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**KENT STATE UNIVERSITY**

College of Education, Health and Human Services

Doctoral Dissertation Defense

of

Fatemeh Dehghan Manshadi

for the degree of

Doctor of Philosophy

Major: Counselor Education and Supervision

**MIDDLE EASTERN INTERNATIONAL STUDENTS'  
PERCEPTIONS OF INDIVIDUAL MENTAL HEALTH  
COUNSELING SERVICES ON THEIR RESPECTIVE  
COLLEGE CAMPUSES IN THE UNITED STATES**

Thursday, March 9, 2023

2:00 p.m.

124A White Hall

Kent State University

**Fatemeh Dehghan Manshadi**

B.A., Azad University, 1995

M.Ed., McGill University, 2000

MSEd, Youngstown State University, 2003

BSW, Youngstown State University, 2014

Fatemeh's current research interest is comparing self-stigma associated with using college mental health counseling services of male and female Middle Eastern international students who are in the first year of an undergraduate program. She is also interested in conducting research on the role of the supervisor's cultural competence on Middle Eastern international counseling student supervisees' satisfaction.

Fatemeh presented at local and national conferences on various counseling topics such as the importance of having multiculturally competent counselors during client intervention and counseling services and the association between cyberbullying and suicidal ideation in adolescents.

**Middle Eastern International Students' Perceptions of Individual Mental Health Counseling Services on Their Respective College Campuses in the United States**

The purpose of conducting this qualitative research was to investigate Middle Eastern international students' perceptions of individual mental health counseling services at their colleges/universities in the U.S. An Interpretative Phenomenological Approach (IPA) developed by Smith et al. (2009) was used to analyze the data. Six participants (three females and three males) participated in two individual interviews. Both interviews were conducted during the Coronavirus pandemic (COVID-19). Therefore, interviews were conducted via Microsoft Teams rather than in a face-to-face format to keep participants and the researcher safe.

Two superordinate themes and five subthemes emerged from analyzing the data. The first superordinate theme was *Mental Health Counseling Services are Unsafe to a Point*. The three subthemes that emerged within the first superordinate theme were *influence of cultural stigma*, *misinformation surrounding mental health counseling services*, and *mistrust related to English as a second language*. The second superordinate theme was *College Mental Health Counseling is Progressively Effective and Supportive*. The subthemes that developed within the second superordinate theme were *shifting generational perceptions of mental health counseling services* and *personal experiences with professional counselors*.