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Gerber, Roxane; Ravazzini, Laura

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RESEARCH ARTICLE

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Life satisfaction among skilled transnational families before and during the COVID-19 outbreak

Roxane Gerber¹  | Laura Ravazzini² 

¹Institute of Demography and Socioeconomics, University of Geneva, Geneva, Switzerland

²Institute of Sociology, University of Neuchâtel, Neuchâtel, Switzerland

Correspondence

Roxane Gerber, Institute of Demography and Socioeconomics, University of Geneva, 40, bd Pont d'Arve, 1211 Geneva 4, Switzerland.
Email: roxane.gerber@unige.ch

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Abstract

International mobility has radically changed during the COVID-19 pandemic. Among all types of families, transnational families might have particularly suffered in 2020 during lockdowns that restricted international visits to family members. This paper focuses on the life satisfaction of skilled migrants living in Switzerland before and during the COVID-19 pandemic. In particular, we focus on those who live long-distance transnational relationships with other family members. We investigate the impact of the COVID-19 pandemic on self-reported life satisfaction using the Swiss Migration-Mobility Survey (MMS). We apply panel analyses using random effects over three waves of the MMS. We found that the COVID-19 crisis negatively affected recently arrived migrants' well-being in Switzerland in 2020. However, migrants in transnational arrangements with children abroad show higher levels of life satisfaction in 2020, in comparison with migrant non-transnational families. When interacted with gender, this improvement of life satisfaction concerns mostly men, while women in transnational partnerships report a significantly lower level of life satisfaction in 2020.

KEYWORDS

life satisfaction, COVID-19, migration and mobility, transnational family, gender

1 | INTRODUCTION

The COVID-19 pandemic spread all over the world since the beginning of 2020. Lockdowns, social distancing, uncertainty and insecurity have become familiar and affected daily lives in Europe and in many other countries. Consequences of this global crisis are manifold, and some preliminary research has started investigating the effects on mental health and life satisfaction. In Switzerland, according to these preliminary studies, life satisfaction remained stable during the first lockdown in the first half of 2020 (KOF - Centre de recherches conjoncturelles, 2021; Kuhn et al., 2021; Swiss Federal Statistical Office [SFSO], 2020). The long-lasting

effects of the COVID-19 crisis on subjective well-being remain however to be studied for the population who went through multiple lockdowns. In this direction, the Swiss Corona Stress Study (de Quervain et al., 2020a) shows that psychological burden among the population has increased significantly during the 2nd wave (November 2020) of the crisis in comparison with the 1st that occurred in spring (April 2020).¹ According to this study, an increase in psychological stress, anxiety about the future and

¹However, the Swiss Corona Stress Study is not representative of the whole population residing in Switzerland. Respondents answered the questionnaire on a voluntary basis, no random sample has been selected. Therefore, the share of population suffering from psychological burden may be overestimated due to a selection bias.

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depressive symptoms are mainly due to the changes related to work, educational activities and to economic losses. Negative patterns on mental health are also currently being monitored internationally. Looking at the trends of Google searches for depressive symptoms (boredom, divorce, impairment, irritability, loneliness, panic, sadness, sleep, stress, suicide and sorry), mental health seems to have been severely affected by the lockdowns (Brodeur et al., 2021). Moreover, according to the COME-HERE data collected by the University of Luxembourg (2021), life satisfaction, depressive and anxiety symptoms, and perceived stress are related to the evolution of the pandemic, and therefore to the periods of lockdowns and social and economic restrictions.

The innovation of this paper is its focus on life satisfaction during the COVID-19 pandemic of a large spectrum of recently arrived qualified migrants, and more particularly on transnational families in Switzerland. Knowing that experiences within the first 2 or 3 years in the host society are crucial (Richardson, 1967), we follow recently arrived migrants over a period of 6 years to assess their level of satisfaction in their new lives. From the early 2000s until 2021, Switzerland signed the Bilateral Agreement on the Free Movement of Persons (AFMP) allowing citizens from EU and EFTA countries to move, live and work freely across countries' borders in Europe. Consequently, highly qualified migration in Switzerland doubled between 1991 and 2014 (Wanner & Steiner, 2018). Switzerland is one of the destination countries in Europe with the highest shares of population holding uniquely a foreign nationality (25% of the total population in 2020).²

Data gathered before (2016, 2018) and during the pandemic (mid-October 2020–January 2021) allow a solid longitudinal comparison and a good estimation of the effects of the pandemic. In this paper, we use the Migration-Mobility Survey (MMS), an innovative survey that takes the aspect of transnationality as a key element, while most surveys on migrant and ethnic minorities do not. Only a few studies have so far been conducted on the impact of the COVID-19 crisis on transnational ties, some of them using a focus on the specific population of international students (see e.g., Cleofas et al., 2021; Hari et al., 2021; Hu et al., 2020; Järv et al., 2021). To our knowledge, our paper presents the first quantitative results on the impact of the COVID-19 crisis on life satisfaction of transnational families.

This paper is structured as follows: first, we aim at underlining the current recent findings that connect the COVID-19 crisis, gender and migration background. In the second section, we illustrate the literature that tackles the determinants of life satisfaction among migrant populations; within this section, we also highlight the particular case of transnational families. After the presentation of our research hypotheses, the following section explains the innovative data and the methodology used for the empirical analysis. The last sections present the empirical results and the discussion.

2 | COVID-19 CRISIS, GENDER AND MIGRATION BACKGROUND

A segment of the Swiss resident population seems particularly resilient to the COVID-19 crisis. The stress level of 32% of the population decreased in 2020, probably related to time gain for relaxation, and feeling relieved by less work, school-related and private obligations (de Quervain et al., 2020b). Preliminary results show also that men are more resilient during the global pandemic crisis in Switzerland than women, in terms of development of moderately severe or severe depressive symptoms (de Quervain et al., 2020b). Significant gender differences in perceived stress, anxiety and depressive symptoms during the pandemic have also been reported, with women showing higher values than men in Europe (University of Luxembourg, 2021). Research in Germany confirms that the COVID-19 crisis has especially affected the well-being of women and families with young children, due to schools and daycare centers closure (see Huebener et al., 2021). During this period, exacerbated care work (for children, but also for the elderly by for instance doing the shopping for them or being worried about their health status) was mostly performed by women who may in return have suffered in their well-being. However, Giménez-Nadal et al. (2020) found that women increase their well-being with time spent with family members, and that might be the case during the lockdowns related to the COVID-19 pandemic. Hamermesh (2020), who simulates the impacts of COVID-19 related lockdowns on life satisfaction in the US and in the UK, shows that life satisfaction increases among married couples with additional time spent together, and on the opposite, declined among single individuals who spent more time alone.

Studies on migrants found that they can be a resilient group during crises. For instance, migrants' subjective well-being in Switzerland was not negatively affected by two major economic crises that occurred during the beginning of the 2000s: the Dot-com crisis and the Great Recession.³ Other vulnerable groups, such as single parents suffered from these crises (Simona-Moussa & Ravazzini, 2019). In the Canadian context, a new study shows that recent migrants (arrived in the last 10 years) are however particularly affected by financial losses during the COVID-19 pandemic (Vanier Institute of the Family, 2020).

It is important to highlight that the COVID-19 pandemic is managed mainly within national, or sometimes even subnational, borders. The reinforcement of borders created higher barriers to the mobility of migrants and families whose members are spread across national borders. Transnational families are generally defined as "families that live some or most of the time separated from each other, yet hold together and create something that can be seen as a feeling of collective welfare and unity, namely 'familyhood', even across national borders" (Bryceson & Vuorela, 2002, p. 3). The

²<https://www.bfs.admin.ch/bfs/fr/home/statistiques/population/migration-integration/nationalite-etrangere.assetdetail.18264552.html>, Accessed on 26 November 2021.

³The Dot-com crisis (2002–2005) is a consequence of the stock market bubble due to overspeculation of internet-based companies that occurred in the United States. The Great Recession (2009–2010) was a global financial crisis that revolved around the decline of international financial markets, mainly due to the subprime mortgage crisis.

concept of transnational family goes against the nation-state paradigm,⁴ which emphasizes the power of borders on shaping transnationalism (see Amelina & Faist, 2012; Wimmer & Glick Schiller, 2002 for critics of methodological nationalism). Transnational families are currently challenging the nation-state paradigm, but how is the life of migrants, particularly in this time of isolation and social distancing, without their family by their side?

3 | DETERMINANTS OF SELF-REPORTED LIFE SATISFACTION AMONG MIGRANT POPULATIONS

It is commonly believed that migration is associated with an increase in well-being and a better life in the host country (Bobowik et al., 2015; Melzer, 2011; Nowok et al., 2013; Safi, 2010; Stillman et al., 2015). This is particularly supposed to be the case of migrants from the so-called 'poor' 'Global South' who manage to migrate and integrate into the wealthier 'Global North'. This postcolonial outlook of winning migration processes and hierarchical conceptions of place should therefore be critically understood and updated with new empirical evidence (see Mains et al., 2013). Other studies show indeed conflicting outcomes about comparisons of life satisfaction between migrants and stayers, raising the importance of contextual aspects of the country of origin (see e.g., Bartram, 2013; Frank et al., 2016), but also of the host country (Heizmann & Böhnke, 2019; Voicu & Vasile, 2014). Furthermore, as we explain in the following paragraphs, migration is a strenuous process that involves mental and affective costs.

Life satisfaction can be defined as a comprehensive and global assessment of an individual's quality of life regarding their personal criteria, judgments and perceptions (Shin & Johnson, 1978). This concept is characterized by its subjectivity given by the personal judgment of an individual (Diener, 2000). For migrants, quality of life includes the results of their decision to migrate and the (non-) achievement of their expectations regarding their life in the host society. This can be examined under the capabilities approach. According to Sen (1999), well-being is achieved when individuals have the capabilities and freedom to choose the types of lives, they—have reason to—value. This approach has been translated in migration studies as the capability to move or to migrate (see e.g., Carling & Schewel, 2018). According to these authors, "the specific capability to migrate influences migration outcomes, which, in turn, may bolster people's capabilities in a broader sense through flows of financial, human and social capital" (Carling & Schewel, 2018, p. 957). We understand here the importance of having the choice and opportunity to move, and its consequences on well-being for migrant populations. In this paper, we refer to capability to move for migrant

populations in the context of the COVID-19 crisis. In other words, some groups of migrants have more opportunities to be mobile, if they wish to, according to given circumstances (e.g., nationality, family status and education level). During the COVID-19 outbreak, this capability was even more hindered for some groups of people, depending on the conditional restrictions established by the nation-states (see Piccoli et al., 2021). In this respect, restrictions affected the capability to migrate (i.e., being impeded to cross borders to settle in another country, for instance, to join family members), but also the capability to move (e.g., visiting family members abroad). In this paper, we focus on the latter phenomenon and its interaction with quality of life. This makes reference to the term 'mobility capital' demonstrated by Moret (2018, p. 103) in the case of Somali migrants: "spatial mobility is linked to social mobility, as the ability to be mobile is related to the ability to deploy strategies to improve one's situation".

Migrants' well-being and life satisfaction are usually related to factors that can measure a successful lifestyle in the country of destination (see e.g., Amit & Litwin, 2010; Paparusso, 2018). Migrants show a higher satisfaction with life if they have spent many years in the host society as they are able to acquire stable economic and labour conditions and to create a social network, and the effect is linear over time (Paparusso, 2018). Age at migration is also a predictor of life satisfaction as, migrants arriving at young ages learn more easily the local language and may have access to better job opportunities (Lueck, 2018; Rumbaut, 2004), factors that improve quality of life in the host country. A stable legal status enables to reach higher levels of life satisfaction in the host country (Paparusso, 2018; Vertovec, 2007). By accessing the same rights and status of natives, migrants gain also in mobility by having the possibility to travel, return to their country of origin to visit family or move outside the host country without losing their legal status. This is particularly important in the case of Switzerland where it is difficult to acquire the Swiss nationality. In this country, the type of permit depends on the length of stay and the reason why people migrated to Switzerland. Also, the rhythm of acquisition of the different types of permits depends on the country of origin. Individuals from EU/EFTA countries benefit from the free movement of persons whereas third-country nationals' permits are subjected to the provision of the Foreigner's Act that stipulates quotas and entry restrictions. This leads to a dual system of admission and stay of migration and mobility (D'Amato et al., 2019).

3.1 | The case of transnational families and their well-being

Since the early 90s, the emergence of the transnational approach tackled the methodological nationalism concept and offered a new definition of 'transmigrants' for individuals who keep family, social, economic and political relations across borders (Glick Schiller et al., 1992; Wimmer & Glick Schiller, 2002). These authors argue that 'transmigrants' are not 'uprooted' from their country of origin but

⁴In these terms, the *nation* represents the political inclusion and exclusion (i.e., who gets which permit or who is affected by some restriction measures due to the COVID-19 pandemic), whereas the *state* harmonizes the identity of its population (i.e., citizens sharing the same characteristics).

rather maintain close ties with their society of origin while being strongly entrenched in the new host society. Transnational communities are developing with migrants' identifications, interactions and practices to different locations (Levitt, 2001). Transnational linkages that connect migrants' country of origin and destination are evolving in scope and variety, and this even more in the new context of the global pandemic (see e.g., Galstyan & Galstyan, 2021; Popyk & Pustutka, 2021).

Bryceson and Vuorela (2002) distinguish between different types of separated families on the move. On the one hand, family members may be forcibly separated from each other. This involuntary separation is often linked to forced migration. Intolerant immigration laws regarding family reunification may also keep physical division between family members across borders and over time. On the other hand, thanks to the development of new technologies of communication and lower costs of transportation, being in a transnational family often does not mean having no contact with family members left behind (Nedelcu, 2012). By seeking a comparative advantage abroad, migrants can decide to cross the borders and be separated voluntarily from their family, while remaining in close contact with them. The distinction of motives is interesting also from the point of view of the terminology. Contrary to family members who are forced to be transnational and who are seen as 'migrants', voluntarily transnational arrangements depict people as 'mobile'. These transnational mobile persons come more often from the 'Global North' and move mainly for work or financial reasons (see in the case of Switzerland D'Amato et al., 2019). Traditionally called 'expats', they are in a better position to reach favourable living conditions thanks to high education level and human capital. Moreover, they are able to move more freely across borders and to have easier access to citizenship (Bryceson & Vuorela, 2002). Class and status, as well as nationality, are key indicators to measure the voluntariness to be member of a transnational family. Crettaz and Dahinden (2019) demonstrated that transnationality is resource-dependent. In other words, legal capital (i.e., holding the 'right' passport) and education are predictors of transnational mobility. Network transnationality (i.e., having family members/friends abroad) is also positively associated with higher educational level and being in the labour force (but not necessarily integrated in the labour market). This dimension of transnationality is, therefore, related to resources linked to the socioeconomic situation. However, transnationalism is not solely for privileged population, as Nedelcu (2008) demonstrated that transnational initiatives of migrants can be considered as empowerment strategies, and therefore allowing them to benefit from it in their capability to move.

In relation to well-being, migrants may encounter (mental) health issues that can be exacerbated especially in the case of family separation (Brand et al., 2017; Hovey, 2000; Rusch & Reyes, 2012; Vazquez Gutierrez et al., 2017). Let note that with the COVID-19 ongoing crisis, the issue of involuntary immobility has particularly escalated, and this in the entire world. The literature on the topic of family separation shows that migrants with children abroad report a

lower level of life satisfaction (Paparusso, 2018), than those living with their children. Numerous studies demonstrate that family separation across borders affects parents' subjective well-being negatively (Dito et al., 2017; Haagsman et al., 2015; Harper & Martin, 2013; White et al., 2019), this effect is particularly observed for mothers (Boccagni, 2012; Fresnoza-Flot, 2009; Horton, 2009; Parreñas, 2001; Schmalzbauer, 2004). Moreover, children left behind face lifelong disadvantages (Dreby, 2007; Heymann et al., 2009; Kandel & Kao, 2001; Mazzucato & Schans, 2011; Wen & Lin, 2012; Wu & Cebotari, 2018; Zentgraf & Chinchilla, 2012). In opposition, migrants living in the host country with their families reduce their economic cost of settlements and open themselves to better labour market prospects thanks to social networks (D'Isanto et al., 2016). Strong family ties among migrants positively affect quality of life (Alesina & Giuliano, 2010).

4 | HYPOTHESES

Hence, our hypotheses are the following:

Hypothesis 1 (H1): *As the pandemic prevented members of transnational families from meeting each other, we expect that the COVID-19 situation and mobility restrictions had a stronger negative impact on the life satisfaction of transnational families than of non-transnational families.*

Hypothesis 2 (H2): *As we believe that the COVID-19 related restrictions exacerbated the negative effect of separation of families on subjective well-being, we expect that transnational families with children living abroad may be more affected than families without children or with children living in Switzerland.*

Hypothesis 3 (H3): *We expect that women in transnational families may be more affected than men.*

5 | DATA AND METHODS

5.1 | Data

We use the Swiss Migration-Mobility Survey (MMS), a survey specifically designed for migrant populations. These new data allow accessing information on recently arrived migrants and their family relationships, even across borders, before and during the 2020 pandemic. This online survey gives information on how recently arrived migrants perceive their life in the host society. It measures life satisfaction based on subjective criteria and judgments. Self-reported life satisfaction is measured on a scale from 0 'not at all satisfied' to 10 'completely satisfied' where participants indicate their degree of satisfaction with life in general. The MMS provides also information about satisfaction with decision to move to Switzerland and with personal, social and family relationships. We however chose to focus

on life satisfaction in general due to its broad assessment of subjective well-being.⁵ In Switzerland, there is no other quantitative data or studies on life satisfaction of recently arrived (transnational) migrants. Moreover, the gathering of data for the MMS was not interrupted during the COVID-19 pandemic, as it is based on online questionnaires. Switzerland is characterized by its highly specialized labour market, and consequently by high qualified migration.⁶ As the MMS covers mostly (highly) educated migrants, we decided to exclude the low-educated ones (i.e., those who reported no formal educational qualification and those who reached *only* compulsory education). This concerns 121 persons-waves (~3% of the sample for each wave) and allows us to focus on a homogenous population group through our analyses. About 88% of our sample have nationalities from EU/EFTA countries.

An advantage of the MMS is that it allows a longitudinal analysis over three waves: the first in 2016, the second in 2018, and the third in 2020 (data were gathered in the 2nd half of 2020 between mid-October 2020 and January 2021). Through this longitudinal analysis we can follow 1215 migrants over 6 years. This allows us to compare their situation before and during the pandemic. Individuals in our sample arrived in Switzerland in the last 14 years and are aged between 24 and 68 years old. A challenge encountered with the population studied with the MMS is the high attrition rate of the panel due to international mobility, particularly among migrants with a short-term permit. However, contact strategies and panel weight allow to partially overcome this problem (Wanner & Pont, 2021). Our sample is stable over time also in terms of types of family configurations, even though marital status, the number of children and the type of residence permit can change over time (see Table A1 in Appendix A).

To unravel the case of transnational families, we construct a variable related to family configuration and transnationalism. It is based on the geographical dispersion of nuclear family members. We use the following denomination 'people who live apart together—LAT—across borders—LATAB—', as other commentators have called transnational family members (see Caarls & Mazzucato, 2016; Duncan & Phillips, 2011):

- **Non-transnational families⁷:** no transnationalism in nuclear family (or no partner nor children) (reference group).
- **LATAB couples:** partner living abroad (at least partially).⁸
- **LATAB parents:** partner living in Switzerland but at least one child living abroad.

⁵Other reasons are that satisfaction with decision to move to Switzerland was not significantly affected by the global pandemic in 2020 (see Table A4 in Appendix A), and satisfaction with relationships to a lesser extent (see Table A5 in Appendix A) in comparison with life satisfaction in general.

⁶Among the OECD countries, the share of recently arrived employed migrants with tertiary education in Switzerland is similar to proportions observed in Denmark, Belgium, Ireland and Luxembourg (see Chaloff & Lemaître, 2009).

⁷In 2020, our non-weighted sample according to type of family is the following: non-transnational families ($n = 983$), LATAB couples ($n = 56$) LATAB parents ($n = 176$).

⁸Having children living in Switzerland or abroad, or having no child is not distinguished due to the limited headcount for this category.

In our regression models, we control for basic socio-demographic variables, family and social indicators, as well as migration and mobility factors. Table 1 displays a summary of the indicators used.

Although it might be interesting to specify the age of children living abroad, we keep the category undistinguished because the number of people with young children (less than 6 years old) living abroad is too exiguous in our data. We did not include age at migration nor the length of residency in Switzerland because these variables show collinearity with time dimension of our regression. We also do not study asylum seekers as they are not included in the MMS sample. In terms of residence permits, the permanent (C) permit allows migrants to stay definitely in Switzerland. For members of the European Union, this permit is obtained after 5 years of presence in Switzerland. The annual (B) permit is attributed for 5 successive years with the condition of having a job contract. These are the most frequent permits. Other types are also the diplomatic permit (Ci), which is attributed to diplomats' families that come to Switzerland for family reasons and the short-term permit, which is valid for a maximum of 12 months with the condition of a work contract.

We include a variable about the frequency of family visits in the country of origin that indicates the familial capital, the opportunity for a person to reach the family network stayed abroad even physically. We believe that not everyone can afford to travel abroad because of costs and permit restrictions. Therefore, having high familial capital gives an indication of the ties kept with family abroad. A mobility indicator is included in the model to control for the capability to move discussed in the literature review, and also because we expect that highly mobile individuals before the pandemic may be more affected by COVID-19-related restrictions than less mobile ones.

5.2 | Methods

To test our hypotheses, we run panel analyses with self-reported life satisfaction as a dependent variable. Panel data models are performed over the three waves of the MMS. Random effects are used in our model to take into account the assumed variation across entities and their impact on the dependent variable. The random effects model is the following:

$$Y_{it} = \alpha + \beta X_{ict} + u_i + \varepsilon_{it}.$$

With α that corresponds to the constant of our model. β_1, \dots, β_n being the coefficients of the control variables X_1, \dots, X_n for each time slot $t_{1,2,3}$ that corresponds to each wave of the MMS (2016, 2018, 2020), and c depending on whether the control is for the socio-demographic, family and social, or the migration and mobility factors. Between-entity error is represented by u_i whereas within-entity error by ε_{it} . Y_{it} holds for our dependent variable, self-reported life satisfaction (SRLF) for every individual i for each wave t . The main advantage of this model is to include time-invariant variables as explanatory variables, due to the assumption that entity's error term is uncorrelated with other predictors.

TABLE 1 Summary of control variables

	Variable	Modalities and reference group
Socio-demographic factors	Gender	Men (reference); women
	Age class	25–39 years old (reference); 40–54; 55 and older
	Level of education	Middle educational level (reference); high educational level
	Activity and professional status	Employed without managerial responsibility (reference); unemployed; doing housework/caring for children; in education; employed as director or board member and/or with managerial responsibility/company owner; retired/disabled
Family and social factors	Partnership and marital status	Married or registered partnership (reference); Single, never married, with partner; Single, never married, without partner; Divorced, separated, dissolved partnership or widowed with partner; Divorced, separated, dissolved partnership or widowed without partner
	Number of children	No children (reference); 1 child; 2 children; 3 children or more
	Age of last child	Continuous
	Social network	All or most of good friends live in Switzerland (reference); approximately the same numbers of friends live in Switzerland and abroad; all or most of good friends live abroad
	Visits frequency in country of origin (in the last 12 months)	Never (reference); once or twice a year; three to six times a year; once a month or more often
Migration and mobility factors	Nationality	EU/EFTA countries (reference); non-EU/EFTA countries
	Residence permit	Swiss nationality/settlement permit (C permit) (reference); annual residence permit (B permit); other permit
	Reason for migration	Professional or educational reasons (reference); family reasons; other reasons
	Mobility indicator	Have lived at least 3 months or more in no other country than Switzerland and country of origin (reference); lived in one other country; lived in two other countries; lived in three or more other countries

To assess the situation of transnational families before and after the pandemic, we use an interaction term tF between the different waves (including 2020, which corresponds to the crisis year) and type of family. t holds for year and F for type of family. 2018 is the reference year:

$$SRLF = \alpha + t + F + tF + \beta X_{ict} + u_i + \varepsilon_{it}$$

We then run separate analyses by gender to test our third hypothesis with a three-way interaction term between wave, gender (G) and type of family:

$$SRLF = \alpha + t + F + G + tFG + \beta X_{ict} + u_i + \varepsilon_{it}$$

6 | SAMPLE AND DESCRIPTIVE STATISTICS

6.1 | Mobility restrictions impeded visits in country of origin

Visits frequency of migrants has been strongly impacted by the COVID-19 pandemic and its related mobility restrictions. However, the impact is not the same for everyone, and depends on the type of family configuration. Figure 1 displays the frequency of visits in the

country of origin in the last 12 months before each wave according to the type of family. We can see that non-transnational families and LATAB parents have visited less frequently their country of origin in 2020, in comparison with 2018 (respectively from 10% and 12% to 23% and 26% never visited their country of origin in the past 12 months). The situation is however different for LATAB couples, who are not affected in their visits by mobility restrictions. This type of family even increases their frequencies: 81% of them visited their country of origin at least once in the last 12 months in 2018, and this figure increases to 92% in 2020. Therefore, more than nine out of ten LATAB couples could move to their country of origin even with mobility restrictions. In absence of the crisis (2016–2018), migrants in all types of families tend to visit less their country of origin over time. LATAB couples seem to have special moving behaviors over time. We will investigate further in this group in the next sections of this paper.

6.2 | Types of families and life satisfaction

When we look at the impact of the crisis on self-reported life satisfaction, the disparities according to the type of family remain significant, the confidence intervals do not overlap (see Figure 2a,b for a focus on the differences). LATAB parents show a higher life satisfaction than the other groups, no matter the year we consider. For instance, in 2016 an average

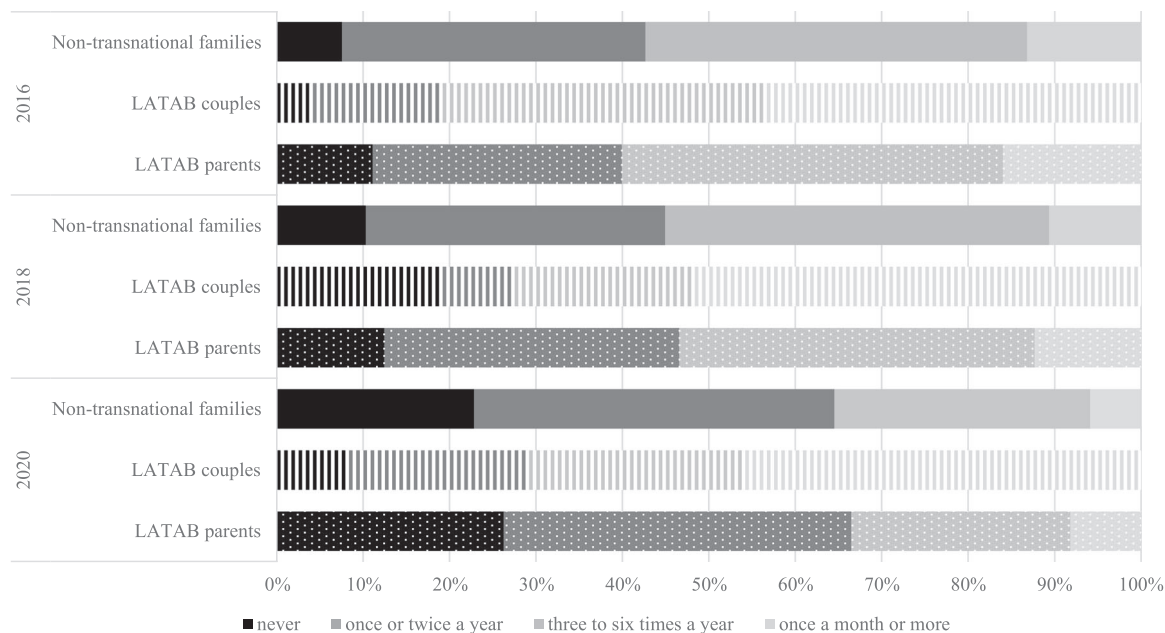


FIGURE 1 Evolution of visits frequency in the country of origin in the last 12 months over time, according to type of family. Source: Own computations on Migration-Mobility Survey Panel Data 2016–2020. Descriptive weighted results

of 8.39 is observed for LATAB parents, 7.94 for LATAB couples and 8.09 for non-transnational families. Between 2016 and 2018, life satisfaction increases over time for all types of families. This observation confirms what is found in the literature: migrants' life satisfaction is positively associated with the length of residency in the host country (Bobowik et al., 2015; Paparusso, 2018; Safi, 2010). Nevertheless, we observe a decrease in life satisfaction in 2020, the year associated with COVID-19 related restrictions, for non-transnational families as well as for LATAB parents, whose decrease is steeper for the former (8.48–8.32 for non-transnational families; 8.81–8.72 for LATAB parents). On the contrary, LATAB couples show a different evolution, with an increase in life satisfaction (8.17–8.36 between 2018 and 2020) that continues even during the crisis to surpass the subjective well-being level of non-transnational families, whose level was higher before the crisis.

6.3 | Characteristics of (non-)transnational families

To understand the differences in life satisfaction between types of families, we need to have more information about the characteristics of each group. Table 2 shows our independent variables crossed with each type of family: non-transnational families, LATAB couples and LATAB parents. Results in grey indicate significant differences between transnational (LATAB couples and parents) and non-transnational families.

6.3.1 | LATAB couples

The characteristics of the group of transnational families living long-distance relationships with the partner stand out from Table 2. This

group contains the highest proportion of men (79%) and is older in comparison with non-transnational families. Activity and professional status are particular within this group. Eight out of ten LATAB couples are employed and a large proportion are director or board member with managerial responsibility (32%), compared to 27% for non-transnational families and 18% for LATAB parents. A high share of them are single, never married but with a partner (34%, in comparison with 17% for non-transnational families and 2% for LATAB parents). About 9% of LATAB couples have all or most of their good friends living in Switzerland, a significant difference in comparison with non-transnational families (27%). Given this, it is not surprising that 46% of this group visit their country of origin in 2020 at least once a month (the share for non-transnational families and LATAB parents revolves around 6% to 8%). About nine out of ten LATAB couples have a nationality of an EU/EFTA country, making their move to Switzerland possible with fewer restrictions, in comparison with non-EU/EFTA countries. However, they display the largest proportion of residence B permit (30%), in comparison with other groups (17% for non-transnational families and 19% for LATAB parents), showing their probably temporary stay, or not yet permanent stay in Switzerland. The reasons for migration vary according to the type of family, with 65% of LATAB couples moving to Switzerland for professional or educational reasons (compared to 38% for non-transnational families, and 39% for LATAB parents). No significant differences appear for mobility indicating that LATAB couples have spent at least 3 months in other countries equally often than other groups. All in all, LATAB couples are more often represented by a highly educated male migrant from EU/EFTA countries, who migrated for work-related reasons. About 45% of this group have no children, having probably a lifestyle focused on work during a

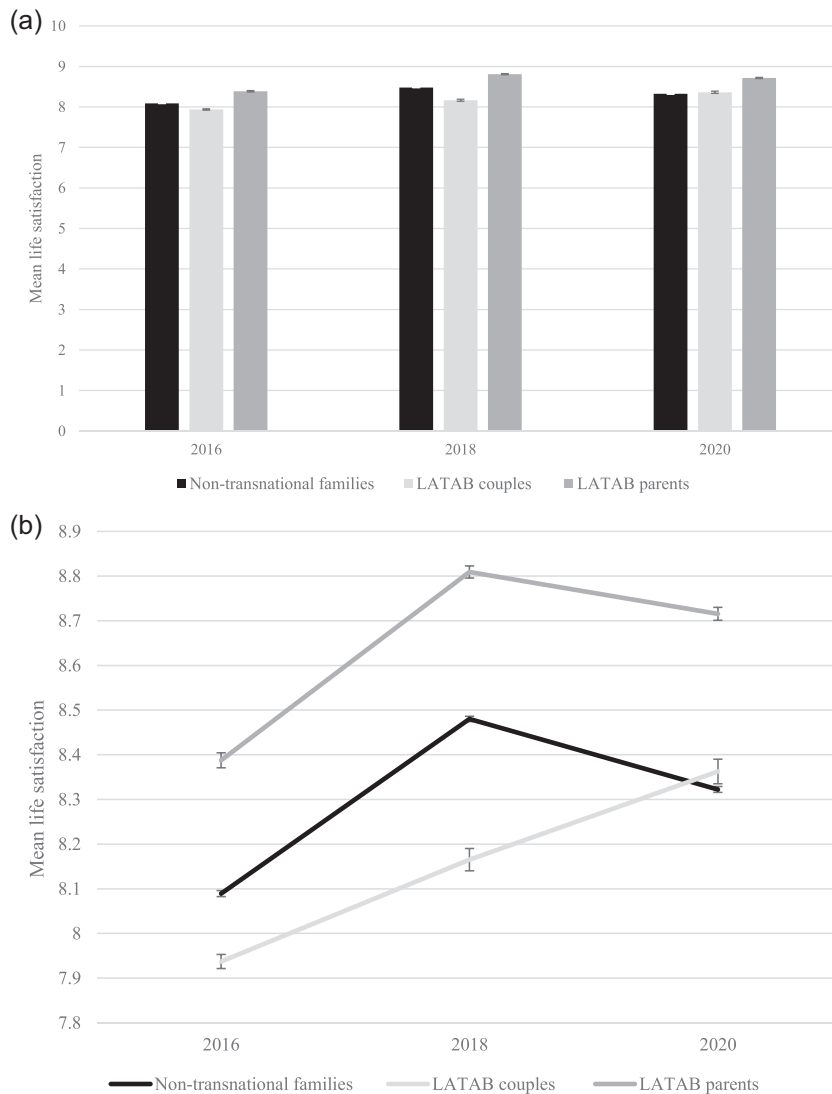


FIGURE 2 (a) Evolution of life satisfaction over time, according to type of family. (b) Evolution of life satisfaction over time, according to type of family (focus on part of a). *Source:* Own computations on Migration-Mobility Survey Panel Data 2016–2020. Descriptive weighted results. Uncontrolled for personal characteristics

temporary stay. They tend to keep their social network abroad and visit their country of origin often.

6.3.2 | LATAB parents

Despite some similarities with LATAB couples, families with at least one child living abroad show some other characteristics. Men are also significantly overrepresented in this family configuration in comparison with non-transnational families (67% vs. 58%). LATAB parents are the eldest, with 52% being 55 years old or more. Going along probably with older ages, 64% of them are married or in a registered partnership, and 32% divorced, separated or in a dissolved partnership (with or without partner). This group is also highly educated (62% have a high education level), but the proportion is slightly lower than in the two other types of family configurations (non-transnational families are the highest educated group). Like non-transnational families, LATAB parents occupy more often jobs without managerial responsibility. About 12% of them are homemakers (it amounts to about half for non-transnational families and barely 2% for LATAB couples). Like non-transnational families, they

often have social networks both in Switzerland and abroad. The mean age of the last child among LATAB parents revolves around 21, therefore rather young adults. For non-transnational families, the mean age of the last child is 7, showing that family members with young children tend to be less separated from each other and underlining the importance of living together during this period of life. Like other types of families, the highest share of LATAB parents come from countries in the EU/EFTA area. Finally, eight LATAB parents out of ten have either a Swiss nationality or the settlement C permit, which indicates a more permanent stay in comparison with the LATAB couples' situation.

7 | PANEL REGRESSIONS

7.1 | Softer decline in life satisfaction among LATAB parents in 2020

We run multivariate regressions to control for the effect of age and all the other confounders that might affect the subjective well-being of different types of families. Figure 3 (see Table A2 in Appendix A for

TABLE 2 Independent variables according to type of (non-)transnational family, 2020

			Non-transnational families	LATAB couples	LATAB parents	Total
Socio-demographic factors	Gender	Man	58.40%	78.51%	66.62%	60.54%
		Woman	41.60%	21.49%	33.38%	39.46%
	Age class	25–39	45.31%	26.75%	5.47%	38.77%
		40–54	46.06%	37.71%	42.14%	45.10%
		55+	8.64%	35.54%	52.39%	16.14%
	Level of education	Middle education level	28.49%	36.82%	37.95%	30.23%
		High education level	71.51%	63.18%	62.05%	69.77%
	Activity and professional status	Unemployed	6.19%	13.45%	8.40%	6.85%
		Doing housework	6.87%	2.30%	11.56%	7.31%
		In education	3.86%	0.42%	0.99%	3.29%
		Employed without managerial responsibility	54.35%	47.22%	54.45%	54.02%
		Employed as director or board member and/or with managerial responsibility	26.84%	32.11%	17.56%	25.78%
		Retired/disabled	1.89%	4.49%	7.04%	2.75%
Family and social indicators	Partnership and marital status	Married or registered partnership	63.64%	49.94%	63.59%	62.98%
		Single, never married, with partner	16.61%	34.07%	2.48%	15.45%
		Single, never married, without partner	13.58%	-	1.36%	11.20%
		Divorced, separated, dissolved partnership or widowed with partner	1.96%	15.99%	11.69%	4.01%
		Divorced, separated, dissolved partnership or widowed without partner	4.20%	-	20.88%	6.36%
	Number of children	No children	40.84%	44.59%	-	35.23%
		1 child	20.59%	10.53%	26.34%	20.92%
		2 children	30.09%	29.28%	46.18%	32.33%
		3 children or more	8.48%	15.60%	27.48%	11.51%
	Age of last child	Last child age (mean)	6.69	21.75	20.84	10.42
	Social network	All or most of good friends live in Switzerland	26.52%	9.23%	28.15%	25.92%
		Approximately the same numbers of friends live in Switzerland and abroad	46.15%	65.85%	48.03%	47.36%
		All or most of good friends live abroad	27.33%	24.91%	23.82%	26.71%
	Visits frequency in country of origin (in the last 12 months)	Never	22.83%	8.13%	26.25%	22.60%
		Once or twice a year	41.69%	20.91%	40.23%	40.48%
		Three to six times a year	29.60%	24.78%	25.34%	28.76%
		Once a month or more often	5.89%	46.19%	8.18%	8.15%

(Continues)

TABLE 2 (Continued)

			Non-transnational families	LATAB couples	LATAB parents	Total
Migration and mobility indicators	Nationality	EU/EFTA countries	87.80%	90.45%	89.04%	88.10%
		Non-EU/EFTA countries	12.20%	9.55%	10.96%	11.90%
	Residence permit	Swiss or settlement permit (C permit)	81.95%	70.40%	80.50%	81.19%
		Residence permit (B permit)	16.86%	29.60%	19.12%	17.80%
		Other permit	1.18%	-	0.38%	1.01%
	Reason for migration	Professional or educational reasons	37.96%	64.99%	39.15%	39.43%
		Family reasons	28.28%	2.05%	29.68%	27.22%
		Other reasons	33.76%	32.96%	31.17%	33.35%
	Mobility indicator	Have lived 3 months or more in no other country than Switzerland and country of origin	48.84%	47.80%	53.54%	49.45%
		In one other country	25.83%	35.19%	24.37%	26.07%
		In two other countries	14.34%	3.27%	7.02%	12.77%
		In three or more other countries	11.00%	13.74%	15.07%	11.71%

Note: Results in bold indicate significant differences between transnational (LATAB couples and parents) and non-transnational families (i.e., significant t test at 10% level—null hypothesis of independence rejected). Source: Own computation on Migration-Mobility Survey Panel Data 2020. Weighted results.

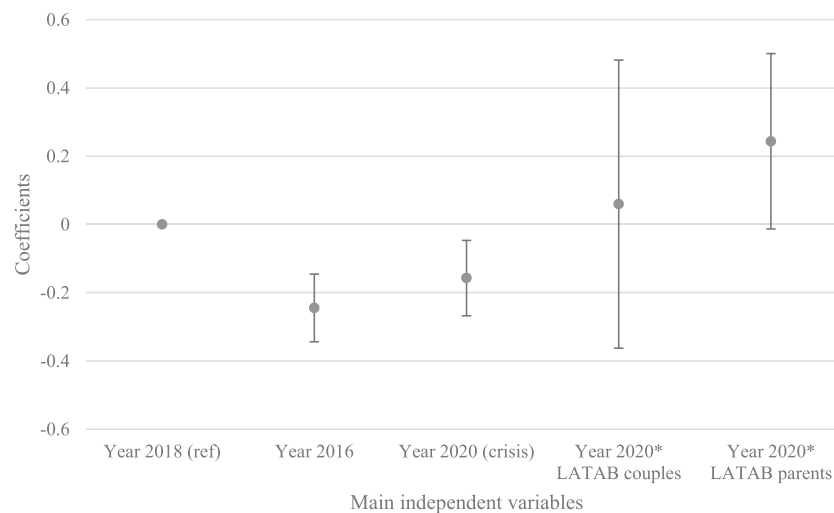


FIGURE 3 Longitudinal panel regression on life satisfaction with random effects, two interactions (year and type of family).

Socio-demographic controls (gender, age, educational level, activity and professional status), family and social controls (partnership and marital status, number of children, age of last child, social network, visits frequency in the country of origin), and migration and mobility controls (nationality, type of residence permit, reason for migration, mobility indicator) are not displayed. 95% confidence intervals. Unweighted results. Source: Migration-Mobility Survey Panel Data 2016–2020, own computations

results displaying control variables) shows the impact of year 2020 (related to COVID-19 restrictions and their consequences) and type of family on self-reported life satisfaction among recently arrived migrants in Switzerland, using panel regressions. We can see that, as previously observed in Figure 2, life satisfaction is negatively affected in 2020 in comparison with 2018, probably due to the COVID-19

crisis and related (international) mobility restrictions. When adding socio-demographic, family and social factors, and migration and mobility controls, the effect between 2018 and 2016, as well as between 2018 and 2020 remains highly significant. Life satisfaction, in absence of the crisis, should go up over time for migrants. Although the net effect is smaller between 2018 and 2020 than between 2018

and 2016, we can see that the year touched by the COVID-19 crisis is associated with a significant negative impact on recently arrived migrants' life satisfaction in Switzerland.

When we look at the influence of the type of family on life satisfaction during the crisis (interaction term), we see that LATAB parents report a significant higher life satisfaction in 2020 than in 2018, in comparison with non-transnational families, but only at a 10% significance level (Figure 3 shows confidence intervals for 5%). For this group, life satisfaction decreased slowly but stayed high in 2020. Therefore, even with control variables, LATAB parents are less dissatisfied in 2020 in comparison with non-transnational families. The same significant effect is observed for satisfaction with personal, social and family relationships (see Table A5 in Appendix A). Controlling for all confounders, no significant differences are observed between LATAB couples and non-transnational families in 2020. The results of the regressions are consistent with what is observed in Figure 2a,b. The results go against our hypotheses. First, transnational families seem to have been less severely affected by the crisis than non-transnational families (opposite of H1). Second, transnational families with children living abroad have been significantly less affected than non-transnational families (opposite of H2). Other results regarding our family and social indicators are described in Appendix B.

7.2 | Gender plays a significant role

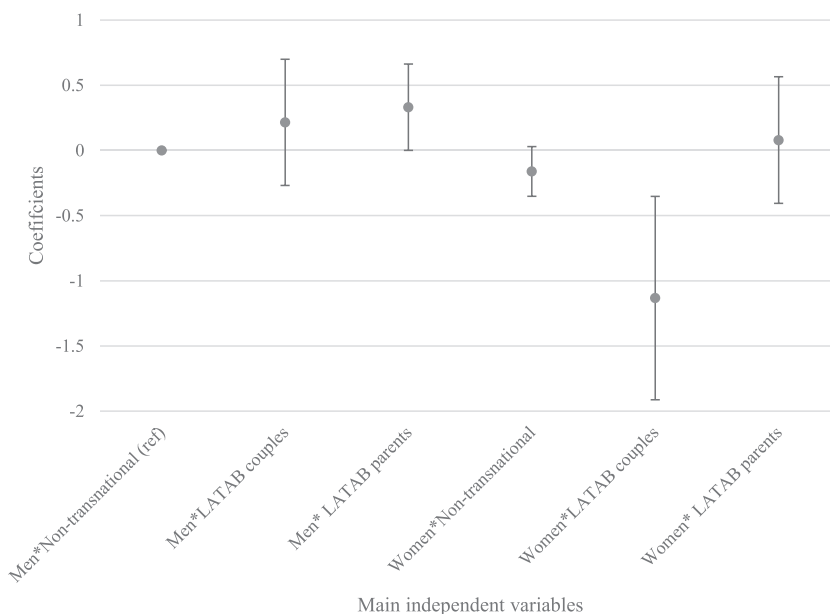
To investigate deeper in the gender cleavage that characterized non-transnational and transnational families as well as the gendered impact of the COVID-19 pandemic found in the literature, we run panel analyses with an interaction term between year, gender and family type. Results are displayed in Figure 4 (see Table A3 in Appendix A for results displaying control variables).

The effect of the year 2020 on self-reported life satisfaction among recently arrived skilled migrants disappears when this interaction term is added (see Table A3 in Appendix A). Our results show that men are less negatively affected in their subjective well-being by the COVID-19 crisis than women (coefficients are higher). In 2020, among men, we do not observe any differences in life satisfaction between non-transnational families and LATAB couples. However, men who are part of a LATAB parents family configuration show a significant higher level of life satisfaction in 2020 in comparison with those who are not part of transnational families.

The impact on women's life satisfaction is totally different. Women in LATAB couples display a significant decrease in life satisfaction in 2020 in comparison with men in the same situation. As previous research discovered (Giménez-Nadal et al., 2020), spending time with family members may have different effects on well-being for women and men. Therefore, women may have suffered more than men because they spent less time with their partner living abroad due to COVID-19 related restrictions. When we look at descriptive results (see Figure A2 in Appendix A), we notice that women in LATAB couples increased visit frequencies between 2018 and 2020 in the country of origin, but to a far less extent than men LATAB couples. This could explain a more pronounced isolation from the partner living abroad for women. It needs however to be mentioned that the familial configuration of female LATAB couples is relatively rare. For LATAB mothers, no significant results appear in 2020. Our results for LATAB parents in Figure 3 are thus mainly explained by LATAB fathers.

The only hypothesis that could be, however partially, confirmed by our results is therefore H3. We found larger negative effects among women in a transnational relationship with their partner, which are a minority of our sample, but no significant gender differences for LATAB parents.

FIGURE 4 Longitudinal panel regression on life satisfaction with random effects, three interactions (year, gender and type of family). Socio-demographic controls (gender, age, educational level, activity and professional status), family and social controls (partnership and marital status, number of children, age of last child, social network, visits frequency in the country of origin), and migration and mobility controls (nationality, type of residence permit, reason for migration, mobility indicator) are not displayed. 95% confidence intervals. Unweighted results. Source: Migration-Mobility Survey Panel Data 2016–2020, own computations



8 | DISCUSSION

This paper investigates the impact of the COVID-19 global pandemic and related mobility restrictions on transnational families in Switzerland. We demonstrate that the year 2020 related to the COVID-19 crisis had a significant negative impact on recently arrived skilled migrants' life satisfaction in Switzerland. We found however other unexpected results. We learnt that family members separated from each other are particularly resilient to such crises. Our main results indicate that the decline in life satisfaction in 2020 was particularly strong among non-transnational families. Descriptive results show that LATAB parents continued to have the highest level of satisfaction, while LATAB couples increased their level of life satisfaction. Controlling for personal characteristics, the positive effect on the life satisfaction of LATAB parents remains, while that of LATAB couples becomes insignificant. Transnational families seem therefore more resilient than non-transnational families during the COVID-19 crisis. This result was unexpected although some previous literature showed some resilience to crises among the migrant population in this country (see Simona-Moussa & Ravazzini, 2019). It was indeed unexpected that families separated from children have a higher level of life satisfaction in 2020 in comparison with non-transnational families. These results are at odds with the existing literature discussed above. However, it should be noted that these studies focused on groups from particular regions of origin. The Swiss context and its labour market demand for highly qualified jobs is an important aspect to consider. Linked to this issue, compared to previous literature, our sample probably reflects a selection of highly skilled migrants and older children. Proximity with families does not seem therefore to play a role in subjective well-being during this global pandemic in Switzerland among recently arrived skilled migrants, who are members of transnational families. However, a gender gap appears in the results. Women have suffered more during the crisis both in transnational and non-transnational relationships. Particularly women in a transnational relationship with their partner reported a significant lower level of life satisfaction in 2020 in comparison with men in the same family configuration. The aggregated results, therefore, depict more the situation of men, who are overrepresented in these family configurations.

Most of the results could be interpreted by the socio-demographic composition of these families. Concerning the case of LATAB couples, differences in life satisfaction level for this group may be income-related, but we cannot control for this variable in our regressions. LATAB couples may have less fear of losing their job and easier access to remote work and flexibility than other groups. They might even have taken this uncertain time as an opportunity for mobility by allowing them to work from home abroad, close to their family members (Budginaitė-Mačkinė & Trąbka, 2021). This evidence goes together with the results of the Swiss Corona Stress study: the stress level of 32% of the population decreased with the crisis, probably related to time gain for relaxation, and feeling relieved by less work and school-related obligations (de Quervain et al., 2020b). This stress reduction might explain the higher levels of life

satisfaction among this group, in comparison with 2018. Another explanation may be that in 2016, LATAB couples had the lowest level of life satisfaction in comparison with other types of families. This may be related to arriving in Switzerland and living alone. They might therefore be more resilient to being alone in times of (semi) lockdowns, in comparison with other types of families that are used to living together. A particularity of this group is also that almost 80% are men. Preliminary results show that men are more resilient during the global pandemic crisis in Switzerland in terms of development of moderately severe or severe depressive symptoms (de Quervain et al., 2020b). These results also support the vision of women as main care and unpaid workload providers, whose gender gap has been exacerbated during the crisis (Bahn et al., 2020; Kabeer et al., 2021). Household chores and burdens have increased particularly for women during this pandemic: childcare due to school closure or lack of informal care due to social distance (e.g., grandparenting), more frequent need of cleaning and preparation of lunches for stay-at-home family members, (psychological) burden for worrying and caring in case of illness due to COVID-19 (Bahn et al., 2020; Cirstea, 2021; Kabeer et al., 2021). This could explain the stronger negative effect among non-transnational families. Kabeer et al. (2021), in their feminist economic perspectives on the COVID-19 pandemic, showed also that women were overrepresented in work sectors considered as *essential* (healthcare, social care, food and cleaning services) and sectors related to arts and entertainments, the most strongly hit by lockdowns and restriction measures. Furthermore, migration background, ethnicity and class may intersect with gender on this overrepresentation. Due to limited headcounts, we unfortunately could not apply an intersection of such variables, but we would like to stress the importance for future research to consider an intersectional approach (see e.g., Spadavecchia & Yu, 2021 for well-being; Fresnoza-Flot & Shinozaki, 2017 in the field of transnational studies; Kabeer et al., 2021 for the COVID-19 context).

In addition to what we presented above, several limitations of our paper must be underlined. First, there might be a selection process in the data. We do not have information about life satisfaction before migration. Moreover, migrants who are the less satisfied with their life in Switzerland may have not responded to the survey, or may have left Switzerland (Borjas & Bratsberg, 1996; Cassarino, 2004). Therefore, the most satisfied individuals may be overrepresented in our data. Despite this limitation, our sample remains rather stable to observable selection processes (see Table A1 in Appendix A). Our data concern first and foremost (highly) educated individuals who had the capability to choose this way of living, with high levels of subjective well-being (see Figure A1 in Appendix A for the distribution of life satisfaction). In general, our sample is made by mobile persons with a high capability to move. This probably engenders an unobservable selection of individuals. Consequences on other vulnerable populations, such as refugees and low-skilled migrants may have different implications in this ongoing crisis. We need further research on vulnerable populations and other contexts to grasp the impact of the COVID-19 crisis on migrant populations in general.

Furthermore, transnationalism can take several forms. It does not only encompass physical separation from other family members. This phenomenon can be observed in activities (such as being self-employed and importing goods from other countries and selling them in the host country; remittances) or even ways of living (such as living abroad some months of the year or hosting people from abroad). In this paper, we focused on the physical separation of close family members, rather than on transnational activities or practices that may refer to a broader social network of friends or relatives. However, we should keep in mind the plurality of ways of living, as well as the continuum of definitions of transnationality. In relation to this, as Schiefer and Nowicka (2021) underline, the 'degree of social and emotional closeness' is at the heart of the family definition, rather than solely physical distances between family members. Prime et al. (2020) emphasize the importance of communication, organization and belief systems within a family to cope with the context of the COVID-19 pandemic. They argue that the adaptability and close relationships within the family system enable better resilience to disruptions such as the pandemic. This may explain our results in the fact that physical distance does not necessarily impede close relationships with family members. Indeed, families with transnational arrangements before the pandemic may be particularly resilient to a prolonged physical separation by keeping the sense of 'familyhood', even when separated by national borders (Bryceson & Vuorela, 2002).

Due to data limitations, we focused in this paper on nuclear families. However, the families we defined as non-transnational may still have some family members (e.g., siblings) or close friends considered as part of the family living abroad. For further research, the consideration of the location of broad family members would be useful to assess quality of life of migrants, as we noticed the importance of the place where the extended social network (good friends) live on life satisfaction (see Table A2 in Appendix A and description in Appendix B).

Finally, we assume in this paper that the decrease in life satisfaction among migrants in 2020 is linked to COVID-19 related restrictions. However, other unobservable factors not taken into account in our regression models may also have had an impact.

Despite these limitations, our results on the one hand, propose a discussion on the consequences of the COVID-19 pandemic on life satisfaction of migrants and on the other hand, fill the gap in quantitative analyses on transnational families living in central European countries. For future research, consequences of COVID-19 related illness and deaths shall be analyzed using a transnational lens. Indeed, family members may be affected in their subjective well-being by COVID-19 related losses even across borders. Hence, there is an obvious need for data beyond nation-state borders to assess the impact of such a global crisis on the life satisfaction of migrants and transnational populations.

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AUTHOR CONTRIBUTIONS

Roxane Gerber and Laura Ravazzini conceived the analysis, Laura Ravazzini designed the analysis, Roxane Gerber performed the analysis and mainly wrote the paper, Laura Ravazzini edited the text.

DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available from the corresponding author upon reasonable request: <https://zenodo.org/record/5596239>. The codebook is openly available: <https://bit.ly/3rXQuST>.

ORCID

Roxane Gerber  <http://orcid.org/0000-0003-0574-9857>

Laura Ravazzini  <https://orcid.org/0000-0002-6205-1263>

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APPENDIX A: ADDITIONAL TABLES AND GRAPHS

TABLE A1 Sample stability over time, sample (N = 1215 in each wave)

	% or mean and (SD)			t test	t test
	2016	2018	2020	(2020–2016)	(2020–2018)
Dependent variable					
Self-reported life satisfaction (scale 0-10)	8.12	8.51	8.38	4.32***	−1.61
	(1.57)	(1.43)	(1.55)		
Independent variables					
Transnational configuration among nuclear family				−0.06	0.60
Non-transnational families	80.26%	81.63%	81.01%		
LATAB couples	6.92%	5.46%	4.82%		
LATAB parents	12.82%	12.92%	14.17%		
Socio-demographic indicators					
Women	39.46%	39.46%	39.46%	-	-
Age	39.76	41.76	43.76	-	-
	(9.37)	(9.37)	(9.37)		
Level of education				1.13	0.33
Middle educational level	32.36%	30.65%	30.23%		
High educational level	67.64%	69.35%	69.77%		
Activity and professional status				1.87*	−0.65
Unemployed	6.54%	4.13%	6.85%		
Doing housework, caring for children (100%)	6.96%	8.36%	7.31%		
In education (100%)	4.49%	4.25%	3.29%		
Employed without managerial responsibility	56.34%	53.66%	54.02%		
Employed as director or board member and/or with managerial responsibility or company owner	23.87%	27.66%	25.78%		
Retired/disabled	1.80%	1.94%	2.75%		
Family and social indicators					
Partnership and marital status				0.36	0.91
Married or registered partnership	55.96%	60.05%	62.98%		
Single, never married, with partner	23.05%	20.83%	15.45%		
Single, never married, without partner	12.29%	10.18%	11.20%		
Divorced, separated, dissolved partnership or widowed with partner	4.40%	4.56%	4.01%		
Divorced, separated, dissolved partnership or widowed without partner	4.29%	4.38%	6.36%		
Number of children					
No children	46.32%	38.90%	35.23%	5.52***	2.20**
1 child	20.58%	22.18%	20.92%		
2 children	24.36%	28.56%	32.33%		
3 children or more	8.74%	10.35%	11.51%		

(Continues)

TABLE A1 (Continued)

	% or mean and (SD)			t test (2020–2016)	t test (2020–2018)
	2016	2018	2020		
<i>Age of last child</i>	9.01 (8.40)	9.76 (9.66)	10.42 (9.38)	3.29***	1.99**
<i>Social network</i>					
All or most of good friends live in Switzerland	15.92%	24.66%	25.92%	–10.00***	–1.56
Approximately the same numbers of friends live in Switzerland and abroad	38.19%	45.92%	47.36%		
All or most of good friends live abroad	45.89%	29.42%	26.71%		
<i>Visits frequency in country of origin (in the last 12 months)</i>				–13.66***	–10.43***
Never	7.74%	11.05%	22.60%		
Once or twice a year	32.94%	33.13%	40.48%		
Three to six times a year	43.65%	42.72%	28.76%		
Once a month or more often	15.66%	13.10%	8.15%		
Migration and mobility indicators					
<i>Nationality</i>				-	-
EU/EFTA countries	88.10%	88.10%	88.10%		
Non-EU/EFTA countries	11.90%	11.90%	11.90%		
<i>Residence permit</i>				–20.21***	–22.37***
Swiss or settlement permit (C permit)	39.27%	35.08%	81.19%		
Residence permit (B permit)	57.44%	61.32%	17.80%		
Other permit	3.29%	3.60%	1.01%		
<i>Reason for migration</i>				-	-
Professional or educational reasons	39.43%	39.43%	39.43%		
Family reasons	27.22%	27.22%	27.22%		
Other reason	33.35%	33.35%	33.35%		
<i>Mobility indicator</i>				0.63	–0.49
Have lived 3 months or more in no other country than Switzerland and country of origin	49.32%	46.52%	49.45%		
In one other country	27.88%	29.06%	26.07%		
In two other countries	11.12%	12.67%	12.77%		
In three or more other countries	11.67%	11.74%	11.71%		

Source: Own computation on Migration-Mobility Survey Panel Data 2016–2020. Weighted results.

TABLE A2 Regression on life satisfaction as a dependent variable, two interactions

	(1) Life satisfaction	(2) Life satisfaction	(3) Life satisfaction	(4) Life satisfaction	(5) Life satisfaction	(6) Life satisfaction
Year 2018 (ref.)						
Year 2016	-0.370*** (-8.405)	-0.369*** (-8.389)	-0.359*** (-7.277)	-0.330*** (-6.644)	-0.246*** (-4.881)	-0.245*** (-4.835)
Year 2020 (crisis)	-0.099** (-2.246)	-0.100** (-2.282)	-0.135*** (-2.745)	-0.149*** (-3.001)	-0.148*** (-2.902)	-0.157*** (-2.790)
Non-transnational families (ref.)						
LATAB couples		-0.045 (-0.387)	-0.056 (-0.321)	-0.124 (-0.714)	-0.152 (-0.857)	-0.165 (-0.924)
LATAB parents		0.134 (1.582)	0.075 (0.641)	-0.037 (-0.312)	-0.001 (-0.008)	0.003 (0.025)
Year 2016* LATAB couples			-0.032 (-0.158)	0.009 (0.047)	-0.030 (-0.151)	-0.035 (-0.172)
Year 2016* LATAB parents			-0.061 (-0.462)	-0.057 (-0.431)	-0.044 (-0.335)	-0.045 (-0.341)
Year 2020* LATAB couples			0.073 (0.339)	0.097 (0.447)	0.061 (0.284)	0.059 (0.276)
Year 2020* LATAB parents			0.218* (1.657)	0.239* (1.813)	0.244* (1.858)	0.244* (1.859)
Socio-demographic controls						
Men (ref.)						
Women				-0.060 (-0.814)	-0.074 (-1.025)	-0.053 (-0.712)
Age class 25–39 (ref.)						
Age class 40–54				0.085 (1.353)	0.092 (1.398)	0.091 (1.367)
Age class 55+				0.303*** (2.853)	0.316*** (2.758)	0.305*** (2.627)
Middle education level (ref.)						
High education level				-0.080 (-1.104)	-0.047 (-0.651)	-0.065 (-0.879)
Employed without managerial responsibility (ref.)						
Unemployed				-0.247*** (-2.686)	-0.254*** (-2.789)	-0.251*** (-2.741)
Doing housework				-0.089 (-0.994)	-0.114 (-1.258)	-0.095 (-1.030)
In education				-0.164 (-1.379)	-0.157 (-1.331)	-0.144 (-1.216)
Employed as director or board member and/or with managerial responsibility				0.260*** (4.111)	0.252*** (4.008)	0.245*** (3.869)

(Continues)

TABLE A2 (Continued)

	(1) Life satisfaction	(2) Life satisfaction	(3) Life satisfaction	(4) Life satisfaction	(5) Life satisfaction	(6) Life satisfaction
Retired/disabled				0.168 (0.976)	0.187 (1.101)	0.198 (1.161)
Family and social controls						
Married or registered partnership (ref.)						
Single, never married, with partner					-0.181** (-2.122)	-0.198** (-2.258)
Single, never married, without partner					-0.551*** (-4.839)	-0.580*** (-4.985)
Divorced, separated, dissolved partnership or widowed with partner					-0.020 (-0.148)	-0.026 (-0.196)
Divorced, separated, dissolved partnership or widowed without partner					-0.377*** (-2.882)	-0.395*** (-3.015)
No children (ref.)						
1 child					0.022 (0.209)	0.021 (0.205)
2 children					-0.023 (-0.210)	-0.024 (-0.221)
3 children or more					-0.167 (-1.232)	-0.175 (-1.284)
Age of last child					-0.003 (-0.500)	-0.003 (-0.541)
All or most of good friends live in Switzerland (ref.)						
Approximately the same numbers of friends live in Switzerland and abroad					-0.203*** (-3.172)	-0.205*** (-3.189)
All or most of good friends live abroad					-0.598*** (-8.338)	-0.600*** (-8.319)
Never visit country of origin in the last 12 months (ref.)						
Once or twice a year					0.054 (0.841)	0.044 (0.674)
Three to six times a year					0.073 (0.928)	0.053 (0.639)
Once a month or more often					0.023 (0.214)	0.010 (0.093)

TABLE A2 (Continued)

	(1) Life satisfaction	(2) Life satisfaction	(3) Life satisfaction	(4) Life satisfaction	(5) Life satisfaction	(6) Life satisfaction
Migration and mobility controls						
Nationalities from EU/EFTA countries (ref.)						
Non-EU/EFTA countries						-0.046 (-0.540)
Swiss or settlement permit (C permit) (ref.)						
Residence permit (B permit)						-0.028 (-0.498)
Other permit						0.127 (0.859)
Professional or educational reasons (ref.)						
Family reasons						-0.107 (-1.205)
Other reasons						-0.039 (-0.463)
Have lived 3 months or more in no other country than Switzerland and country of origin (ref.)						
In one other country						0.022 (0.310)
In two other countries						0.032 (0.367)
In three or more other countries						0.100 (1.055)
Constant	8.487*** (195.026)	8.471*** (186.123)	8.480*** (179.300)	8.467*** (91.829)	8.808*** (66.174)	8.881*** (57.112)
R ²	0.0105	0.0124	0.0125	0.0344	0.0766	0.0776
N	3645	3645	3645	3645	3645	3645

Note: Longitudinal panel regression with random effects, two interactions (year and type of family), controls displayed. T-stats in parenthesis. *, **, *** correspond to 10%, 5% and 1% confidence level. Unweighted results. Source: Migration-Mobility Survey Panel Data 2016–2020, own computations.

TABLE A3 Regression on life satisfaction as a dependent variable, three interactions

	(1) Life satisfaction	(2) Life satisfaction	(3) Life satisfaction	(4) Life satisfaction	(5) Life satisfaction	(6) Life satisfaction
Year 2018 (ref.)						
Year 2016	-0.370*** (-8.405)	-0.369*** (-8.381)	-0.206*** (-3.019)	-0.184*** (-2.685)	-0.092 (-1.339)	-0.089 (-1.291)
Year 2020 (crisis)	-0.099** (-2.246)	-0.100** (-2.281)	-0.048 (-0.703)	-0.067 (-0.977)	-0.071 (-1.028)	-0.078 (-1.066)
Non-transnational families (ref.)						
LATAB couples		-0.067 (-0.577)	0.116 (0.597)	0.056 (0.286)	0.020 (0.102)	0.005 (0.026)
LATAB parents		0.124 (1.460)	0.031 (0.206)	-0.081 (-0.532)	-0.043 (-0.264)	-0.041 (-0.252)
Men (ref.)						
Women		-0.161** (-2.257)	0.036 (0.382)	0.127 (1.318)	0.110 (1.169)	0.133 (1.383)
Year 2016*Men*Non-transnational families (ref.)						
Year 2016*Men*LATAB couples			-0.245 (-1.063)	-0.191 (-0.828)	-0.244 (-1.066)	-0.247 (-1.076)
Year 2016*Men* LATAB parents			0.068 (0.398)	0.074 (0.435)	0.059 (0.351)	0.056 (0.330)
Year 2016*Women*Non-transnational families			-0.312*** (-3.176)	-0.300*** (-3.049)	-0.318*** (-3.258)	-0.321*** (-3.285)
Year 2016*Women*LATAB couples			-0.580 (-1.563)	-0.509 (-1.376)	-0.540 (-1.475)	-0.551 (-1.503)
Year 2016*Women* LATAB parents			-0.523** (-2.058)	-0.481* (-1.894)	-0.439* (-1.747)	-0.433* (-1.721)
Year 2020*Men*Non-transnational families (ref.)						
Year 2020*Men*LATAB couples			0.207 (0.835)	0.248 (1.001)	0.218 (0.881)	0.215 (0.872)
Year 2020*Men* LATAB parents			0.295* (1.737)	0.333** (1.960)	0.335** (1.980)	0.332** (1.962)
Year 2020*Women*Non-transnational families			-0.178* (-1.821)	-0.169* (-1.722)	-0.160 (-1.641)	-0.161* (-1.658)
Year 2020*Women*LATAB couples			-1.133*** (-2.816)	-1.098*** (-2.736)	-1.132*** (-2.847)	-1.133*** (-2.846)
Year 2020*Women* LATAB parents			0.005 (0.019)	0.036 (0.144)	0.069 (0.281)	0.080 (0.322)
Socio-demographic controls						
Age class 25-39 (ref.)						
Age class 40-54				0.087 (1.383)	0.097 (1.475)	0.096 (1.454)

TABLE A3 (Continued)

	(1) Life satisfaction	(2) Life satisfaction	(3) Life satisfaction	(4) Life satisfaction	(5) Life satisfaction	(6) Life satisfaction
Age class 55+				0.302*** (2.841)	0.322*** (2.815)	0.313*** (2.697)
Middle education level (ref.)						
High education level				-0.081 (-1.115)	-0.047 (-0.660)	-0.067 (-0.899)
Employed without managerial responsibility (ref.)						
Unemployed				-0.232** (-2.531)	-0.240*** (-2.634)	-0.236*** (-2.581)
Doing housework				-0.083 (-0.919)	-0.108 (-1.189)	-0.088 (-0.954)
In education				-0.160 (-1.342)	-0.154 (-1.303)	-0.142 (-1.194)
Employed as director or board member and/or with managerial responsibility				0.262*** (4.146)	0.253*** (4.037)	0.246*** (3.899)
Retired/disabled				0.176 (1.025)	0.197 (1.162)	0.209 (1.228)

Family and social controls

Married or registered partnership (ref.)

Single, never married, with partner					-0.170** (-1.997)	-0.188** (-2.145)
Single, never married, without partner					-0.556*** (-4.884)	-0.586*** (-5.039)
Divorced, separated, dissolved partnership or widowed with partner					-0.011 (-0.080)	-0.016 (-0.124)
Divorced, separated, dissolved partnership or widowed without partner					-0.386*** (-2.958)	-0.405*** (-3.091)

No children (ref.)

1 child					0.025 (0.246)	0.026 (0.250)
2 children					-0.017 (-0.153)	-0.017 (-0.153)
3 children or more					-0.166 (-1.222)	-0.172 (-1.262)
Age of last child					-0.003 (-0.617)	-0.004 (-0.664)

All or most of good friends live in Switzerland (ref.)

Approximately the same numbers of friends live in Switzerland and abroad					-0.205*** (-3.214)	-0.207*** (-3.233)
					-0.596***	-0.599***

(Continues)

TABLE A3 (Continued)

	(1) Life satisfaction	(2) Life satisfaction	(3) Life satisfaction	(4) Life satisfaction	(5) Life satisfaction	(6) Life satisfaction
All or most of good friends live abroad					(-8.322)	(-8.311)
Never visit country of origin in the last 12 months (ref.)						
Once or twice a year					0.057 (0.889)	0.046 (0.716)
Three to six times a year					0.064 (0.818)	0.044 (0.526)
Once a month or more often					0.029 (0.273)	0.016 (0.145)
Migration and mobility controls						
Nationalities from EU/EFTA countries (ref.)						
Non-EU/EFTA countries						-0.048 (-0.556)
Swiss or settlement permit (C permit) (ref.)						
Residence permit (B permit)						-0.025 (-0.440)
Other permit						0.133 (0.900)
Professional or educational reasons (ref.)						
Family reasons						-0.114 (-1.283)
Other reasons						-0.044 (-0.519)
Have lived 3 months or more in no other country than Switzerland and country of origin (ref.)						
In one other country						0.028 (0.396)
In two other countries						0.036 (0.416)
In three or more other countries						0.000 (0.958)
Constant	8.487*** (195.026)	8.547*** (151.348)	8.459*** (129.576)	8.373*** (86.557)	8.711*** (64.023)	8.785*** (55.558)
R ²	0.0105	0.0150	0.0204	0.0390	0.0812	0.0823
N	3645	3645	3645	3645	3645	3645

Note: Longitudinal panel regression with random effects, three interactions (year, gender and type of family), controls displayed. T-stats in parenthesis. *, ** and *** correspond to 10%, 5% and 1% confidence level. Unweighted results. Source: Migration-Mobility Survey Panel Data 2016–2020, own computations.

TABLE A4 Regression on satisfaction with decision to move to Switzerland as a dependent variable

	(1) Satisfaction with decision to move to Switzerland	(2) Satisfaction with decision to move to Switzerland	(3) Satisfaction with decision to move to Switzerland	(4) Satisfaction with decision to move to Switzerland	(5) Satisfaction with decision to move to Switzerland	(6) Satisfaction with decision to move to Switzerland
Year 2018 (ref.)						
Year 2016	-0.209*** (-4.601)	-0.210*** (-4.618)	-0.234*** (-4.599)	-0.223*** (-4.327)	-0.139*** (-2.649)	-0.136*** (-2.591)
Year 2020 (crisis)	0.045 (0.998)	0.044 (0.968)	0.036 (0.711)	0.025 (0.487)	0.020 (0.370)	-0.015 (-0.253)
Non-transnational families (ref.)						
LATAB couples		0.041 (0.328)	0.024 (0.129)	-0.061 (-0.329)	-0.081 (-0.429)	-0.092 (-0.487)
LATAB parents		0.144 (1.530)	0.064 (0.514)	-0.027 (-0.212)	0.046 (0.328)	0.045 (0.322)
Year 2016* LATAB couples			0.109 (0.516)	0.151 (0.719)	0.124 (0.591)	0.119 (0.569)
Year 2016* LATAB parents			0.132 (0.963)	0.141 (1.025)	0.184 (1.350)	0.181 (1.323)
Year 2020* LATAB couples			-0.107 (-0.479)	-0.086 (-0.381)	-0.142 (-0.634)	-0.135 (-0.606)
Year 2020* LATAB parents			0.094 (0.688)	0.105 (0.767)	0.111 (0.814)	0.114 (0.841)
Socio-demographic controls						
Men (ref.)						
Women				-0.351*** (-4.101)	-0.360*** (-4.330)	-0.308*** (-3.623)
Age class 25-39 (ref.)						
Age class 40-54				0.014 (0.205)	0.050 (0.701)	0.048 (0.670)
Age class 55+				0.170	0.196	0.191

(Continues)

TABLE A4 (Continued)

	(1) Satisfaction with decision to move to Switzerland	(2) Satisfaction with decision to move to Switzerland	(3) Satisfaction with decision to move to Switzerland	(4) Satisfaction with decision to move to Switzerland	(5) Satisfaction with decision to move to Switzerland	(6) Satisfaction with decision to move to Switzerland
Middle education level (ref.)				(1.437)	(1.557)	(1.507)
High education level				-0.137*	-0.095	-0.076
				(-1.671)	(-1.174)	(-0.919)
Employed without managerial responsibility (ref.)						
Unemployed				-0.115	-0.111	-0.086
				(-1.179)	(-1.150)	(-0.889)
Doing housework				-0.163*	-0.139	-0.098
				(-1.666)	(-1.411)	(-0.993)
In education				-0.299**	-0.283**	-0.258**
				(-2.363)	(-2.260)	(-2.051)
Employed as director or board member and/or with managerial responsibility				0.163**	0.165**	0.156**
				(2.391)	(2.441)	(2.298)
Retired/disabled				0.172	0.204	0.231
				(0.939)	(1.124)	(1.271)
Family and social controls						
Married or registered partnership (ref.)						
Single, never married, with partner				-0.139	-0.139	-0.205**
				(-1.480)	(-1.480)	(-2.139)
Single, never married, without partner				-0.166	-0.166	-0.255**
				(-1.322)	(-1.322)	(-1.990)
Divorced, separated, dissolved partnership or widowed with partner				-0.048	-0.048	-0.077
				(-0.336)	(-0.336)	(-0.538)
Divorced, separated, dissolved partnership or widowed without partner				-0.622***	-0.622***	-0.654***
				(-4.369)	(-4.369)	(-4.587)

TABLE A4 (Continued)

	(1) Satisfaction with decision to move to Switzerland	(2) Satisfaction with decision to move to Switzerland	(3) Satisfaction with decision to move to Switzerland	(4) Satisfaction with decision to move to Switzerland	(5) Satisfaction with decision to move to Switzerland	(6) Satisfaction with decision to move to Switzerland
No children (ref.)						
1 child					-0.187*	-0.183
					(-1.667)	(-1.633)
2 children					-0.209*	-0.207*
					(-1.732)	(-1.719)
3 children or more					-0.360**	-0.359**
					(-2.384)	(-2.381)
Age of last child					0.001	0.001
					(0.186)	(0.085)
All or most of good friends live in Switzerland (ref.)						
Approximately the same numbers of friends live in Switzerland and abroad					-0.173**	-0.168**
					(-2.534)	(-2.460)
All or most of good friends live abroad					-0.704***	-0.697***
					(-9.127)	(-9.002)
Never visit country of origin in the last 12 months (ref.)						
Once or twice a year					0.103	0.066
					(1.526)	(0.957)
Three to six times a year					0.006	-0.083
					(0.066)	(-0.930)
Once a month or more often					0.023	-0.072
					(0.195)	(-0.598)
Migration and mobility controls						
Nationalities from EU/EFTA countries (ref.)						
Non-EU/EFTA countries						-0.252**
						(-2.568)

(Continues)

TABLE A4 (Continued)

	(1) Satisfaction with decision to move to Switzerland	(2) Satisfaction with decision to move to Switzerland	(3) Satisfaction with decision to move to Switzerland	(4) Satisfaction with decision to move to Switzerland	(5) Satisfaction with decision to move to Switzerland	(6) Satisfaction with decision to move to Switzerland
Swiss or settlement permit (C permit) (ref.)						
Residence permit (B permit)						-0.041 (-0.669)
Other permit						0.011 (0.071)
Professional or educational reasons (ref.)						
Family reasons						-0.197* (-1.926)
Other reasons						0.020 (0.202)
Have lived 3 months or more in no other country than Switzerland and country of origin (ref.)						
In one other country						-0.088 (-1.132)
In two other countries						-0.062 (-0.653)
In three or more other countries						-0.063 (-0.597)
Constant	8.792*** (178.701)	8.770*** (170.722)	8.782*** (165.555)	9.025*** (86.818)	9.435*** (64.400)	9.665*** (56.442)
R ²	0.0042	0.0055	0.0063	0.0332	0.0885	0.0961
N	3645	3645	3645	3645	3645	3645

Note: Longitudinal panel regression with random effects, two interactions (year and type of family), controls displayed. T-stats in parenthesis. *, ** and *** correspond to 10%, 5% and 1% confidence level. Unweighted results. Source: Migration-Mobility Survey Panel Data 2016–2020, own computations.

TABLE A5 Regression on satisfaction with personal, social and family relationships as a dependent variable

	(1) Satisfaction with relationships	(2) Satisfaction with relationships	(3) Satisfaction with relationships	(4) Satisfaction with relationships	(5) Satisfaction with relationships	(6) Satisfaction with relationships
Year 2018 (ref.)						
Year 2016	-0.426*** (-7.316)	-0.428*** (-7.353)	-0.465*** (-7.136)	-0.447*** (-6.789)	-0.268*** (-4.077)	-0.266*** (-4.028)
Year 2020 (crisis)	-0.056 (-0.962)	-0.058 (-0.989)	-0.118* (-1.824)	-0.134** (-2.043)	-0.185*** (-2.776)	-0.165** (-2.254)
Non-transnational families (ref.)						
LATAB couples		0.150 (0.981)	-0.085 (-0.374)	-0.145 (-0.631)	-0.364 (-1.587)	-0.372 (-1.614)
LATAB parents		0.204* (1.827)	0.039 (0.254)	-0.098 (-0.624)	-0.197 (-1.173)	-0.199 (-1.180)
Year 2016* LATAB couples			0.334 (1.247)	0.370 (1.379)	0.348 (1.324)	0.349 (1.329)
Year 2016* LATAB parents			0.139 (0.795)	0.155 (0.884)	0.203 (1.179)	0.206 (1.193)
Year 2020* LATAB couples			0.322 (1.127)	0.319 (1.114)	0.272 (0.969)	0.273 (0.973)
Year 2020* LATAB parents			0.323* (1.858)	0.323* (1.850)	0.374** (2.188)	0.373** (2.180)
Socio-demographic controls						
Men (ref.)						
Women				0.028 (0.284)	-0.002 (-0.022)	-0.007 (-0.078)
Age class 25-39 (ref.)						
Age class 40-54				0.071 (0.854)	0.026 (0.305)	0.023 (0.275)
Age class 55+				0.401*** (2.857)	0.297** (2.040)	0.284* (1.926)
Middle education level (ref.)						
High education level				-0.178* (-1.852)	-0.108 (-1.196)	-0.128 (-1.375)
Employed without managerial responsibility (ref.)						
Unemployed				-0.029 (-0.236)	-0.063 (-0.536)	-0.073 (-0.620)
Doing housework				0.081 (0.679)	-0.030 (-0.261)	-0.035 (-0.297)
In education				-0.041 (-0.262)	-0.045 (-0.294)	-0.049 (-0.320)

(Continues)

TABLE A5 (Continued)

	(1) Satisfaction with relationships	(2) Satisfaction with relationships	(3) Satisfaction with relationships	(4) Satisfaction with relationships	(5) Satisfaction with relationships	(6) Satisfaction with relationships
Employed as director or board member and/ or with managerial responsibility				0.128 (1.525)	0.107 (1.331)	0.106 (1.302)
Retired/disabled				0.240 (1.058)	0.215 (0.983)	0.209 (0.953)
Family and social controls						
Married or registered partnership (ref.)						
Single, never married, with partner					-0.425*** (-3.922)	-0.414*** (-3.720)
Single, never married, without partner					-1.245*** (-8.623)	-1.234*** (-8.366)
Divorced, separated, dissolved partnership or widowed with partner					0.013 (0.078)	0.019 (0.113)
Divorced, separated, dissolved partnership or widowed without partner					-1.297*** (-7.787)	-1.301*** (-7.784)
No children (ref.)						
1 child					-0.122 (-0.922)	-0.127 (-0.960)
2 children					-0.203 (-1.450)	-0.208 (-1.480)
3 children or more					-0.186 (-1.088)	-0.197 (-1.149)
Age of last child					0.008 (1.177)	0.009 (1.215)
All or most of good friends live in Switzerland (ref.)						
Approximately the same numbers of friends live in Switzerland and abroad					-0.166** (-2.008)	-0.171** (-2.067)
All or most of good friends live abroad					-1.070*** (-11.642)	-1.080*** (-11.675)
Never visit country of origin in the last 12 months (ref.)						
Once or twice a year					-0.000 (-0.004)	0.008 (0.101)
Three to six times a year					-0.175* (-1.743)	-0.154 (-1.436)
Once a month or more often					-0.123 (-0.894)	-0.095 (-0.662)

TABLE A5 (Continued)

	(1) Satisfaction with relationships	(2) Satisfaction with relationships	(3) Satisfaction with relationships	(4) Satisfaction with relationships	(5) Satisfaction with relationships	(6) Satisfaction with relationships
Migration and mobility controls						
Nationalities from EU/EFTA countries (ref.)						
Non-EU/EFTA countries						0.040 (0.373)
Swiss or settlement permit (C permit) (ref.)						
Residence permit (B permit)						0.025 (0.342)
Other permit						0.104 (0.552)
Professional or educational reasons (ref.)						
Family reasons						0.012 (0.108)
Other reasons						−0.017 (−0.158)
Have lived 3 months or more in no other country than Switzerland and country of origin (ref.)						
In one other country						0.056 (0.628)
In two other countries						0.029 (0.264)
In three or more other countries						0.174 (1.450)
Constant	8.020*** (140.454)	7.985*** (133.721)	8.019*** (129.126)	8.035*** (65.979)	8.885*** (52.551)	8.824*** (44.755)
R ²	0.0089	0.0111	0.0116	0.0212	0.1416	0.1431
N	3645	3645	3645	3645	3645	3645

Note: Longitudinal panel regression with random effects, two interactions (year and type of family), controls displayed. T-stats in parenthesis. *, ** and *** correspond to 10%, 5% and 1% confidence level. Unweighted results. Source: Migration-Mobility Survey Panel Data 2016–2020, own computations.

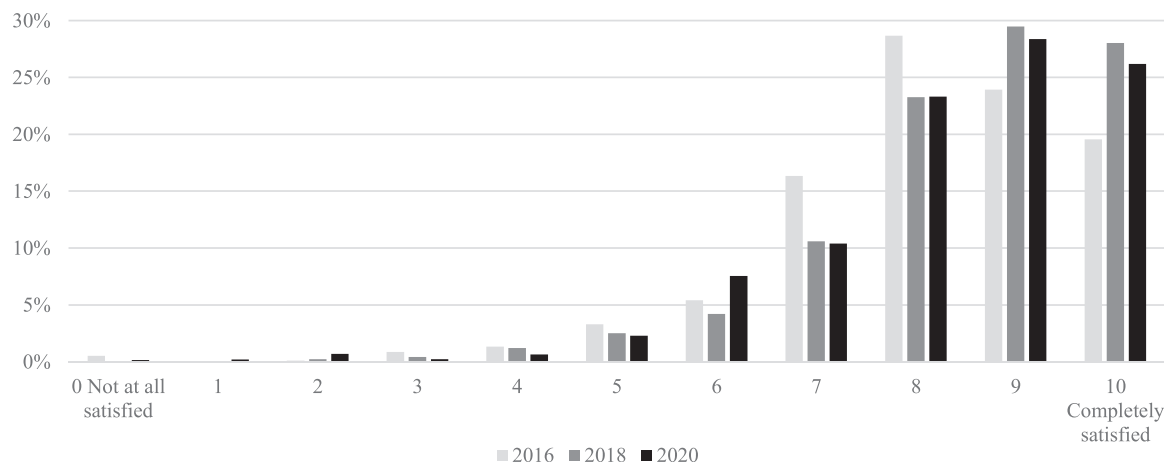


FIGURE A1 Distribution of life satisfaction over time. *Source:* Own computations on Migration-Mobility Survey Panel Data 2016–2020. Descriptive weighted results

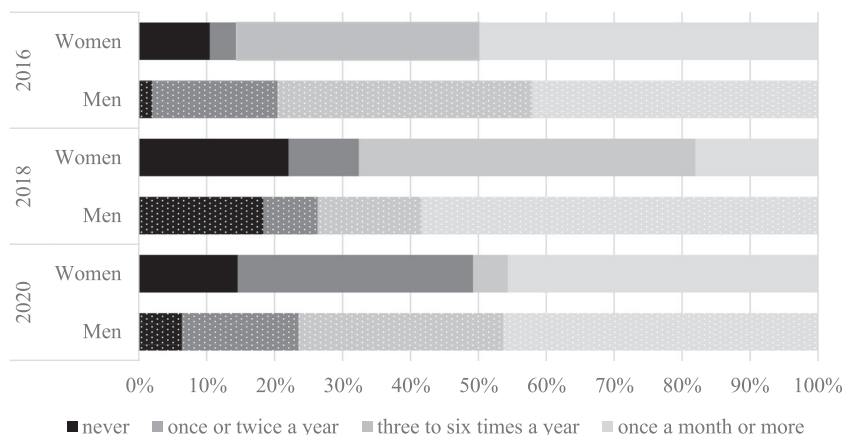


FIGURE A2 Evolution of visits frequency in the country of origin for LATAB couples ($N = 56$) in the last 12 months over time, according to gender. *Source:* Own computations on Migration-Mobility Survey Panel Data 2016–2020. Descriptive weighted results

APPENDIX B: ADDITIONAL TEXT DESCRIPTION

Other results regarding our family and social indicators (see Table A2 in Appendix A) deserve to be underlined. Being single and never married (with or without partner) and divorced or separated without a partner affects significantly and negatively self-reported life satisfaction of migrants, in comparison with those who are married or in registered partnership. This result is also observed for satisfaction with decision to move and satisfaction with personal, social and family relationships (see Table A4 and Table A5 in Appendix A). The number of children and age of last child on the contrary do not show a significant change in life satisfaction in general, but it is the case for number of children in satisfaction with decision to move to Switzerland (see Table A4 in Appendix A). Nevertheless, having all or

most of good friends living abroad, or approximately the same number of friends living abroad and in Switzerland, is associated with lower life satisfaction, in comparison with having all or most of good friends living in Switzerland. This effect is also significant for satisfaction with decision to move to Switzerland and for satisfaction with personal, social and family relationships (see Table A4 and Table A5 in Appendix A). This underlines the importance of the location of the extended social network, and not only the nuclear family, for the assessment of subjective well-being. Finally, our mobility indicator remains surprisingly insignificant, meaning that the capability to move, at least before the COVID-19 crisis, does not have any influence on quality of life among recently arrived skilled migrants in Switzerland.