Autonomy-Connectedness in Collectivistic Cultures: An exploratory cross-cultural study among Portuguese natives, Cape-Verdean and Chinese people residing in Portugal

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Abstract

The present investigation focuses on a recent personality trait construct, Autonomy-connectedness. This concept has been proposed as a three-dimensional variable (self-awareness, sensitivity to others, and capacity to manage new situations), which intends to reflect a more gender- and culture- sensitive notion of autonomy rather than a value based on individualism and hegemonic masculinity. Two studies were conducted. Study I (N=185) aimed to adapt the Autonomy-Connectedness Scale (ACS-30) to Portuguese and evaluate its three dimensions among a Portuguese sample. The subscales showed satisfactory reliability and overall results converge with previous studies on Autonomy-connectedness. Study II aimed to analyze and compare three different cultural groups, namely Portuguese natives and, Chinese and Cape Verdean immigrants residing in Portugal. A total of 90 participants (30 participants per nationality/cultural group) collaborated in the study. The findings suggest cultural differences in autonomy-connectedness, as well as a possible association between acculturation processes and autonomy-connectedness. This study extends to the support of autonomy-connectedness as a conceptually meaningful construct, with contributions to both gender and cross-cultural studies.

Keywords: Autonomy-Connectedness; Culture; Gender; Cross-Cultural; Personality, Attachment

1. Introduction

The concept of autonomy is widely studied in Psychology. Piaget (1983), Erikson (1980), Mahler (1975), Ainsworth (Ainsworth & Bowlby, 1991) and many others in the fields of Developmental Psychology and Personality, have written about this concept. Autonomy also appears to be a crucial concept in therapeutic approaches, especially in experiential psychotherapy and existential psychotherapy (e.g. Yalom, 1980).

However, despite the relevance of the concept in the literature in different areas of psychology, as well as its importance in human experience, there is a lack of a consensual definition of autonomy, not only theoretically but also in the instruments commonly used to measure it (Hmel & Pincus 2002). One of the reasons for this diversity has to do with how culture and context relate to the very definition of the concept of autonomy. Culture influences the development of personality traits (Triandis & Suh, 2002). Thus, the nature and understanding of autonomy varies across cultures and across ethnic groups in the same society, and stands as a crucial trait that differentiates cultures in individualistic and collectivistic pathways of development (Greenfield, Keller, Fuligni & Maynard, 2003).

The concept of autonomy-connectedness was developed by Bekker (1993) and it intends to reflect a notion of autonomy that is more sensitive towards gender and culture rather than a value based on individualism and hegemonic masculinity (Connell, 1995). This recent concept of autonomy incorporates in its conceptualization the notions of independence and interdependence. Three dimensions have been proposed for this construct – Self-awareness (SA), Sensitivity to others (SO) and Capacity for managing new situations (CMNS). The SA dimension refers to the ability that individuals have of

being aware of themselves, of their own opinions, ambitions and needs, as well as the ability of expressing them in social interactions. The SO dimension refers to empathy and the call individuals have for both intimacy and separation. The CMNS refers to the feeling of (dis)comfort occurring when individuals are faced with new situations; therefore, it relates to the tendency to explore new environments, or otherwise, the dependence on familiar structures (Bekker & Van Assen, 2006).

Significant sex differences have consistently been found in autonomy-connectedness, especially in the SO dimension. Women tend to score higher in this dimension than men (Bekker & Van Assen, 2008). The results have also shown that variables such as socioeconomic status, education and income are positively associated with SA and CMNS components. Furthermore, to extend the relevance of this newly developed construct, Van Assen and Bekker (2009) investigated the relation between the components of autonomy-connected and the big five personality factors. Their goal was to examine to what extent autonomy-connectedness could be explained by the five major personality factors, and if sex-related differences in the construct of autonomy-connectedness could be mediated by the five major personality factors. They showed, on the one hand, that the big five are not mediators of sex-related differences in the components of autonomy-connectedness and, on the other, that they can only explain a smaller part of the variance of the three components of autonomy-connectedness. These findings speak to the fact that the construct of autonomy-connectedness may not be restricted or encompassed in the big five personality factors, thus it may be considered as a meaningful and distinct characteristic of personality.

Attending to the fact that autonomy may be distinctly defined in different cultures, Bekker, Arends-Tóth and Croon (2011) studied the relation between autonomy-connectedness and the adherence to the cultural values of independence and

interdependences. This study was conducted with young adult women - some native respondents from the Netherlands and others with immigrant background. This was the only study, so far, that incorporated the relation between autonomy-connectedness and cultural group membership. However, it focused on the cultural dimension of individualism vs. collectivism alone. Most cross-cultural studies that have used Hofstede's (1980, 1991, 2011) value-based cultural dimensions, have focused on the individualism-collectivism dualism, consequently, on the independence-interdependence relationship. As a result, there is a considerable amount of information about these dimensions and a reference gap to the other dimensions (Cohen, 2010; Taras, Kirkman & Steel, 2010). The authors (Bekker, Arends-Tóth & Croon, 2011) expected that the immigrant group (Turkish and Moroccan immigrants in the Netherlands; a collectivistic labeled group) would be lower in self-awareness and higher in sensitivity to others, when compared to the Netherlands native group. While their hypotheses were not confirmed, this study first explored the concept of autonomy-connectedness among natives and immigrants. This line of research may provide further empirical evidence that the expectable gender differences are an etic principle of the concept of autonomy-connectedness, while also offering an emic understanding of the construct within and between different cultures (Berry, 1997), by exploring the importance and influence of heritage, mainstream culture identity and identity self-representations (Ryder, Alden & Paulhus, 2000). As ethnic minorities, immigrants face the challenge of acculturation, which takes into account several forms of mutual accommodation that occur as a consequence of interaction between the host culture and their individual members. At the individual level, acculturation implies changes in a person's behavioral repertoire; at a group level, it involves changes in social

organizations and in cultural practices (Berry, 2005). Hence, acculturation processes may impact autonomy-connectedness among immigrant groups over time.

Up to the present, the construct of autonomy-connectedness had been studied in the Dutch population, with only one study that included immigrants (from Morocco or Turkey) residing in the Netherlands. Therefore, there is a need to understand if the construct is valid across other cultural groups in order to extend its external validity. In the present study, we aim to assess a Portuguese sample in terms of autonomy-connectedness, as well as differences among different cultural groups of immigrants residing in Portugal. According to the Foreign and Borders Service (SEF, 2013), Cape Verde is the second largest foreign community in Portugal. China, in turn, represents the sixth largest foreign community in Portugal. According to statistical data provided by the Foreign and Borders Service in 2013, the Chinese community in Portugal increased by 6.8% (SEF, 2013). They represent African and Asian historical relationships with Portugal, and distinct cultural and gender social constructs. According to Hofstede (2011), while sharing the collectivistic dimension at a national level, Portugal, China and Cape Verde score differently in the masculinity vs. femininity (M/F) and uncertainty avoidance (UA) dimensions. Portugal presents the highest value for the UA dimension. This means that, compared to China and Cape Verde, Portugal is an uncertainty avoidant culture, which is less tolerant to what is different; there is a strong need for structure, clarity and rules since the intrinsic ambiguity of life is perceived as a threat. On the other hand, from these three countries, China is the one presenting the highest values in the M/F dimension. In other words, in the Chinese culture, gender differences are perceived as very strict and taken into account. Cape Verde presents presents the lowest score on the M/F dimension, and therefore may be construed as the most feminine culture presented herein (Hofstede, 2011).

Study Goals and Research Hypotheses

Using an exploratory approach, the present paper presents two major goals, i) a descriptive analysis of the autonomy-connectedness construct in a Portuguese sample, and ii) a descriptive and comparative analysis of the autonomy-connectedness construct and dimensions among Portuguese individuals and residing immigrants, i.e. Chinese and Cape-Verdeans immigrants. To achieve these goals, two studies have been conducted. In Study I, the goal was to assess the scores in the three sub-dimensions of the autonomy-connectedness construct among a Portuguese sample, as well as explore sex differences. In Study II, the goal was to compare Portuguese natives, and Chinese and Cape-Verdean immigrants residing in Portugal in their autonomy-connectedness scores. We expected that individuals from different cultures experience interpersonal relationships in different ways. Using participants' nationality/country of origin as an independent variable, we aimed to explore the scores obtained by each cultural group in the components of autonomy-connectedness. Thus, our hypothesis were as follows:

H1: ACS-30 (Portuguese version) will present adequate psychometric properties with a three dimensional structure;

H2: Sex differences will be found, with women having higher scores on SO.

H3: Portuguese participants will present lower scores on CMNS subscale, compared to Chinese and Cape Verdeans participants.

H4: Cape Verdean participants will present higher scores on SO subscale, compared with Portuguese and Chinese participants.

Furthermore, we explored the effects of acculturation/time of residence on the three dimensions and group differences.

2. Study I

2.1 Method

2.1.1. Participants

Participants were 185 Portuguese individuals. Of these, 120 were female (64.9%) and 65 (35.1%) were male. Ages ranged from 18 to 59 years old (M= 28.73; SD= 10.79). Sixty four percent (64.9%) of participants were single and 57.8 % of participants had a high school education level. As far as occupation is concerned, 47% of participants were students.

2.1.2. Measures

To assess the levels of autonomy-connectedness in a Portuguese sample, we used the ACS-30 (the Autonomy-Connectedness Scale; Bekker & Van Assen, 2006; Portuguese translated version). The ASC-30 is subdivided into three subscales, namely self-awareness (SA), sensitivity to others (SO) and capacity to manage new situations (CGNS). The SA subscale aims to measure the individual's ability to be aware/consciousness of their own opinions, desires, needs, and the ability to express these in social interactions. In the original version (Bekker's & Van Assen, 2006), this subscale presented a 0.81 value for Cronbach alpha, representing a good value in terms of reliability. An item example of this subscale is "I have strong opinions on most issues." The SO subscale is related to empathy and the individual's ability/need of intimacy and separation; it aims to measure the sensitivity of individuals to the opinions, wishes and needs of others. For this subscale, the Cronbach alpha was 0.83 (Bekker & Van Assen, 2006). An example item is: "I tend to get too involved in the feelings of others." The CMNS subscale refers to the feelings of (dis)comfort in situations and new contexts; the trend of exploiting and depending on environments / family structures. As the other subscales, CMNS presented good reliability with a Cronbach alpha value of 0.82. A representative item of this subscale is, for example, "I feel instantly at ease in new situations" (Bekker & Van Assen, 2006). In ACS-30, respondents have to rate to

what degree these items were suitable to describe them, on a 5-point Likert scale ranging from 1 (disagree) to 5 (agree).

2.1.3 Procedure

For the present study, the ACS-30 was translated into Portuguese. To obtain the final Portuguese version of the scale, a two phase process was conducted. Firstly, a translation from English into Portuguese by two native Portuguese speakers was carried out. When the compromise about the 30 items was obtained, these same translated items were back-translated from Portuguese to English by two independent English native speakers. This second phase aimed to ensure that the original meaning of the items was maintained. This Portuguese version of ACS-30 was incorporated in a bigger questionnaire along with two other instruments, and a form on demographic data for sample characterization. The questionnaire was distributed both online via email and social media networks (48.6 % of participants), and in pen-and-paper form (51.4 % of participants). Two inclusion criteria were used in this study, i) age equal or higher than 18 years, and ii) Portuguese nationality. Convenience sampling methods were used. In both forms (online and paper-and-pencil), adequate informed consent was obtained, clarifying the volunteer nature of participation, and anonymity and confidentiality of responses.

2.2. Results

2.2.1 Factor analysis: Since a translated version of ACS-30 was used, factor analysis was performed to assess if the three subscales measured distinguishable constructs. Using Principal Axis Factoring Method, we obliquely rotated the factor solution and came across unexpected behavior from 3 items (one in each dimension), which either presented spread loadings, or correlated negatively to the items of its subscale (see Table 1). For these reasons, these three items were eliminated. To ensure internal consistency

of the three subscales, now composed of 27 items in total (SA – 6 items; SO – 16 items, CMNS – 5 items), we computed the Cronbach Alpha for each of the subscales. Inter-correlations and alpha values obtained for the three subscales showed good reliability (see Table 2).

2.2.2 Primary Analyses: In order to explore the characteristics of the Portuguese sample on the ACS-30 dimensions, descriptive analyzes were performed. Means of each subscale and respective standard deviations are represented in Table 3. The results show that Portuguese participants scored similarly on SO and CMNS, and SA presented the highest score out of the three subscales. Sex differences were also examined (Table 3), and revealed that women presented higher scores on SO ($t(168)=3.22$, $p<0.01$). No significant sex differences were found for the other subscales - CMNS subscale, t (176) = -0.71, *ns* ($p=0.48$); and SA subscale, t (177) =0.451, *ns* ($p=0.65$). Regarding age and education, only one correlation was found to reach statistical significance, between age and CMNS ($r =. 17, p < 0.05$).

2.3. Discussion

In Study I, we aimed to describe the results of Portuguese participants on the ACS-30. We concluded that the translation to a Portuguese version of ACS-30 revealed its suitability for research purposes in a Portuguese sample. The reduction in the number of items (one from each subscale, three in total) did not deteriorate the reliability of the subscales. The unexpected behavior of these items in the Portuguese version could be related to mismatching of the original message and the translated message, or possible cultural differences in the construct, or could even be due to the lower sample size than in the original study. Compared to the values from the original study (see Bekker et al, 2006), Portuguese participants appeared to present relatively lower scores than the Dutch participants on SA, suggestive of cross-cultural differences.

The results found herein converge with previous studies of the ACS-30: as shown in Bekker's (1993) and Bekker and Van Assen (2006), women scored higher on SO. As a separated individual personality characteristic (Van Assen & Bekker, 2009), autonomy-connectedness seems to present a gender differentiated focus. The fact that women consistently score higher on SO outlines social gender constructs as well as social gender stereotypes of women in occidental societies, with sex differences in personality traits becoming more extreme (Aboim, 2010; Schmitt, Realo, Voracek & Allik, 2008).

3. Study II

3.1 Method

3.1.1 – Participants

In this study, three sample groups were analyzed, namely Portuguese natives (P-Group), Chinese immigrants residing in Portugal (CH-Group), and Cape Verdean immigrants residing in Portugal (CV-Group) (n P-Group=30; n CH-Group=30; n CV-Group=30, total N=90). Total sample age ranged from 18 to 72 (M= 28.41; SD=11.43). Participants were 57.8% female; 72.2% were single and the highest frequency observed in the education level was higher education (college degree). Characteristics per group are shown in Table 4.

3.1.2 – Measures

The instrument used in this study has been described in Study I. A bilingual questionnaire of the ACS-30 scale was presented to participants using both versions, English and Portuguese. The decision to use a bilingual questionnaire aimed to decrease linguistic barriers.

4.1.3 – Procedure

CH-Group and CV-Group participants were recruited in the geographical area of Lisbon, since this area accommodates over 50% of immigrants residing in Portugal (INE, 2011). With regards to inclusion criteria, CH-Group and CV-Group participants had to i) be 18 or older, ii) have been born in China or Cape Verde; and/or, iii) the parents' country of origin had to be China or Cape Verde. As in Study I, the questionnaire was distributed either online via email and social media networks, or in a paper-and-pencil form. A snowball sampling process was used, resulting in a convenience sample.

3.2 – Results

Table 5 shows means and standard deviations per cultural group. A 2-factor MANOVA was performed using cultural group and sex as independent variables, to assess their effect on the three ACS-30 subscales. Findings revealed differences that reached statistical significance based on sex for SO ($Z(1,86)=9.72$, $p \leq 0.01$)). There were no differences found on SO due to cultural group membership ($Z(2,86)=0.80$, *ns* (p=.45)). However, an interaction effect was found on SO ($Z(2,86)=7.38$, $p \leq 0.01$) - see Figure 1), with greater sex differences found among Portuguese respondents and negligible sex differences among both immigrant groups. In addition, results showed that no differences were found on CMNS (main effect of cultural group: $Z(2,86)=0.81$, *ns* (p=.45); main effect of sex: $Z(1,86)=0.09$, *ns* (p=.76); interaction effect: $Z(2,86)=0.54$, *ns* (p=.58);). On the SA subscale, only cultural group membership revealed significant differences ($Z(2,86)=8.55$, $p \leq 0.01$). The main effect of sex was not significant ($Z(1,86)=0.10$, *ns* (p=.76). Furthermore, no interaction effect was found for this subscale ($Z(2,86)=0.14$, *ns* (p=.87)).

An additional multivariate analysis of variance tested the effect of time of residence (of the immigrant groups) on ACS-30 subscales. In this MANCOVA, cultural

group was an independent variable (2-levels, Chinese and Cape-Verdean), time of residence a covariable, and the autonomy-connectedness subscales were the dependent variables. Results showed no effects of either cultural group ($Z(1,58)=0.30$, *ns* (p=.59)) and time of residence ($Z(1,58)=0.28$, *ns* (p=.60)) on SO. The same was true for CMNS (cultural group: $Z(1,58)=0.12$, *ns* (p=.73); time of residence: $Z(1,58)=1.95$, *ns* (p=.17)). However, on SA, differences were found based on time of residence ($Z(1, 58)=6.29$, $p \leq 0.02$ ($\eta^2=.17$)), even though CV-Group and CH-Group did not differ on SA ($Z(1,58)=0.48$, *ns* (p=.49)). SA was higher for participants with longer experiences residing in Portugal/the host country.

4. General Discussion and Conclusions

The present study was conducted with two major goals, i) a descriptive analysis of the autonomy-connectedness construct in a Portuguese sample (reviewed in Discussion of Study I), and ii) a descriptive and comparative analysis of the autonomy-connectedness construct among Portuguese natives and Chinese and Cape-Verdean immigrants residing in Portugal. In Study I, we concluded the Portuguese version of ACS-30 presented adequate psychometric properties, with a three-dimensional structure (H1), and sex differences on SO were found, with women presenting higher scores (H2).

In Study II, the goal was to compare Portuguese natives, and Chinese and Cape-Verdean immigrants residing in Portugal in their autonomy-connectedness scores. The hypotheses for Study II were based on each country's scores on Hofstede's Cultural Dimensions of Individualism/Collectivism, Masculinity/Femininity and Uncertainty Avoidance. Since Portugal presents the highest score on Uncertainty Avoidance, it would be expected Portuguese individuals would have more difficulties in adapting to new environments and avoid ambiguous contexts and situations (Hofstede, 2011). The hypothesis that Portuguese individuals would present lower scores on the Capacity for

Managing New Situations subscale, compared to Chinese and Cape Verdeans individuals (H3), was not sustained. Moreover, no differences were found on CMNS between Portuguese, Chinese and Cape-Verdeans. Cape-Verde presents the lowest scores on the Masculinity/Femininity dimension. Being in a feminine and collectivistic culture where interdependent values and gender fluid communication are enforced, it would be expected that Cape-Verdeans scored higher on Sensitivity to others (H4). However this hypothesis was also not confirmed. Moreover, no differences between either of the groups were found in SO. The lack of support for both hypotheses (H3 and H4) may be related to the small sample size (namely, of each groups), or it may be due to other group characteristics (such as gender composition; and variability within Hofstede's Cultural Dimensions). Alternatively, these results may in fact represent similitudes among the three groups of participants, which may represent the characteristics of the participants residing in the same cultural setting (i.e. Portugal) as distinct of those residing in their countries of origin (that is, in Cape Verde and in China).

Nevertheless, differences between the cultural groups were found on SA. The results showed that a significant amount of the differences in this subscale can be explained by the variable "cultural group membership". Out of the three cultures represented in Study II, Portuguese participants presented the highest score on SA subscale. Chinese participants presented the lowest scores in SA (with a significant difference when compared to Portuguese participants). These results converge with the assumption that Chinese people may endorse a more collectivistic and masculine culture, with very pronounced and strict interdependent values and gender stereotypes (Hofstede, 2011), which may be salient even after migration.

As in Study I, sex differences were once again found on SO subscale, with an interaction also significant between sex and cultural group. The results showed that Portuguese participants presented the largest sex differentiation on the SO dimension. Portuguese women scored significantly higher on SO than Portuguese men, whereas the differences between Cape-Verdean men and women and between Chinese men and women residing in Portugal were negligible. These results provide an interesting new research avenue, namely the study of sex differences in autonomy-connectedness in diverse cultures.

Study II involved groups of immigrant individuals residing in Portugal. Therefore, acculturation processes were taken into account, using time of residence as a proxy index for acculturation. The examined cultural groups presented different average timeframes of residence. While 50% of Cape-Verdean participants had been living in Portugal for up to seven years, more than 60% of Chinese participants had been living in Portugal for less than one year. The effect of time of residence was found to be significant only for SA. Since Cape-Verdean individuals scored higher on SA (and closer to Portuguese native respondents) than Chinese individuals, but also had been residing for a longer period of time in Portugal, we can argue for the relevance of time of residence in the incorporation of the host culture values (see Schwartz et al, 2006). This assumption emerges from a positive acculturation (assimilation or integration) strategy point of view, and takes into account contextual factors that may facilitate adaptation, such as language.[1] In another study that examined the contribution of acculturation to each of the three autonomy-connectedness dimensions, the results showed that better adaptation to the new culture contributed to increased SO, but not SA (Bekker et al, 2006, 2011). However, in this study, authors used an exclusively female

sample, which may have limited the results. In the integration strategy, as a migrant, individuals are challenged with the dichotomy between their original culture and what is expected and desirable in the host culture. This process may itself contribute to higher self-awareness, thus the perception of cultural differences and social adjustment becomes more salient, almost mandatory, for migrants who want to fit in their new cultures. Therefore, we hypothesize that more time of residence in a host culture will increase the levels of self-awareness in immigrant groups, despite their willingness/or not to maintain the culture's original values.

Given the exploratory nature of this study, certain limitations have to be considered. Sampling and recruitment were concerns in both studies. In study I, there was a higher percentage of females than males in the sample, and the sex discrepancy may have impacted the results given sex differences on autonomy-connectedness. Even though the sample size for Study II was satisfactory for exploratory quantitative research, it was relatively small and the dimension of each group for between-group comparison was small. We acknowledge some difficulty in reaching out to immigrant participants, due to the fact that these communities in particular are relatively closed to outsiders. Another limitation was the exclusive use of self-report measures. Finally, the use of time of residence as a proxy variable for acculturation, while simple and good-enough, has recognized shortcomings. Future research on this domain should aim to use additional measures of acculturation processes and strategies.

The evidence from this investigation adds to the understanding of autonomy-connectedness construct as a culture sensitive personality trait. This investigation also provides a possible link between autonomy-connectedness and acculturative processes such as assimilation and integration. In fact, findings highlight cultural differences in

[1] Portuguese and Cape Verdean populations share the same official language, due to colonization history.

autonomy-connectedness, as well as a possible association between acculturation processes and autonomy-connectedness. This study extends to the support of autonomy-connectedness as a conceptually meaningful construct, with contributions to both gender and cross-cultural studies. Future directions may include the comparison of immigrant groups and their counterparts who do not migrate, given that are markedly different. In doing so, sex differences in autonomy-connectedness may also be explored in different cultures, as they may represent distinct social gender constructs.

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TABLE 1
Structure Matrix (PAF) obliquely rotated with factor loadings of per item on ACS-30 Portuguese Version

	Factor		
	1	*2*	*3*
1. Tenho tendência a envolver-me demasiado nos sentimentos dos outros.	.588		
2. Raramente me preocupo com os sentimentos e as experiências dos outros.	-.512		
3. Raramente me preocupo com a visão que os outros têm de mim.	-.504		
4. Muitas vezes imagino o que os outros pensarão de mim.	.472		
5. Facilmente ponho de parte os comentários dos outros.	-.336		
6. Não suporto que as outras pessoas estejam zangadas comigo.	.514		
7. Odeio desapego.	.541		
8. Quando tomo decisões importantes acerca da minha vida, não tenho em conta os desejos e as opiniões dos outros.	-.370		
9. Sinto uma grande necessidade de receber conselhos e orientações das outras pessoas.	.572		
10. Se faço alguma coisa que aborrece as outras pessoas, facilmente ignoro esse pensamento.	-.492		
11. Raramente costumo pedir conselhos a outras pessoas.	-.517		
12. Consigo facilmente desistir de coisas que pessoas que são importantes para mim querem que eu faça.	-.406		
13. Frequentemente anseio por amor e afeto.	.381		
14. Normalmente consigo afastar dos meus pensamentos a angústia das outras pessoas	-.554		
15. Só de imaginar ter de me despedir de uma pessoa que amo, sinto-me logo destroçado/a antecipadamente.	.596		
16. Se tenho as coisas à minha vontade contra a vontade dos outros, fico normalmente muito ansioso/a.	.418		
17. As experiências das outras pessoas têm um forte impacto nos meus estados de espírito.	.371		

18. Sinto-me rapidamente à vontade em novas situações.		.591	
19. Lido facilmente com um novo problema sozinho/a.		.524	
20. Preciso de muito tempo para me acostumar a um novo ambiente.		-.840	
21. Sou uma pessoa muito aventureira.		.487	
22. Se dependesse de mim, passaria a maior parte do tempo em ambientes familiares.	.326		
23. É-me difícil começar novas atividades sozinho/a.		.591	
24. Muitas vezes não sei qual é a minha opinião.			-.558
25. Tenho opiniões fortes sobre a maioria dos assuntos.			.441
26. Muitas vezes tenho dificuldades em saber o que realmente quero.			-.626
27. Normalmente, é muito fácil para mim saber o que gosto mais.			.625
28. Quando não concordo com alguém, deixo isso bem claro.			.518
29. Se me perguntam o que eu quero, a maior parte das vezes respondo de forma imediata.			.601
30. Ouvir a opinião das outras pessoas muitas vezes faz-me mudar de ideias.	.455		-.381

Note: Factor 1=SO; Factor 2=CMNS; Factor 3=SA

TABLE 2
Cronbach's Alpha values for ACS-30 Subscales in the Portuguese version

Scale	***Cronbach' s α of original version***	***No. of items of original version***	***Cronbach's α of Portuguese version***	***No. of items of Portuguese version***	***SO***	***CMNS***
Self-awareness (SA)	.81	7	.83	6	-.38**	.33**
Sensitivity to others (SO)	.83	17	.74	16		-.24**
Capacity of managing new situations (CMNS)	.82	6	.76	5		
Total	-	30	-	27		

TABLE 3
Means and Standard Deviations of Average Items Scores On ACS-30 Portuguese Version

Scale	*Total Sample*		*Men*		*Women*	
	M	SD	M	SD	M	SD
Self-awareness (SA)	3.69	.77	3.65	.77	3.71	.07
Sensitivity to others (SO)	3.39	.61	3.19[a]	.56	3.50[a]	.61
Capacity to manage new situations CMNS	3.39	.81	3.45	.72	3.36	.86

[a] Means with statistically significant differences at $p<0.01$.

TABLE 4

Descriptive analyses of participants in Study II

	Total Sample	*P-Group*	*CV-Group*	*CH-Group*
N	90	30	30	30
Age (mean)	28.41	27.23	32.10	25.71
Female participants (%)	57.8	60	60	53.3
Male participants (%)	42.2	40	40	46.7
Time of residence (years) [a]	-	-	2-7	1

a. Highest frequency observed

TABLE 5
Multivariate Analysis of Variance between Culture Group and ACS-30 Subscales

	P-Group		*CV-Group*		*CH-Group*	
Scale	*M*	*SD*	*M*	*SD*	*M*	*SD*
Self-Awareness (SA)	3.74*	.81	3.40	.64	3.03*	.39
Sensitivity to Others (SO)	3.39	.77	3.2	.33	3.2	.22
Capacity for managing new situations (CMNS)	3.60	.70	3.50	.50	3.39	.43

*. Significant at $p \leq 0.05$.

Figure 1
Sex differences between cultural groups on SO subscale