

Trait measures for Newcomer Study: Finalized

Administer at beginning of study:

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|---------------------|---|
| Self-construal | 10 items (5 for each scale of dependent and interdependent) |
| Self-esteem | Rosenberg, 5 items |
| CESD | 20 item measure of depression |
| Social Support | 6 items |
| Adult Acculturation | 14 items |

Administer at end of study:

| | |
|----------------------|---|
| Self-concept clarity | 6 items |
| Religiosity | 12 items |
| Ethnic sensitivity | 9 base items, with some items requiring two responses |
| Personality (FFM) | 10 items (BF-10) |
| Psych. Acculturation | 12 items |

Self-construal

1 = strongly disagree, 2 = disagree, 3 = disagree a little, 4 = neither agree/disagree, 5 = agree a little, 6 = agree, and 7 = strongly agree

My personal identity, independent of others, is very important to me.

I enjoy being unique and different from others in many respects.

I feel it is important for me to act as an independent person.

I do my own thing, regardless of what others think.

I act the same way no matter who I am with.

I have respect for the authority figures with whom I interact.

I feel good when I cooperate with others.

I usually go along with what others want to do, even when I would rather do something different.

I will stay in a group if they need me, even when I am not happy with the group.

I often have the feeling that my relationships with others are more important than my own accomplishments.

Rosenberg Self-esteem (selected items)

1 = strongly disagree, 2 = disagree, 3 = disagree a little, 4 = neither agree/disagree, 5 = agree a little, 6 = agree, and 7 = strongly agree

On the whole, I am satisfied with myself.

I feel that I am a valuable person, at least as good as others.

I think I am a person who has a number of good qualities.

I feel as if I am able to do things as well as most other people.

At times I think I am no good at all.

CESD

Below is a list of the ways you might have felt or behaved. Please indicate how often you felt this way during the past week.

- 0 = Rarely or None of the Time (less than one day)
- 1 = Some or a Little of the Time (1-2 days)
- 2 = Occasionally or a Moderate Amount of Time (3-4 days)
- 3 = Most or All of the Time (5-7 days)

- 1. I was bothered by things that usually don't bother me.
- 2. I did not feel like eating; my appetite was poor.
- 3. I felt that I could not shake off the blues even with help from my family or friends.
- 4. I felt that I was just as good as other people.
- 5. I had trouble keeping my mind on what I was doing.
- 6. I felt depressed.
- 7. I felt that everything I did was an effort.
- 8. I felt hopeful about the future.
- 9. I thought my life had been a failure.
- 10. I felt fearful.
- 11. My sleep was restless.
- 12. I was happy.
- 13. I talked less than usual.
- 14. I felt lonely.
- 15. People were unfriendly.
- 16. I enjoyed life.
- 17. I had crying spells.
- 18. I felt sad.
- 19. I felt that people dislike me.
- 20. I could not get "going."

Social Support

The following questions ask about people in your environment who provide you with help or support. Each question has two parts. For the first part, click on the number of people you know, including yourself, whom you can count on for help or support in the manner described. For the second part, click on how satisfied you are with the overall support you have. If you have no support for a question enter zero 0 for the number of people, but still rate your level of satisfaction.

When rating how satisfied you are, use the following scale.

| | | | | | |
|--------------|--------------|--------------|-----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 |
| Very | Fairly | A little | A little | Fairsly | Very |
| Dissatisfied | Dissatisfied | Dissatisfied | Satisfied | Satisfied | Satisfied |

How many people (including yourself) can you really count on to:

1. distract you from your worries when you feel under stress?
2. care about you, regardless of what is happening to you?
3. help you feel more relaxed when you are under pressure or tense?
4. help you feel better when you are generally down in the dumps?
5. console you when you are very upset?
6. accept you totally, including both your worst and your best points?

Adult Acculturation Scale

1-5 scale, 1 = disagree strongly, 2 = disagree, 3 = neither agree/disagree, 4 = agree, 5 = agree strongly

1. I understand other people well when they speak Turkish.
2. I understand other people well when they speak Dutch.
3. I know the Turkish culture and traditions well.
4. I know the Dutch culture and traditions well.
5. I keep up with the Turkish news.
6. I keep up with the Dutch news.
7. I do things in a Turkish fashion.
8. I do things in a Dutch fashion.
9. I have many social contacts with Turkish people.
10. I have many social contacts with Dutch people.
11. I would raise my children in a Turkish way.
12. I would raise my children in a Dutch way.
13. In my spare time, I often join Turkish activities and parties.
14. In my spare time, I often join Dutch activities and parties.

Obviously, you will need to substitute the established residents in your samples (German, Greek, and Polish) for Dutch and the appropriate immigrant groups for Turkish/Moroccan.

Second set of measures

Self-concept clarity

1 = strongly disagree, 2 = disagree, 3 = disagree a little, 4 = neither agree/disagree, 5 = agree a little, 6 = agree, and 7 = strongly agree

My beliefs about myself often conflict with one another.

On one day I might have one opinion of myself and on another day I might have another.

I spend a lot of time wondering what kind of person I really am.

Sometimes I feel that I am not really the person I appear to be.

My beliefs about myself seem to change frequently.

In general I have a clear sense of who I am and what I am.

Religiosity

1 = strongly disagree, 2 = disagree, 3 = disagree a little, 4 = neither agree/disagree, 5 = agree a little, 6 = agree, and 7 = strongly agree

1. It doesn't much matter what I believe so long as I am good.
2. I attend religious services because it helps me to make friends.
3. It is important to me to spend time in private thought and prayer.
4. I often have a strong sense of God's presence.
5. I attend religious services because if I did not, people would think that I was bad.
6. There are many religious issues on which my views are still changing.
7. I try hard to live my life according to my religious beliefs.
8. What religion offers me most is comfort in times of trouble and sorrow.
9. I attend religious services mostly to spend time with my friends.
10. My life experiences have led me to rethink my religious beliefs.
11. I pray mainly to gain relief and protection.
12. I attend religious services mainly because I enjoy seeing people I know there.
13. I have asked questions about my religious beliefs because of my awareness of tension in the world and because of questions about my relation to the world.
14. I pray regularly because if I did not, people would think that I was not a good person.

Ethnic sensitivity

1 = not at all, 2 = a little/weakly, 3 = somewhat/a moderate amount, 4 = strongly,
5 = very much/very strongly

For questions 3-9 add another question:

How often has this happened?

0 = never

1 = once a year or less

2 = a few times a year

3 = about once a month

4 = a few times a month

5 = once a week

6 = a few times each week

7 = almost every day

8 = every day or more often

1. How much do you think your ethnic background influences what people of other ethnic groups think of you?
2. In general, how much do you think someone's ethnic background influences what people of other ethnic groups think of them?
3. How upset would you be if you heard that someone from your ethnic group was mistreated at a job because of his or her ethnic background?
4. How upset would you be if you were mistreated a job because of your ethnic background?
5. How offended would you be if you heard someone from another ethnic group tell jokes about your ethnic group?
6. How upset would you be if you heard that someone from your ethnic group was mistreated (e.g., denied services) by a government agency or office because of his or her ethnic background?
7. How upset would you be if you were mistreated (e.g., denied services) by a government agency or office because of your ethnic background?
8. How upset would you be if you saw someone from your ethnic group being treated rudely or with disrespect in public because of his or her ethnic background?
9. How upset would you be if you were treated rudely or with disrespect in public because of your ethnic background?

Personality

1-5 scale, 1 = disagree strongly, 2 = disagree, 3 = neither agree/disagree, 4 = agree, 5 = agree strongly

I see myself as someone who

1. Is reserved
2. Is outgoing, sociable
3. Is generally trusting
4. Tends to find fault with others
5. Does a thorough job
6. Tends to be lazy
7. Is relaxed, handles stress easily
8. Gets nervous easily
9. Has an active imagination
10. Has few artistic interests

Psychological Acculturation

1-5 scale, 1 = disagree strongly, 2 = disagree, 3 = neither agree/disagree, 4 = agree, 5 = agree strongly

1. Dutch people understand me.
2. I understand Dutch persons.
3. I feel comfortable with Dutch people
4. I have a lot in common with Dutch people
5. I feel proud to be a part of Dutch culture
6. I share most of my beliefs and values with Dutch people
7. Turkish/ Moroccan people understand me.
8. I understand Turkish/ Moroccan persons.
9. I feel comfortable with Turkish/ Moroccan people
10. I have a lot in common with Turkish/ Moroccan people
11. I feel proud to be a part of Turkish/ Moroccan culture
12. I share most of my beliefs and values with Turkish/ Moroccan people

Obviously, you will need to substitute the established residents in your samples (German, Greek, and Polish) for Dutch and the appropriate immigrant groups for Turkish/ Moroccan.