

New in Town—Mobile-Based Intervention for Migrants: Study Protocol for a Randomized Controlled Trial

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INTRO

- **Social self-efficacy** is a confidence in ability to engage in social interactional tasks necessary to initiate and maintain interpersonal relationships (Smith & Betz, 2000, Sherer et al., 1982).
- These beliefs are positively related to social adjustment (Connolly, 1989) and negatively related to acculturative stress, depression, and loneliness (Constantine, Okazaki, & Utsey, 2004, Wei, Russell, & Zakalik, 2005).
- **New in Town** is a mobile-based intervention for migrants that aims at increasing social self-efficacy using exercises that relate to sources of these beliefs: mastery experiences, vicarious experiences, verbal persuasions, and emotional and physiological states (Bandura, 1997).

METHODS

- **Design:** two-arm randomized controlled trial with a waitlist control group.
- **Participants:** adults who have changed their place of residence in the last 6 months and have a smartphone with internet access.
- **Procedure:** pre-test (T1), three-weeks post-test (T2), eight-weeks follow-up (T3).
- **Primary outcome:** social self-efficacy.
- **Secondary outcomes:** loneliness, perceived social support, satisfaction with life.
- **Other measures:** user experience.

DISCUSSION

- This study will provide insight into the effectiveness of mobile-based intervention aimed at increasing social self-efficacy, perceived social support, satisfaction with life and at reducing loneliness



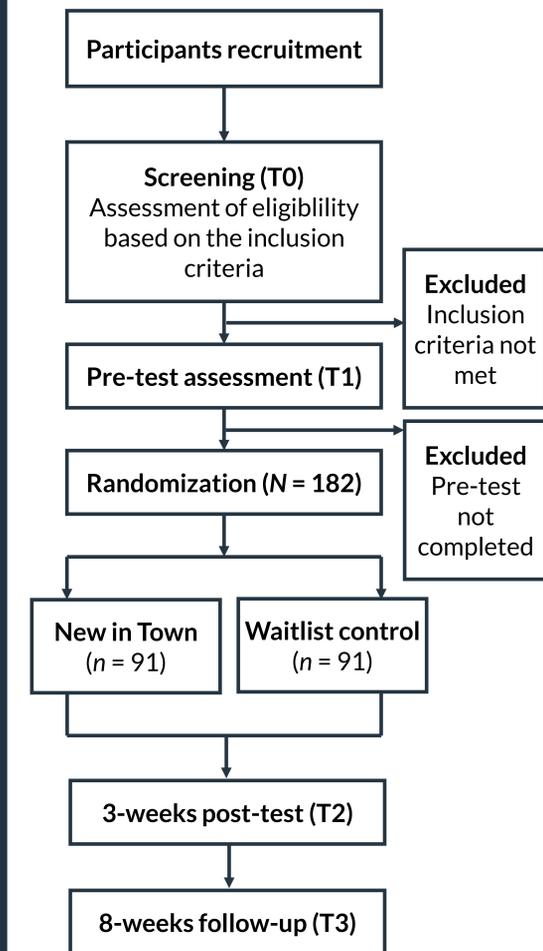
New in Town is a mobile-based intervention for migrants that aims at increasing social self-efficacy.



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STUDY FLOW



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