

ON THE ASSESSMENT OF ACCULTURATIVE STRESS AND ADJUSTMENT

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Overview

- Acculturative Stress
- Traditional Measures of Acculturative Stress
- Development of the BPSHI-r
- Validation with recent sample of immigrants and international students

Acculturative stress

- Berry, Kim, Minde, & Mok (1987) report stress for Aboriginal and Immigrant populations and other characteristics: (sedentary-migrant; voluntary-involuntary).
- Berry (2006) - *Stress Perspectives on Acculturation*:
 - *Integration* has a substantial relationship with *positive adjustment*
 - *Sociocultural* adaptation appears to influence *psychological* adaptation

Stress Measures

- **Cawte scale** (Cawte, Bianchi, & Kiloh, 1968; Berry, Kim, Minde & Mok, 1987).
 - Short form (20 yes/no questions) based upon **Cornell Medical Index** (Brodman, Erdmann, Lorge, Gershenson, & Wolff, 1952) .
- Focuses on **physiological** and **psychological** symptoms of stress.

Cawte Scale

1. Do you have **pains** in the heart or chest?
2. Do you usually belch a lot after eating?
3. Do you constantly suffer from bad constipation?
4. Do your **muscles and joints** constantly feel stiff?
5. Is your skin very sensitive or tender?
6. Do you suffer badly from severe **headaches**?
7. Do you often have spells of severe dizziness?
8. Do you usually get **tired and exhausted in the morning**?
9. Do you wear yourself out worrying about your health?
10. Do you usually have great **difficulty in falling asleep or staying asleep**?
11. Do strange people or places make you afraid?
12. Do you wish you always have someone at your side to advise you?
13. Do you usually **feel unhappy and depressed**?
14. Do you often wish you were dead and away from it all?
15. Does **worrying continually get you down**?
16. Are you **extremely shy or sensitive**?
17. Does it make you **angry to have anyone tell you what to do**?
18. Do people often annoy or irritate you?
19. Do you often **shake or tremble**?
20. Do you often **break out in a cold sweat**?

Acculturative Scale for International Students (ASIS)

- Focus on **psychological** and **social dimensions** of acculturative stress.
- A 36 item scale based upon 5 point likert responses (Sandhu & Asrabadi, 1994).

ASIS questions ...

1. Homesickness bothers me.
2. I feel uncomfortable to adjust to new foods.
3. I am treated differently in social situations.
4. Others are sarcastic toward my cultural values.
5. I feel nervous to communicate in English.
6. I feel sad living in unfamiliar surroundings.
7. I fear for my personal safety because of my different cultural background.
8. I feel intimidated to participate in social activities.
9. Others are biased toward me.
10. I feel guilty to leave my family and friends behind.
11. Many opportunities are denied to me.
12. I feel angry that my people are considered inferior here.
13. Multiple pressures are placed upon me after migration.
14. I feel angry that I receive unequal treatment.
15. People show hatred toward me non-verbally.
16. It hurts when people don't understand my cultural values.
17. I am denied what I deserve.
18. I frequently relocate for fear of others .
19. I feel low because of my cultural background.

ASIS ...

20. Others don't appreciate my cultural values.
21. I miss the people and country of my origin.
22. I feel **uncomfortable to adjust to new cultural values**.
23. I feel that my people are discriminated against.
24. People show hatred toward me through actions.
25. I feel that my status in this society is low due to my cultural background.
26. I am **treated differently because of my race**.
27. I feel **insecure here**.
28. I **don't feel a sense of belonging** here (community)
29. I am treated differently because of my colour.
30. I feel sad to consider my people's problems.
31. I generally keep a **low profile due to fear**.
32. I feel some people don't associate with me because of my ethnicity.
33. People **show hatred toward me verbally**.
34. I feel guilty that I am living a different lifestyle here.
35. I feel sad leaving my relatives behind.
36. I worry about my future for not being able to decide whether to stay here, or go back.

Bio-Psycho-Social Health Index (BPSHI)

- Focus on **stress** and **positive adjustment** to 3 point likert scales (Tonks, Bates, Lai & Paranjpe, 2000).
- Specifically examines **social factors** and responses in addition to **physiological** and **psychological**.
- Provides **subscale scores** for each of these dimensions of stress & adjustment.

BPSH-revised (2012)

- Based upon the relationships among questions on the Tonks et al. (2000) study a revised form was developed with:
 - 12 Positive Adjustment questions
 - 8 Biological Stress questions
 - 11 Psychological Stress questions
 - 12 Social Stress questions
 - 3 Cultural Identity questions
- Each Rated on a 5 point Likert Scale

Positive Adjustment

- I **exercise** regularly (2 times a week or more)
- I **eat meals** at regular times each day.
- I have plenty of **energy** to go about my daily tasks.
- I **socialise** with people if given the opportunity.
- I feel **happy** with the way my life is.
- I **discuss** this feeling with someone close to me.
- I **go out with friends** on a regular basis to the cinema.
- **to nightclubs or bars.**
- **to religious meetings.**
- **to other gatherings.**
- I participate in **team sports** or activities on a regular basis.
- I **discuss** this feeling (of racial exclusion) with someone in order to help me

Bio-Stress

- I suffer from bad **headaches**.
- I suffer from **pains** in my body.
- I get **colds/flu** on a regular basis.
- My muscles and joints constantly feel **stiff**.
- I usually feel **tired** and exhausted in the morning.
- I usually have great **difficulty** in falling asleep or staying asleep.
- I often **shake or tremble**.
- I often break out in a **cold sweat**.

Psycho-Stress

- I generally keep a low profile due to fear.
- I wish that I was back in my home country.
- I am extremely shy or sensitive.
- Homesickness bothers me.
- I feel uncomfortable to adjust to new foods.
- I feel sad living in unfamiliar surroundings.
- I fear for my personal safety because of my different cultural background.
- I feel uncomfortable to adjust to new cultural values.
- I usually feel unhappy and depressed.
- Worrying continually gets me down.
- I prefer my own company

Social-Stress

- I feel shy when meeting new people.
- I feel excluded from social activities.
- I feel alone.
- I feel excluded on the basis of race alone.
- I feel intimidated to participate in social activities.
- Others are biased toward me.
- Others don't appreciate my cultural values.
- I am treated differently because of my appearance.
- People insult me verbally.
- It makes me angry to have anyone tell me what to do.
- People often annoy or irritate me.
- I feel that my status in this society is low due to my cultural background.

Stress Total & Current Stress

- **Stress Total** = Bio-Stress + Psycho-Stress + Social Stress
- **Current Stress**: Indicate on a scale of 1 - 10 the degree of stress you are currently experiencing, where 1=no stress at all and 10 is extreme stress at your limits.

Cultural Identity & Belonging

- I like to choose a **best friend** who is someone of my **own ethnicity**.
- I feel it is **important to maintain my cultural identity**.
- I feel **good about associating** with people from **my ethnicity**.

- I feel a **sense of belonging** here (to a community)

Validation Sample

- 75 International students and Immigrants in greater Victoria region
- 45 Females and 30 Males
- Mean age 24 years
- Average length of residence in Canada was 6.24 years

Internal reliability of scales

<i>Scale</i>	<i>Alpha</i>
• Positive Adjustment	.627
• Bio-Stress	.687
• Psycho-stress	.770
• Social Stress	.762
• Cultural Identity	.614

Sub-Scale Correlations

	Bio-Stress	Psycho-Stress	Social-Stress	Total-Stress	Current Stress	Positive Adjustment
Psycho-Stress	.492** .000					
Social-Stress	.435** .000	.735** .000				
Total-Stress	.686** .000	.910** .000	.887** .000			
Current Stress	.427** .000	.372** .003	.522** .000	.533** .000		
Positive Adjustment	.011 .931	.089 .505	-.241 .062	-.031 .821	-.243 .065	
Cultural Identity	.122 .315	.211 .089	.072 .556	.194 .124	.062 .622	.320* .011
Belonging	-.083 .497	-.383** .002	-.461** .000	-.358** .004	-.163 .190	.298* .019

Stress Factor Loadings I (4 factors)

- .666 Insecure
- .663 Intimidated
- .641 Worrying
- .636 Excluded
- .636 Shy/Sensitive
- .636 Unhappy/Depressed
- .590 uncomfortable w/
new values
- .558 Homesick
- .547 Dif.Trmt/Appearance
- .541 Personal Safety
- .541 Wish back home
- .515 Sadness
- .505 low status
- .499 Shy with new
- .449 discuss racism
- .436 low profile
- .429 colds/flu
- .400 Tired in Morning

Key questions

	Current Stress	Stress Total	Bio-stress	Psycho-stress	Social-Stress	Positive Adjustment
Insecure	.393** .001	.623** .000	.366** .002	.631** .000	.536** .000	.102 .435
Intimidated	.303* .014	.644** .000	.412** .000	.561** .000	.627** .000	.004 .997
Worrying	.509** .000	.674** .000	.595** .000	.620** .000	.540** .000	.086 .505
Excluded	.307* .012	.611** .000	.251* .036	.581** .000	.653** .000	-.221 .074
Shy/Sensitive	.353** .004	.642** .000	.494** .000	.562** .000	.599** .000	-.237 .056
Unhappy/ depressed	.387** .001	.666** .000	.546** .000	.586** .000	.627** .000	-.258* .043
Homesick	.125 .321	.565** .000	.225 .064	.627** .000	.447** .000	-.133 .272

Summary

- BPSH-r appears to be a sound measure
A “short” form of 50 questions – gives rich profile of stress patterns.
- Identification of key questions for development of shorter form (used in interview or questionnaire) i.e. Insecure, Worrying, Excluded... .
- Potential strengths in examining various form that stress manifests along with Positive Adjustment and Cultural Identity.

References

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Thank-you!

Questions?

Factor Loadings

II – Cultural Identity

- .551 Cultural Identity
- .495 Religious meetings
- .464 Low Profile
- .449 Cold Sweats
- .402 Socialize
- .398 Team Sports
- .369 Verbal Insults
- .332 Personal Safety
- .313 Other gatherings
- -.313 Excluded
- -.380 Sensitive / Shy
- -.408 Tired in the morning
- -.417 Alone
- -.465 Unhappy/ Depressed

Factor Loadings

III – Wearing out / socializing

- .493 Asleep /Awake
- .445 colds flu
- .420 Stiff Muscles
- .400 Worrying
- .369 Tired in the morning
- .359 Cinema
- .326 Pains
- .312 Socialize
- .303 Headaches
- -.300 Excluded due to race
- -.332 Sadness
- -.342 Uncomfortable adjusting to Values
- -.389 Energy

Factor Loadings

IV – Other Religious / Acceptance

- .471 Low Status
- .415 Religious meetings
- .363 Cinema
- .340 Wish were Back Home
- .295 Sadness
- .288 Alone
- .247 Exercise
- .214 Dif. Treatment to appearance
- .201 Asleep / Awake
- -.210 Meals
- -.270 Shake / Tremble
- -.314 Verbal Insults
- -.377 Pains
- -.396 Night Clubs
- -.415 Annoying People
- -.483 Biased Others