

South Asian Americans

A Dissertation Study by Brinda Vaidya, MA | IRB-FY26-345



What You Will Do

- 3 writing exercises, one per every 3 consecutive days (each 15 min. long)
- Involves expressive writing: writing about thoughts and emotions related to any emotional event or issue important to you
- A 5-minute interview on Zoom to discuss the study and 30-minute interview on a 4th day about the experience you had with expressive writing
- Time commitment is 1 hour and 20 minutes total (over the course of 4 days)

Participants Must Be

- Ages 18-30 y/o
- English-speaking
- 2nd Generation South Asian American (SAA): born in and residing in the US with at least one parent who immigrated to the US from at least one of the following countries: India, Bangladesh, Nepal, Pakistan, Sri Lanka, the Maldives, and/or Bhutan
- Have access to Zoom

Setting

- Completely virtual
- Writing exercise completed on any device with Internet access (on Survey Monkey response form)
- Interviews will be on Zoom and will be audio-recorded

Purpose

- To understand the experience of expressive writing for 2nd generation SAAs and assess its utility as a therapeutic tool

Participants will receive a \$10 Amazon e-giftcard as compensation

