

Refugee Mental Health and Integration Outcomes Over Time (ROOT)

Information for Research Participants in the AMIR Project – ROOT

People who have fled their home country have often experienced difficult events both before and during the time they were fleeing. In addition, people with a refugee background need to start a life in a new country with a different culture, which may include learning a new language and understanding a new social system, as well as finding housing and work and building new social relationships. Building a life in a new context is a challenge for most people, regardless of background, but it may be even more difficult if one has also experienced difficult events and been forced to flee one's home country.

Mid Sweden University, together with Linköping University, is conducting a project aimed at investigating whether there is a relationship between mental well-being and how integrated a person feels or is in the new society.

You can participate in the project if you:

- understand (can read, speak, and write) one of the following languages: Arabic, Dari, Farsi, English, or Swedish
- are at least 18 years old
- have fled your home country and are seeking or have previously sought asylum in Sweden
- and would like to help us understand your situation regarding your mental health and your experience of integration.

How does the project work?

In this project, we will collect information about who you are, how you are feeling, and how you experience different aspects of integration (for example social, psychological, or economic aspects). You will be asked to answer questions in a survey using a computer or smartphone. After you complete the first survey, we will send you a new survey once a year for three years. You will receive a link by email that will take you to the questions. You can answer the questions at your own pace, whenever it suits you. Everyone who participates will answer the same questions. Each

survey takes about 20–30 minutes, and after each survey you will receive a gift card worth 99 SEK sent to your email.

Possible benefits and disadvantages of participating in the project

By participating in the study and answering our questions, you will help us understand how mental health may affect different aspects of integration. This may lead to greater understanding and hopefully better support for people arriving in Sweden in the future.

We will ask questions about how you are feeling. Some people may find it difficult to think about their challenges, but this feeling usually passes. Many people also feel acknowledged in their experiences, and it can feel relieving to express difficult things. If you need additional help regarding your well-being while participating in the project, you will also receive information about where you can seek support.

What happens to the information you provide?

Your responses (data) will be collected through the internet-based platform Iterapi, which is hosted by Linköping University. The platform was developed for psychological treatment and research data collection and is highly secure for handling sensitive personal data. Your information will be handled securely and cannot be accessed by unauthorized persons.

Data will be downloaded in de-identified form and analyzed at a group level, which means your answers cannot be linked to individual persons. Results will be reported in scientific publications such as master's theses in the psychology program, scientific conferences, and peer-reviewed scientific journals.

Your personal data (for example name, email address, and date of birth) will be stored in an encrypted file separate from the survey responses, and the data can only be linked using a code. Only the principal investigator at Mid Sweden University and the IT manager at Linköping University have access to these encrypted files, which are stored on secure servers at Linköping University. Personal data will be deleted after all data collection is completed, and at that point it will no longer be possible to link any responses to any individual. The principal investigator (Anna Bjärtå) is responsible for storing and deleting personal data and ensuring that the data are handled as described.

The research principal for this project is Mid Sweden University. Responsibility for personal data and research data lies with Mid Sweden University and Linköping University.

The Data Protection Officers can be reached at:

- dataskyddsbud@miun.se (Mid Sweden University)
- dataskyddsbud@liu.se (Linköping University)

According to the EU General Data Protection Regulation (GDPR), you have the right to receive information free of charge about what data about you is processed in the project and to have any errors corrected. Data will be stored according to Mid Sweden University's guidelines for as long as they are necessary for the research. You may also request that your data be deleted or that the processing of your data be restricted. These rights apply as long as the data can still be linked to you.

If you wish to access your data, contact the principal investigator:

Anna Bjärtå – anna.bjarta@miun.se

Insurance and compensation

Participants in the study are covered by a special personal injury insurance (SPS, Ref. No: 2024/802) through Kammarkollegiet (Case No: 28.3.1-016122-2022-3).

As a thank you for participating, you will receive a gift card worth 99 SEK for each survey you complete.

Participation is voluntary

Your participation is voluntary, and you may withdraw at any time during the study by choosing not to respond to the surveys that are sent to you. You do not need to explain why you wish to withdraw, and there will be no negative consequences.

If you have questions about the project, please contact us at:

amir@miun.se

Responsible researcher

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The project has been reviewed and approved by the Swedish Ethical Review Authority

(Ref. No: 2025-08360-01).



I samarbete med:

