation. You can be socially isolated or lonely when living alone, and you can also feel lonely when you're around other people.

### **Article 2 summary: (Daily Sabah - GABRIELA AKPAÇA)**

Moving to a foreign country is one of the most adventurous life choices you can make, but it also comes with a lot of pressure. Along with dealing with cultural differences and language barriers, expats frequently have to rely heavily on locals to guide them through even the most basic tasks, such as signing a lease or buying prescription medicines at the pharmacy. Over time, this can undermine one's confidence in their own abilities. Moving internationally demands a lot of energy, optimism, self-assurance, and independence, which is possibly why individuals with the courage to do so initially try to brush off the signs of depression or anxiety. 42.8% of the 5,000 expatriates surveyed in a study by Dr. Mitesh Patel, medical director of the American health insurance company Aetna, listed the lack of a support system as their main source of stress. "As our clinical experts have provided support to our members, they have found that the absence of the friend and family network compounds stress and anxiety suffered by expatriates on foreign soil," the study said. "Taken together, these findings suggest that the experience of living overseas is a difficult and demanding one and that if things begin to degrade for individuals emotionally, a cascade of problems can be expected to accompany the emotional shift," it added.

### **Article 3 summary: (The skinny - Victoria Dudys)**

The Skinny article shares the story of Victoria Dudys, who moved abroad and suffered from expat depression. According to her, living in a new country is a phenomenal experience, but with adapting to new cultures, she felt out of place and alone. Vitoria was thrilled to be starting over and remaking herself in a new country, but after about five months, she felt stuck. Life was not only becoming less exciting for her but also absolutely overwhelming and unbearable. She realised that she had made virtually no friends since she worked alone and had an almost non-existent support system. She would wake up, cry, go to work, cry in the bathroom, cry on the bus home, and cry before going to sleep. Expat depression is incredibly common. Depression is like this little goblin that lives in the deep corners of your mind who tells you you're not good enough for friends and makes you feel insecure. When she finally decided she wanted to get past her depression she knew she would have to find someone to speak to.

### **Article 4 summary: (PennMedicine - Tristan Epps)**

People are experiencing social anxiety as they prepare for re-entry after COVID, according to PennMedicine news. The COVID-19 pandemic increased causes of stress for many people, as well as changes in how we connect with others — from preventing COVID-19 to spending less in-person time with loved ones and friends. While some anticipated this and look forward to a "return to normal", others enjoy the more isolated lifestyle experienced during the epidemic. Those who deal with social anxiety have found remote learning, work, and socialisation to be ideal. Re-entry, on the other hand, may be difficult for someone suffering from social anxiety, an anxiety disorder that causes extreme fear in social situations. The past two years have allowed them to avoid the everyday tasks that come along with socialising, which they may have found difficult. Some may have felt their anxiety significantly decrease during this period of time, but it's likely their anxieties did not go away, Ammon explains. They have been paused due to the pandemic and it is likely that those social worries are beginning to return. But people can prepare for their return to in-person activities to help manage their anxieties.