

**ISCTE  IUL**  
**University Institute of Lisbon**

**IUL School of Social Sciences**

Department of Social and Organizational Psychology

**Social Inclusion of Chinese Immigrants in Portugal:  
The Roles of Length of Residence and Social Networks**

Jia Fu

Dissertation submitted as partial requirement for the conferral of  
*Erasmus Mundus European Master in the Psychology of Global Mobility, Inclusion and  
Diversity in Society*

Supervisor:

Dr. Kinga Maria Bierwiazzonek, Assistente Convidada,  
ISCTE – University Institute of Lisbon

Co-supervisor:

Dr. Alexander Scott English, Post-doc Research Fellow  
Shanghai Intercultural Institute, Shanghai International Studies University

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## Abstract

Focusing on Chinese immigrants, this study investigated the role of length of residence and social networks on social inclusion, which we operationalized as psychological adaptation, socio-cultural adaptation, economic adaptation and political participation in the Portuguese society. The study found that: (a) Chinese immigrants' overall social networks was positively correlated with psychological adaptation and socio-cultural adaptation; (b) Chinese immigrants' length of residence in the host society was positively related to psychological adaptation and socio-cultural adaptation; (c) The overall social networks but not differentiated networks mediated the relationship between immigrants' length of residence and their socio-cultural adaptation and the relationship between length of residence and psychological adaptation. Limitations of the study and implications for further research were discussed.

*Keywords:* Chinese immigrants, social networks, length of residence, cross-cultural adaptation, economic adaptation, political participation

### PsycINFOCodes:

2910 Social Structure & Organization

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## INTRODUCTION

With increasing globalization, countries have become increasingly interconnected with each other and the world has witnessed massive levels of international migration. Europe, as one of the most popular migration destinations, hosted approximately 22.3 million non-EU residents as of 1 January 2018 and took in around 2.4 million non-EU immigrants during 2017 according to Eurostat (2019). While international migration has enriched cultural diversity and promoted economic growth, it has also brought in the challenge of social inclusion. Although inclusion is one of the main topics of acculturation research, it tends to be studied as a rather general construct focusing on psychological and socio-cultural adaptation, with fewer studies examining inclusion in specific social domains such as migrants' economic or political life.

Drawing upon the acculturation framework (Berry, Phinney, Sam, & Vedder, 2006; Berry, 1997) and cross-cultural adaptation model (Ward & Kennedy, 1994; Ward & Rana-Deuba, 1999), this study extends the classic conceptualization and regards social inclusion as a multifaceted phenomenon that is composed of socio-cultural adaptation, psychological adaptation, economic adaptation and political participation. We are interested in knowing whether two factors, length of residence in the host society and the composition of immigrant social networks, affect immigrants' inclusion in these domains. The study focuses on Chinese immigrants in Portugal, who are an understudied group but whose visibility has been increasing in Portugal in recent decades and for whom the network approach may be particularly relevant due to their collectivistic characteristics. Specifically, this investigation intends to look at how length of residence in Portugal may influence social network composition, which in turn could impinge on immigrant inclusion in those domains.

**CHAPTER I. THEORETICAL GROUNDING**

**Cross-cultural Adaptation in the Acculturation Framework**

Whenever people move to and settle down in a new environment, they are, to some extent, confronted with transitioning issues. At a psychological level, the transitioning process is referred to as acculturation and defined as a process of cultural and psychological change when individuals encounter different cultures (Sam & Berry, 2010). As a crucial part in the acculturation framework, cross-cultural adaptation has been viewed as the outcome of acculturation guided by people's motivation towards maintaining connections with the ethnic culture or creating new ties with the host culture (Berry, 2005).

Probably the most influential and widely used conceptualization of cross-cultural adaptation in psychological research is the one proposed by Ward and colleagues (Searle & Ward, 1990; Ward & Kennedy, 1999) who investigated two different dimensions of this concept: psychological adaptation and socio-cultural adaptation. In a cross-cultural setting, psychological adaptation refers to a person's psychological well-being and satisfaction after moving to another culture, thus mainly focusing on affective responses (Ward & Kennedy, 1994). By contrast, socio-cultural adaptation deals with behavioral aspects that are related to one's social functioning in managing his/her everyday life in the new culture (Ward & Kennedy, 1994). While psychological adaptation is associated with a stress and coping framework, socio-cultural adaptation is based on a culture learning perspective, which in essence is a form of social learning (Ward & Kennedy, 1994; Wilson, Ward, & Fischer, 2013).

From the viewpoint of Berry's (1997) acculturation framework, cross-cultural adaptation is the outcome of acculturation and as such, it is predicted by individuals' acculturation orientations, which in turn can be predicted by various factors ranging from individual characteristics including language skills, cultural competence, personalities and so on to group-level influences

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such as discrimination, migration and multicultural policies as well as contextual factors such as family, community and society (Ward, Fox, Wilson, Stuart, & Kus, 2010; Ward & Geeraert, 2016).

As for the economic adaptation proposed as one of the dimensions of social inclusion in our study, Ayman and Berry (1996) argued that a sense of efficiency in conducting tasks in the host culture is also an indicative aspect of cross-cultural adaptation, hence they added economic adaptation as a separate dimension in their study, although the Ward model would assume that occupational outcomes are part of socio-cultural adaptation. In the meantime, economists, especially those from the United States, Canada and Australia, have discussed the notion of immigrants' economic assimilation (Beggs & Chapman, 1988; Borjas, 1999) which states that recently arrived immigrants may have different occupational conditions and earning profiles than the host nationals and the early arrived immigrant counterparts, but this gap is likely to change over time and immigrants will eventually adapt to the labour market of the host country (Heyfron, 2006). Following Ayman and Berry's study and in considering the migratory characteristics of the target population in this study, we contend that economic adaptation should be included as a dependent variable when it comes to immigrants social inclusion.

As to political participation, it has been argued that it is a fundamental mechanism for the democratic process in improving minority groups' disadvantaged positions in a society (Petrusevska, 2009). It is indicative of the extent to which immigrants are integrated into the host society and facilitates the formulation of integration policies and measures (European Commission, 2004), thus it would be of crucial importance to investigate immigrants' engagement in politics in the host country. One study investigated the role of ethnic identity in labour migrants' political involvement in Germany and it revealed that a dual identification, operationalized as an integration orientation in the study, was positively associated with migrants'

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political interest (Fischer-Neumann, 2014). To our best knowledge, there has been a lack of research on immigrants' political participation in the receiving country in the field of social psychology. Anchoring in the acculturation framework, we regarded political participation in the host society as an independent domain of acculturation outcomes and we focused on Chinese immigrants' political engagement in terms of their interest in and discussion of political issues in their daily life.

In this study we go beyond the traditional acculturation outcomes by looking not only at psychological and socio-cultural adaptation, but also at economic adaptation and political participation. By doing so, we strive to provide a broader picture of immigrants' perceived social inclusion in the host society.

### **Length of Residence in Acculturation and Adaptation Studies**

While the overall adaptation difficulties should decrease over time, the greatest adjustment problems are expected at the beginning of transition when people encounter the most life changes, have the least social support and limited cultural skills (Ward, Okura, Kennedy, & Kojima, 1998). From Ward et al.'s (2001) perspective, a longer residence in the host country would indicate more chances for culture learning which in turn could lead to better socio-cultural adaptation. On the other hand, a longer stay in the receiving society may equip migrants with better strategies to cope with culture-specific stressors, contributing to better psychological well-being. Although research on short-term migration found that psychological adaptation often fluctuates (Ward, Bochner, & Furnham, 2001) with different groups of sojourners (Demes & Geeraert, 2015).

Research has been conducted to examine the effect of time spent in the host country on acculturation outcomes, though findings are somewhat mixed with regard to adaptation domains. Bagley (1993) reported a positive influence of length of residence for physical and psychological

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well-being for Chinese immigrants in Canada, with those staying longer experiencing less anxiety and depression and better physical conditions. Within the cross-cultural adaptation framework, Ward and Kennedy (1996) found that international students' psychological adaptation followed a U-curve pattern whereas socio-cultural adaptation dropped sharply in the beginning and continued decreasing smoothly later on. To further test the existence of U-curve, Ward and colleagues (1998) studied Japanese students in New Zealand and it revealed that students' adjustment problems in both psychological and socio-cultural domains diminished over an one-year period. Also with international students in the United States but with a bigger sample, Wilton and Constantine (2003) found positive correlation between length of residence and psychological adjustment. Geeraert and Demoulin (2013) administered an investigation over a four-point timeline on Belgian adolescents who took part in a one-year exchange program overseas and found that sojourners' psychological adjustment improved over time. More recently, a meta-analysis by Wilson et al.(2013) found small but significant effect size for length of residence in predicting socio-cultural adaptation. In sum, most research on the effects of length of residence was done on international students and over short periods of time, and the picture may be different for long-term immigrants. In fact, Ward and her colleagues (Ward et al., 2001) have argued that the relationship between length of residence and acculturation outcomes is multifaceted and possibly moderated by the type of migrants.

While there have been a number of studies examining the role of length of residence in acculturation outcomes, research on the relationship between length of residence and social interactions in the receiving country is scarce. Since a longer stay in the host country translates into a longer exposure to the culture of the receiving society, it may be expected to strengthen host-, but weaken home-culture identification and thus facilitating assimilation, as argued by Cortés, Rogler and Malgady (1994). While acknowledging the potential effect of length of

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residence on culture learning and acculturation process, we argue that for immigrants who move to another country without adequate culturally appropriate competence, it is likely that they would start by turning to the ethnic community and try to build up co-national networks from there. It is likely that the longer individuals reside in the host country, the more chances/needs they have to establish connections with both host nationals and co-nationals, resulting in mounting social capital in their social relations that are conducive to buffering psychological stress and life difficulties, to building up business collaborations, and to getting involved in political life, hence the better they will adapt to the situation in all four dimensions of social inclusion. To the best of our knowledge, there has been little research on this. Therefore, we would like to investigate whether a longer residence in the host country translates into social inclusion through building stronger social networks.

### **Length of Residence and Generational Status**

While for immigrants a longer residence in the receiving country should be associated with better adaptation to it, there may be confusion between length of residence and generational status. Second generation immigrants typically have spent most, if not all, of their life in the host country. In the same time, it may be that long-term established immigrants reach a point when their psychological and social functioning within the host society does not differ much from the second generation. While very specific predictions for the length of residence are found in the adaptation literature, it is less clear how generational status influences adaptation.

It would seem different generations may have different acculturation preferences, adaptation patterns and outcomes. However, findings in this regard are not consistent and lack a theoretical grounding. For instance, Montgomery's (1992) study on Hispanic immigrants in the United States showed increasing preference for the host culture over generations. In contrast to that, variations of acculturation attitudes were found across generations in a report on migrant

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youth in New Zealand (Ward, 2008; see also Phinney, Vedder, & Vedder, 2006 and Berry et al., 2006 for more results from the ICSEY study). The study showed that assimilation and marginalization were more likely to be endorsed by the second generation, and that more behavioral problems and poorer adaptation in the education domain were reported by the second generation vis-a-vis first and 1.5 generations. With respect to psychological adaptation, no significant difference was found across the three generations and ethnic identity remained strong and stable over generations. Similarly, an exploratory study showed that Indian immigrant adolescents and their parents employed similar acculturation styles in the United States, with adolescents having more hyphenated identities than their parents (Farver, Bhadha, & Narang, 2002).

In sum, findings regarding the role of generational status are mixed and adaptation theory does not seem to allow for formulating any predictions as to how this factor would influence adaptation. There is more theoretical and empirical reasons to hypothesize that length of residence would be the factor influencing adaptation via networks. However, a certain degree of overlap between both factors is likely. For instance, while second generation immigrants may typically have a longer residence in the country, some older first generation immigrants may have lived longer in the host country than some younger second generation immigrants. As far as we are aware, the literature does not provide any indications on whether and in what sense difference of this kind matter. Therefore, this study will take both factors into account by controlling for generational status at all times.

### **Social Networks**

One factor that has been shown to robustly predict adaptation outcomes is social interaction. When referring to host nationals, interaction is mainly seen as an important element of culture learning which helps with socio-cultural adaptation (Wilson et al., 2013); when referring to co-



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nationals, it is seen as an important source of social support which helps with psychological adaptation (Ward et al., 2001). A social network approach seems to be the best way to get detailed insights into how relational aspects of social interaction are relevant. A social network is defined as 'a group of network members that are connected by one or more relations (Wasserman & Faust, 1994). Network members (often referred to as nodes in network studies) can be persons or organizations. Relations between nodes can also be in different forms such as friendships, collaborations, trade ties, information flows, exchange of social support and so forth (Wasserman & Faust, 1994). Wasserman and Faust (1994) stressed that a social networks perspective considers the characteristics of the network structure as more influential and focuses on properties within the relational systems while individual attributes are less emphasized. In application of social network approach, theorists often see social interactions as channels through which resources, either tangible or intangible ones, flow.

The data collected using social networks method is distinctive from attribute data due to its relational nature. In addition, researchers can focus either on ego-centric or whole networks depending on the research goals. With ego-centric network data, researchers can find out connections that a focal node has (ego-only networks) as well as relations between his/her surrounding people (ego-centric networks with alter connections) (Hanneman & Riddle, 2005). In contrast, with all information of each node's connections with alters, whole network data provides a bird's view of the relations between all pairs of a given target population (Hanneman & Riddle, 2005).

Accordingly, there are two kinds of methods respectively when it comes to data analysis, namely ego-centric network analysis and socio-centric network analysis. Ego-centric network analysis has a focus on individual ego networks such as network composition, structure and shape while socio-centric network analysis concentrates on the full structure of the network from

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which concentration of power, flow of information and resources and status structure of a target group can be explained. Because in this research we are interested in individual level outcomes (i.e., adaptation, perceived inclusion), we will focus on the role of ego-only networks and specifically on their quality (i.e., closeness of ties and social support embedded in one's networks), following previous adaptation research (co-national networks and adaptation see Adelman, 1988; Sykes & Eden, 1985; Ward & Kennedy, 1993; host national networks and adaptation see Searle & Ward, 1990; Berry, Kim, Minde, & Mok, 1987; Furnham & Li, 1993; Ward & Kennedy, 1992)

### **Social Networks and Social Capital**

At first, the topic of social networks was mainly discussed by sociologists, often together with social capital which was argued as assets in social networks. Pierre Bourdieu (1986) defined social capital as 'the aggregate of the actual or potential resources which are linked to possession of a durable network of more or less institutionalized relationships of mutual acquaintance and recognition'. He further argued that the volume of social capital one possesses was constituted and accumulated in his/her social networks.

On the other hand, acknowledging that social capital is the access to and use of embedded resources in social networks, Lin (2005) developed a network theory of social capital and argued that social network resources can enhance the outcomes of actions. He offered three explanations to elaborate the mechanism. First, social relations provide individuals and organizations with useful choices and opportunities. Secondly, social ties may influence the decision-making of significant agents such as recruiters and supervisors of an organization who usually would evaluate the weight of such relations before making a decision. The third explanation stresses the invisible resources beyond an individual's personal capital such as his/her accessibility to produce more resources may be considered as his/her social credentials that carry potential

benefits for the organization. In a word, the resources embedded in social networks can benefit individuals in direct or indirect manners. With regards to our research, it is thus reasonable to assume that immigrants with more dynamic social networks are more likely to acquire better acculturation outcomes.

### **Social Networks and Acculturation Orientations**

In the acculturation field, it is thought that best adaptation outcomes are associated with the integration strategy (Berry, 2005; Sam & Berry, 2010). This recurring finding may be partially accounted for by the availability of double resources from both networks, co-national and host-national (Sam & Berry, 2010). Smith (1999) proposed the theory of intercultural social networks to explain the processes of cultural adjustment and he stressed the role that intercultural social networks could play in cross-culture adjustment. In addition, Smith (1999) argued that the structure configurations of one's networks are, to a certain degree, reflective of one's identities, cultural preferences, and relationship types and thus may be indicative of acculturation attitudes and adjustment. He suggested that the differences in network composition indicate one's acculturation orientations. Drawing on this approach, Chi (2014) operationalized acculturation strategies as the formation of one's social networks and used eigenvector centrality, as indicated by the number of people to whom one is connected (quantity) and the prestige of these networks (quality), to predict international students' adaptation. The results showed the eigenvector centrality contributed to enhanced socio-cultural adaptation and psychological well-being.

Similarly, Vacca, Solano, Lubbers, Molina, and McCarty (2018) differentiated structural assimilation and structural transnationalism in terms of the degree to which immigrants were involved in the origin co-national networks and host national networks. The former was defined as embeddedness in host national social networks in the receiving country and the latter as embeddedness in networks from the sending country. They concluded that the size of structural

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assimilation and transnationalism are significantly associated with immigrants' cultural adaptation, with more host national networks associated with assimilation and more transnational networks with lower assimilation. In the same time, network diversity was found to be positively and significantly related to assimilation in the host country (Vacca et al., 2018).

Findings from research on networks and acculturation provide further evidence for a close relation between acculturation preferences and network composition. For instance, Samnani, Boekhorst and Harrison(2013) proposed that individuals who hold assimilation or integration attitudes are more likely to network with people from the host society than those who employ separation or marginalization strategies. Another study on international students in the United States suggested that students' acculturation orientations partially corresponded with their social support network, with those adopting assimilation and integration strategies perceiving higher levels of social support from host nationals than those employing separation and marginalization modes while no association was reported with regards to acculturation orientations and social support from home country (Sullivan and Kashubeck-West, 2015).

On a final note in Berry's (1997) original formulation, it is the host culture orientation that emphasizes contact with locals, while the heritage culture orientation is more about culture maintenance and not so much about having interactions with co-nationals. Yet, this is not necessarily contradictory with the network approach to acculturation. Networks carry resources (Lin, 2005), and therefore also means and references for culture maintenance. For instance, it may be difficult to maintain one's cultural patterns on one's own; usually the presence of other people who know and are willing to maintain those patterns is needed. Therefore, while social network composition may not be seen as synonymous with acculturation strategies, it is congruent with the classic acculturation theory. All in all, the existing evidence indicates that network composition reflects people's acculturation preferences.

### **Social Networks and Cross-cultural Adaptation**

As immigration becomes a highly debated topic, social networks of immigrants and related concepts such as ‘social support’, ‘migratory networks’, ‘migratory chains’ and their relations with social inclusion are gaining increasing attention in social science (de Miguel Luken & Tranmer, 2010). The association between social networks and cross-cultural adaptation has been well-investigated and studies have demonstrated that social networks play an important role in cross-cultural adaptation.

Bierwiazzonek and Waldzus's (2016) review of antecedents of cross-cultural adaptation categorized socio-cultural correlates of adaptation into cultural distance, social interaction, social resources, social stressors and family-related variables, indicating that individuals’ social networks, as an important source of social resources and an influencing factor of intercultural experience, can have an impact on the cross-cultural adaptation. This is in accord with the social capital theory which stresses the importance of the resources embedded in social relations (Lin, 2005). In fact, an increasing number of studies have discussed or studied the roles of immigrants’ social networks in terms of social support sources (Adelman, 1988; Bojarczuk & Mühlau, 2018; Cachia & Jariego, 2018; Cardona, 2018; Kornienko, Agadjanian, Menjívar, & Zotova, 2018; Ryan, Sales, Tilki, & Siara, 2008) with some of them focusing on the roles of co-national and/or host national network compositions. The most recent meta-analysis by Wilson et al. (2013) demonstrated that social interactions positively accounted for socio-cultural adaptation, although different effect size was found for co-nationals ( $r=.14$ ) and host nationals ( $r=.29$ ), suggesting different networks may have different effects.

In a qualitative study, Viruell-Fuentes (2006) studied social ties of first and second Mexican women in the United States and found that interacting with co-nationals helped second generation immigrants cope with assimilation pressures from the host country while these

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interactions exert contradicting effects on first generation immigrants who tend to heavily rely on primary ties but risk depleting network resources. On the other hand, transnational ties provided both generations with a sense of social connectedness. More specifically, scholars (Jariego & Armitage, 2007) found that the number of compatriots in migrants' personal networks is positively associated with their sense of community, which is believed to facilitate individual well-being (Prezza and Costantini, 1998), when time spent in the host country was controlled. In another study, the results revealed that the number of host-nationals in one's network was positively related to immigrants' psychological well-being (Martínez García, García Ramírez, & Jariego, 2002).

Co-national and host-national networks are sometimes conceptualized as intracultural networks and intercultural networks in migration studies. The consistent finding is that the size of the local ethnic community and relationships with co-nationals positively contribute to a sojourner's adjustment, leading to a higher sense of inclusion and security (Kim, 1978; Kuo & Tsai, 1986; Ying & Liese, 1994). Moreover, studies show co-national networks may buffer acculturation stress (Ward et al., 2001) as well as provide immigrants with easier access to information, useful contacts and tangible resources (Anderson & Christie, 1982), although in some other studies co-national networks were found to be harmful to sojourners' adjustment (Pruitt, 1978; Richardson, 1974). With respect to the counterpart networks, intercultural relationships with host-nationals are found to be beneficial in terms of language learning, information accessibility and culturally appropriate behaviors and thus help migrants to adapt better to life overseas (Ward et al., 2001; Ward & Kennedy, 1993). For instance, one study suggests that immigrants' engagement in direct interpersonal communication with host nationals in the United States, but not with co-nationals, are significantly correlated with their functional and psychological well-being (Kim & McKay-Semmler, 2013). In another study that focused on

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international students' social ties with host nationals (Cheng, Meng, & Liu, 2018), it was found that network strength was positively correlated with students' perceived emotional support which contributed to better socio-cultural adaptation. Yet, no relationship was found between density and proportion of host national ties and perceived informational support that contributed to enhanced psychological adaptation.

While research on psychological adaptation and socio-cultural adaptation has gained much attention, it would be useful to also look at specific adaptation domains, such as immigrants' economic adaptation and political participation. Social networks have an instrumental role as an important source of social capital (Putnam, 2007) and there is evidence suggesting that migrants' social networks are related to career success through social resources embedded in social ties (Aycan & Berry, 1996; Seibert, Kraimer, & Liden, 2001). However, contradictory results were found in Danzer and Ulku's (2011) study on the effect of co-national networks on economic success of Turkish immigrants in Berlin. Findings showed that co-national (ethnic and familial) networks in the ethnic community, but not transnational networks, were positively correlated with immigrants' economic success. One can therefore expect that immigrants' social networks and economic adaptation are related to each other.

On the other hand, it has been evidenced in recent research that social networks account for immigrants' political participation, which, if we take a holistic approach to immigrants' social inclusion, can be seen as another life domain to which immigrants need to adapt. Political scientists suggest that merely discussing politics with friends is a good indicator of people's involvement in politics and it reinforces their ideas about political engagement (Mcclurg, 2003). Furthermore, social networks are related to immigrants' political engagement in the host country (Tillie, 2004). In the same line, a positive effect was noted between ethnic identification and political participation among immigrants who were more involved in their co-national friend

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networks (Kranendonk & Vermeulen, 2018). Kranendonk and Vermeulen's (2018) study of Moroccan and Turkish immigrants in The Netherlands found a positive correlation between immigrants' embedment in the co-national networks and voting turnout. Meanwhile, research shows that networks of organizations in which migrants were involved affect the levels of immigrants' political engagement (Fennema & Tillie, 1999, 2001). In another investigation on ethnic migrants' political participation, findings revealed that migrants who actively participated in ethnic organizations were more politically active in terms of their home country politics, compared to those who did not (Berger, Galonska, & Koopmans, 2004).

To sum up, the above review suggests that individuals' social networks can play a role in shaping one's acculturation preferences as well as affecting the adaptive outcomes. Social networks may be regarded as a set of interpersonal relations through which migrants obtain information, emotional support, instrumental help and social services; expanding one's social networks may help prevent negative outcomes or facilitate positive adjustments. In line with previous research (Chi, 2014; Smith, 1999), the current study assumes that the composition of immigrants' social networks reflects their acculturation orientations. Specifically, we contend that social interactions with host nationals could be one of the most reliable ways to acquire culture-specific skills and information, as well as to obtain instrumental aids and immediate support, while establishing connections with co-nationals would be essential to prevent psychological distress.

### **Chinese Immigrants in Portugal**

This study's target population consists of Chinese immigrants in Portugal. According to an annual report by Serviço de Estrangeiros e Fronteiras (SEF) of Portugal, there were more than 23,000 registered Chinese immigrants in Portugal in 2017, doubled from 10448 in 2007, comprising the fifth largest immigrant group in this country. Similarly in other European



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countries, the visibility of Chinese immigrants has been growing (Benton & Pieke, 2016). Yet, only a few of the aforementioned studies have targeted Chinese immigrants, and none of them focused on Chinese immigrants in Portugal. Yet, this group is specific and worth studying for several reasons. For instance, the Chinese are a collectivistic culture (Hofstede, 1980; Wong, 2001) known to apply *guanxi* mechanisms which have been compared with the Western social networks theory (Hammond & Glenn, 2004). A common sense translation for the Chinese *guanxi* is interpersonal relationships with practical functions (Chang & Holt, 1991). It has, in most cases, been researched by westerner scholars as a kind of Chinese business practice through which individuals seek assistance (Bell, 2000; Tomás Gómez Arias, 1998). Anthropologist Bell (2000) defined *guanxi* as ‘a Chinese method of articulating the extension of familial support beyond the domestic family’ and emphasized that *guanxi* was extended beyond a mere notion of connections that was characterized by instrumentalism as modeled in business management. There has been discussion on the significance of the practice of *guanxi* in Chinese societies (Bell, 2000; Chen & Chen, 2004; Luo, 2006; Xin & Pearce, 1996; Yeung & Tung, 1996). The agreement among these scholars, although explaining *guanxi* from a sociological perspective, is to acknowledge the essential role of social networks in dealing with life scenarios or achieving economic goals among Chinese. In this sense, the influence of social networks might be particularly relevant for Chinese immigrants when it comes to dealing with adaptation issues.

With regard to Chinese immigration in Portugal, studies have been conducted concerning Chinese migration trend to Portugal, among which economic migration has caught a great amount of attention (Gaspar, 2017; Neves, Rocha-trindade, Neves, & Rocha-trindade, 2008; Rodrigues, 2013; Teixeira, 1998). One of the earliest systemic investigations on Chinese community in Portugal in the 1990s mainly focused on Chinese entrepreneurs who constituted the majority of Chinese immigrants at that time; it found that kinship ties among Chinese

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immigrants had contributed to the process of partner choosing, capital raising, market assessment and strategic position filling (Teixeira, 1998). A parallel process of Chinese migration influx in the 1990s was a consequence of the market saturation in northern Europe that caused Chinese immigrants to re-emigrate to less traditional migration southern countries including mainly Spain, Italy and Portugal (Neves et al., 2008). Later, the transfer of sovereignty over Macao in 1999 accounted for a turning point of increasing Chinese immigrants in Portugal, followed by another wave of migration after 2008 as a result of the European economic crisis. In response to this, some European countries such as Cyprus, Portugal, Spain, Italy, Greece, etc., have successively launched Real Estate Investment Immigration policies that apply to both EU and non-EU citizens. With respect to Chinese investment migrants in these countries, Portugal has gained a lot of interest with its more lenient and simplified application procedures vis-à-vis other countries (Miao & Wang, 2017).

The increasing visibility of Chinese entrepreneurs in Portugal has elicited interest in scholars in social science to study the migration trajectories and social influence brought by this group. Nonetheless, there has been a lack of research focusing on Chinese immigrants' psychological conditions. One sociologist (Li, 2012) investigated the condition of social integration of Chinese immigrant youth in Portugal. Her study found that second generation Chinese immigrants' social integration level (understood by the author in the sociological sense, that is, as participation in the host society) was positively correlated with their parents' integration level and second generation's integration ability significantly stands for their Family Social Capital competence. With the recovering of Portuguese economy, the number of Chinese immigrants is expected to keep growing in this country; yet aforementioned studies offer a sociological perspective and little is known about how Chinese immigrants are included in the society from a social psychological perspective. A social-psychological analysis of this topic is still missing, and the

current study aims at addressing this gap.

**Present Study**

The above review of literature indicates that there is not much research on social networks and cross-cultural adaptation, little research on Chinese immigrants in Portugal from a social psychological perspective and no research (to the author’s best knowledge) linking all those aspects. In this context, this thesis attempts to make a step forward by investigating the composition and strength of social networks of Chinese immigrants in Portugal. In this study, the ego-centric network approach will be employed to analyze ego only network data.

More specifically, the objective of this current study is to explore the role of length of residence and social networks on social inclusion, composed of psychological adaptation, socio-cultural adaptation, economic adaptation and political participation, in the Portuguese society. In particular, we are interested to know whether social networks mediate the relationship between length of residence and different dimensions of social inclusion. We also intend to test the differential effect of host national vs. co-national social networks as mediators of the relationship between length of residence and social inclusion. Based on the literature review on length of residence, acculturation and social networks, the following hypotheses were formulated:

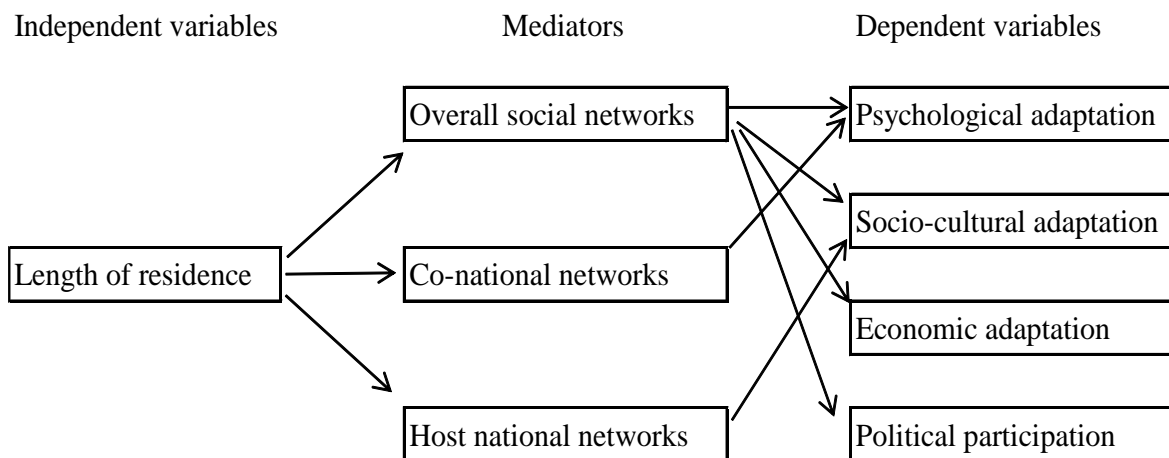


Figure 1. Theoretical model

## **Hypotheses**

H1: The length of residence in Portugal is positively associated with the quality of overall social networks (H1a), as well as co-national networks (H1b) and host national networks (H1c).

H2. The length of residence in Portugal is positively associated with all indicators of inclusion in the host society, that is, psychological adaptation (H2a), socio-cultural adaptation (H2b), economic adaptation (H2c), and political participation (H2d).

H3. The overall quality of immigrants' social networks is positively related with all indicators of inclusion in the host society, that is, psychological adaptation (H3a), socio-cultural adaptation (H3b), economic adaptation (H3c), and political participation (H3d).

H4: The quality of co-national networks is positively related with psychological adaptation (H4a), whereas the quality of host national networks is positively related with socio-cultural adaptation (H4b).

H5: The quality of immigrant social networks mediates the relationship between the length of residence in Portugal and all indicators of social inclusion.

The theoretical model tested in this study is presented as Figure 1.

## CHAPTER II. METHODS

### Participants and Procedure

This study consisted of a cross-sectional survey. Data were collected in two manners: by distributing an online web link to an online survey on the Qualtrics platform and by inviting participants to fill out a paper version of the questionnaire. The paper-pencil survey was employed in consideration of those who are not used to online surveys and those older immigrants who may have difficulties reading texts on digital screens. Both versions were identical in terms of content and layout of the questionnaire. Participants were recruited through multiple channels such as e-mails, social media platforms (i.e. WeChat), and person-to-person requests. Individuals from Chinese associations or institutions in Lisbon such as Christian Churches, Chinese schools, and Chinese student union among others were invited to participate in this investigation. Participation was completely voluntary, anonymous and confidential. In total, 267 Chinese immigrants completed the survey. We excluded participants that did not provide any information about their networks or did not respond to any of the outcome variables, as well as those whose age was under 16. After that, 114 cases remained in the final sample, including 34 who filled out paper and pencil questionnaires and 83 who participated online. 76 (66.7%) respondents were female and 38(33.3%) were male. The participants were aged between 16 and 61, and the average age was 29.7 years old. Following the operationalization of generational status by Ward (2008), those participants who were born in China and arrived in Portugal after they turned 12 years old were considered first generation ( $n = 77$ ), and those who were born in Portugal or arrived in Portugal before the age of 12 were considered second generation ( $n=37$ ). Participants had resided in Portugal for an average length of 11.9 years ( $SD=7.63$ ), with a range from less than one year to 35 years. Of those who were 1<sup>st</sup> generation, the average time lived in Portugal was 10.2 years ( $SD = 8.06$ ), with 27(35.1%) less than 5 years,

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21(27.3%) between 5 and 10 years, 18 (23.4%) between 11 and 20 years, and 11 (14.3%) more than 20 years. Of those who were 2<sup>nd</sup> generation, the overall average time they lived in Portugal was 15.3 years (SD= 2.9), with 24 (64.9%) born in Portugal living for an average of 15.4 years and the remaining 13 (35.1%) participants residing in Portugal for an average of 15.2 years. With regard to the country of birth in the overall sample, 84 (73.7%) of the participants were born in China, 25 (21.9%) were born in Portugal, and 5 (4.4%) were born elsewhere. All participants' parents were born in China, indicating there were no third-generation immigrants in our sample. Most participants completed at least middle school (bachelor or above degree=54, middle school=55, primary school=3). The mean participants' rating of their Portuguese skills was 4.1 on a scale from 1 to 6 (SD=1.62).

### **Measures**

The questionnaire was administered in Chinese language and consisted of six parts in the following order: socio-demographic information, social networks data, dependent variables (psychological adaptation, socio-cultural adaptation, economic adaptation, and political participation). Unless specified differently, all measures used a 6-point response scale. The full questionnaire in English and in Chinese translation can be found in Appendix.

#### **Independent variables.**

*Length of residence.* We measured participants' length of residence in Portugal by asking them 'How long you have lived in Portugal?'. Participants indicated their answer in years and months.

*Social networks.* We assessed the following characteristics of the closest ego-centric networks of each participant: ethnic composition, closeness, perceived social support, and social status. First, we asked participants to list at least five people (up to eight) to whom they would turn for help. Then, respondents were asked about:

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1. *The Nationality* of each listed person (Response options: Chinese, Portuguese, Portuguese-Chinese and other). Whenever the Chinese or the Portuguese-Chinese option was chosen, this person was counted into co-national networks.
2. *Closeness* with each listed person (i.e., “How close are you with this person?”). Participants were requested to rate their closeness with this person from “Not close at all” to “Very close”.
3. *Perceived social support*. We measured three aspects of social support: emotional support (How likely are you to turn to this person when you need emotional support?), practical support (How likely are you to turn to this person when you need practical help? (e.g., moving houses)), and employment support (How likely is it that this person could help you find a job if you need it?). These items were used as one scale ( $\alpha = .80$ ). Participants were requested to rate the likelihood they can get support from this person on a scale from “Not likely at all” to “Very likely”.
4. *Networks' social status*. We measured the subjective status of network members using the 10-point Scale of Subjective Status (Adler, Epel, Castellazzo, & Ickovics, 2000). Respondents were presented with a vertical ladder and requested to indicate the position of each listed person on this ladder, assuming that the higher they are, the higher their status in society.

The social network index was computed as the mean of items for emotional support, practical support, employment support, and network closeness. This was done separately for Chinese (co-national) social networks and for Portuguese (host national) social networks, as well as for overall social networks (i.e., Chinese, Portuguese and other nationals together).

### **Dependent variables.**

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*Psychological Adaptation.* The Satisfaction with Life Scale developed by Diener, Emmons, Larsen, and Griffin (1985) was utilized in the study to measure the general psychological adaptation of Chinese immigrants. Respondents were asked to indicate the extent to which they agreed with the presented items on a scale from “Strongly disagree” to “Strongly agree” (e.g., “In most ways, my life is close to my ideal”;  $\alpha = .83$ ).

*Socio-cultural adaptation.* Participants’ socio-cultural adaptation was measured using items from Ward and Kennedy’s SCAS (1999) and Wilson, Ward, Fetvadjev, & Bethel’s (2017) SCAS-R. Because the original scales were designed for short-term sojourners, a selection of items was needed to ensure relevance for long-term migration. The items were therefore selected in a way to maximize face validity, and some were slightly changed to reflect the Portuguese context. For example, we asked participants to what extent they found it difficult in ‘Adapting to the pace of life in Portugal’. Participants were invited to indicate on a scale from “Not difficult at all” to “Very difficult” to what extent they found it difficult to do tasks in eleven life domains such as ‘Building and maintaining relationships’, ‘Obtaining public services’, and ‘Making myself understood’. The scale was found to be highly reliable ( $\alpha = .89$ ). Higher scores indicate better socio-cultural adaptation in the host society.

*Economic adaptation.* Economic adaptation was measured with The Economic Adaptation Scale developed by Aycan and Berry (1996). The scale first asked participants’ perceived accomplishment of their economic goals in the host country; the self-evaluation ranged from ‘I am very far from the goals’ to ‘I am doing much better than I anticipated’, followed by five items asking about frequencies of immigrants’ feelings for financial insecurity in the context of Portuguese economics. An example item is ‘When you think of your financial situation, how often do you feel insecure?’. Participants were invited to indicate the frequency on a scale from “Never” from “Almost always”. The Cronbach alpha for the six items was .80.



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*Political participation.* The political participation scale was inspired by Kalaycioglu and Turan's (1981) and Verba's (1971) research on political participation and it contains 5 items with questions only asking about interest in and discussion of politics such as 'How often do you read/watch politically related news in Portugal' and 'How often do you discuss national issues with your friends/families?' but without items about immigrants' voting and campaigning behaviors as proposed in Kalaycioglu and Turan's (1981) study. Participants were invited to indicate the frequency on a scale from "Never" from "Almost always". The internal consistency of the items was good ( $\alpha = .85$ ).

### **Socio-demographic information.**

Socio-demographic variables included age, gender, country of birth, age leaving China, if participant ever lived in China, years spent in China and in Portugal, both parents' country of birth, subjective social status (Adler et al., 2000), education, and Portuguese language skills. Moreover, direct measures of acculturation orientations (sample item: 'Is it important for you to build up connections with native Portuguese/other Chinese living here?') and subjective social status (10-point Scale of Subjective Status, Adler et al., 2000) were included.

## CHAPTER III. RESULTS

**Descriptive Statistics and Mean Differences**

As a preliminary analysis, we calculated means for all characteristics of social networks (see Table 1). Moreover, an independent samples t-test was conducted to compare the first generation and the second-generation immigrants on study variables. As Table 2 shows, there was a significant difference for immigrants' length of residence in Portugal and socio-cultural adaptation for the first-generation Chinese immigrants and second-generation Chinese immigrants. Because generational status has been reported to be associated with focal study variables, it was used as a control variable in the mediation analysis.

Table 1

*Social Network Composition*

Characteristics of networks	Composition of networks	Mean	SD
Number of network nodes by nationality	Host nationals	1.06	1.30
	Co-nationals	3.68	1.89
	Other nationals	0.39	0.84
	Overall network	5.12	1.83
Network closeness	Co-nationals	4.92	0.76
	Host nationals	4.59	0.98
	Overall network	4.76	0.81
Perceived social status of network nodes	Co-nationals	5.96	1.71
	Host nationals	6.46	1.89
	Overall network	5.99	1.61
Social support from network nodes	Co-nationals	4.09	1.43
	Host nationals	2.28	2.19
	Overall networks	3.19	1.39
Social network index (i.e., closeness and support)	Co-national networks index	4.21	1.41
	Host national networks index	2.38	2.22
	Overall networks index	4.40	0.81

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Table 2

*Independent Samples T-test of Variables between Generations*

Variables	All participants			1st generation			2nd generation			t-test		
	N	M	SD	N	M	SD	N	M	SD	t	df	p
Length of residence	114	11.9	7.63	77	10.2	8.06	37	15.3	5.27	-4.05	101.57	.000
Perceived Portuguese skill	114	4.11	1.62	77	3.52	1.55	37	5.32	0.94	-7.667	105.75	.000
Subjective social status	114	5.46	1.86	75	5.41	1.96	37	5.54	1.66	-.339	110	.735
Co-national networks index	114	4.21	1.41	77	4.11	1.46	37	4.43	1.31	-1.14	112.00	.258
Host national networks index	114	2.38	2.22	77	2.3	2.28	37	2.56	2.1	-0.59	112.00	.559
Overall social networks index	114	4.40	0.81	77	4.36	0.83	37	4.5	0.77	-0.86	112.00	.390
Socio-cultural adaptation	111	4.31	0.76	75	4.22	0.84	36	4.5	0.55	-2.14	98.87	.035
Psychological adaptation	110	4.07	0.86	74	4.13	0.9	36	3.96	0.8	1.01	108.00	.316
Economic adaptation	112	3.77	0.85	76	3.77	0.87	36	3.77	0.84	0.01	110.00	.990
Political participation	109	3.48	0.96	73	3.59	0.99	36	3.26	0.86	1.69	107.00	.094

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### Correlations between Variables

Bivariate correlations between the main variables of the study are presented in Table 3.

Table 3

#### *Correlations between Variables*

	1	2	3	4	5	6	7	8
1. Length of residence								
2. Co-national networks index	.117							
3. Host national networks index	.052	.154						
4. Overall social networks index	.205*	.616**	.163					
5. Psychological adaptation	.229*	.236*	-.013	.257**				
6. Socio-cultural adaptation	.413**	.217*	.218*	.384**	.469**			
7. Economic adaptation	.167	.022	-.138	.075	.404**	.335**		
8. Political participation	.019	.045	.035	.108	.310**	.288**	.006	

Note. Pearson correlation coefficients are reported. ( $106 < n < 114$ ). \*. Correlation is significant at the 0.05 level (2-tailed). \*\*. Correlation is significant at the 0.01 level (2-tailed).

From Table 3, it can be observed that socio-cultural adaptation was significantly correlated and in expected directions with length of residence in Portugal, co-nationals networks index, host-national networks index, and overall social networks index. Psychological adaptation was found to be significantly related to length of residence in Portugal, co-national networks index, and overall social networks index. We did not find significant correlations between economic adaptation and political participation with any of the independent variables, although both were correlated with the remaining dependent variables.

### Mediation Analysis

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Mediation analysis was conducted separately for each outcome measure, socio-cultural adaptation, psychological adaptation, economic adaptation, and political participation. Moreover, we always tested two models per outcome: one in which we used the quality of the full social networks without distinguishing between host- and co-national, and one for the quality of host- and co-national networks as separate variables. This resulted in six different models.

We specified each mediation analysis in Process 3.3 (Hayes, 2017). All models included length of residence as independent variable and generational status as a covariate. Model 1, 3, 5 and 6 included overall social network index as a mediator. For Model 2 and 4, we entered co-national network index and host national network index as parallel mediators. Model 1 and 2 included socio-cultural adaptation as the dependent variable, while Model 3 and 4 included psychological adaptation as the dependent variable. Model 5 included economic adaptation as the dependent variable and Model 6 had political participation as the dependent variable.

Test assumptions were tested beforehand for all six models. The collinearity diagnostics showed that there was no multicollinearity in the data, as all VIF scores were below 2 and all tolerance scores were above 0.9. The values of the residuals were independent, as the Durbin-Watson value was close to 2 for all models (range: 1.98– 2.11). The plots of standardized predicted values against the standardized residuals showed no obvious pattern, suggesting the assumption of homoscedasticity was met. Finally, the P-P plot diagrams for our six models showed that the dots were all closely distributed along each diagonal line, suggesting the values of the residuals in all models were normally distributed. In sum, no violation of test assumptions was found in the six models.

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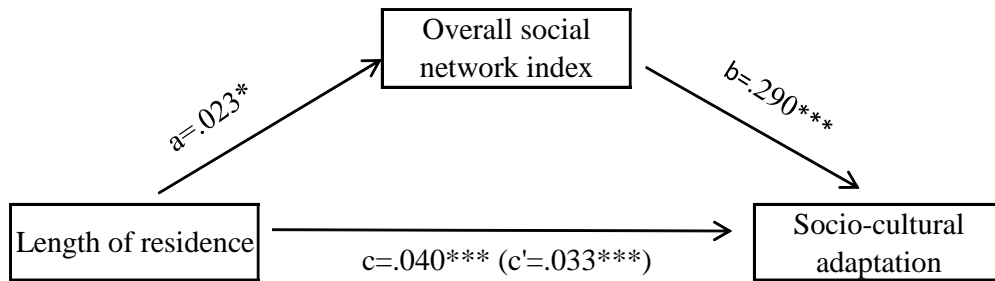


Figure 2. Mediation Model 1: Positive relationship between length of residence and socio-cultural adaptation was mediated by the overall social network index. Note: \*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$ .

Table 4

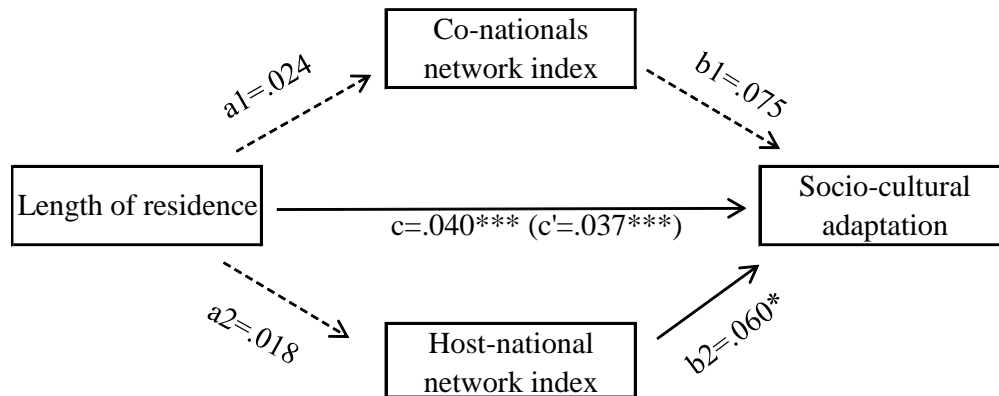
Regression Results for Model 1

	Overall social network index (M)			Socio-cultural adaptation(DV)		
	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>
<i>Total effect</i>						
constant				3.818	< .001	0.123
Length of residence (IV)				0.040	< .001	0.009
Generational status (CV)				0.069		0.151
<i>Direct effect</i>						
Constant	4.150	< .001	0.140	2.611	< .001	0.353
Length of residence (IV)	0.023	0.032	0.011	0.033	< .001	0.009
				0.291	< .001	0.080
Overall social network index (M)						
Generational status (CV)	0.016		0.172	0.064		0.143
<i>Indirect effect</i>						
Length of residence (IV)				0.007		0.004
				95% CI = 0.0012, 0.0149		
	$R^2=0.048$			$R^2= 0.263 (p < .001)$		
	F(2, 108)=2.724			F(3, 107)=12.716		

To test for mediation, a bootstrap approach with 5000 samples was used. As Figure 2 and Table 4 illustrate, the relationship between length of residence in Portugal and socio-cultural adaptation was mediated by the overall social network index when controlling for the effect of generational status. First, the length of residence was positively related to socio-cultural

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adaptation, supporting H2b, and to the overall social network index, supporting H1a. The relation between the overall social network index and socio-cultural adaptation was also positive and significant, supporting H3b. The direct effect of length of residence on socio-cultural adaptation remained positive and statistically significant in the presence of the mediator, overall social network index. The indirect effect of length of residence on immigrants' socio-cultural adaptation via overall social network index was positive and significant. Length of residence and the mediator overall social network index together explain 26.3% of the variance in socio-cultural adaptation and length of residence explains 17.2% in the variance in socio-cultural adaptation when the mediator was controlled for. Thus, a longer residence in Portugal predicted better socio-cultural adaptation on its own, but the relationship was also mediated by immigrants' overall social network index.



*Figure 3.* Mediation Model 2. Relationship between length of residence and socio-cultural adaptation was not mediated by differentiated social networks. Note. \*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$ . Non-significant correlations between variables were indicated with dash lines.

Table 5

*Regression Results for Model 2*

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	Co-national network index (M1)			Host national networks index (M2)			Socio-cultural adaptation (DV)		
	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>
<i>Total effect</i>									
Constant							3.749	< .001	0.204
Length of residence (IV)							0.040	< .001	0.009
Generational status (CV)							0.069		0.151
<i>Direct effect</i>									
Constant	3.782	< .001	0.399	2.111	0.002	0.652	3.338	< .001	0.273
Length of residence (IV)	0.024		0.018	0.018		0.029	0.037	< .001	0.009
Co-national network index (M1)							0.075		0.049
Host national networks index (M2)							0.060	0.046	0.030
Generational status (CV)	0.142		0.294	0.07		0.481	0.054		0.148
<i>Indirect effect</i>									
Length of residence (IV)							0.003		0.003
							95% CI = -0.0026,0.0090		
Co-national network index (M1)							0.002		0.002
							95% CI = -0.0009,0.0056		
Host national networks index (M2)							0.001		0.002
							95% CI = -0.0033,0.0061		
$R^2 = 0.025$			$R^2 = 0.005$			$R^2 = 0.226 (p < .001)$			
F(2, 108)=1.405			F(2, 108)=0.249			F(4, 106)=7.742			

Figure 3 and Table 5 show mediation results for co-national network index and host national network index taken separately. Both the total and the direct effect of immigrants' length of residence on socio-cultural adaptation were positive and significant. Host national network index was positively associated with socio-cultural adaptation, supporting H4b. The indirect effect of length of residence on socio-cultural adaptation through host national network index was not significant. The covariate generational status was not correlated with socio-cultural



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adaptation in this model. This result indicates that immigrants’ co-national networks and their host national networks, when analyzed separately, do not explain the relationship between the length of residence and socio-cultural adaptation.

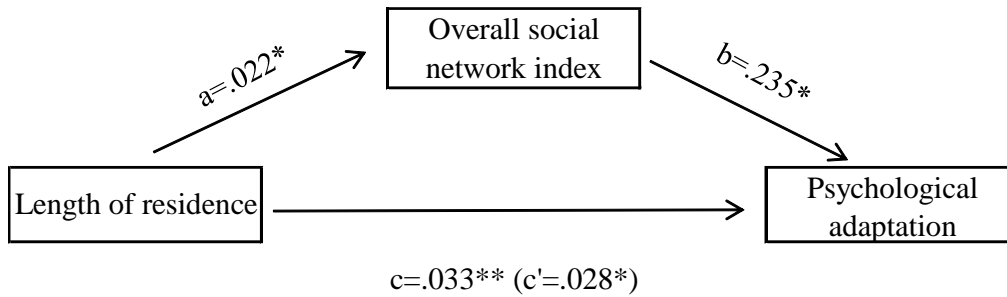


Figure 4. Mediation Model 3: Positive relationship between length of residence and psychological adaptation was mediated by overall social network index. Note. \*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$ .

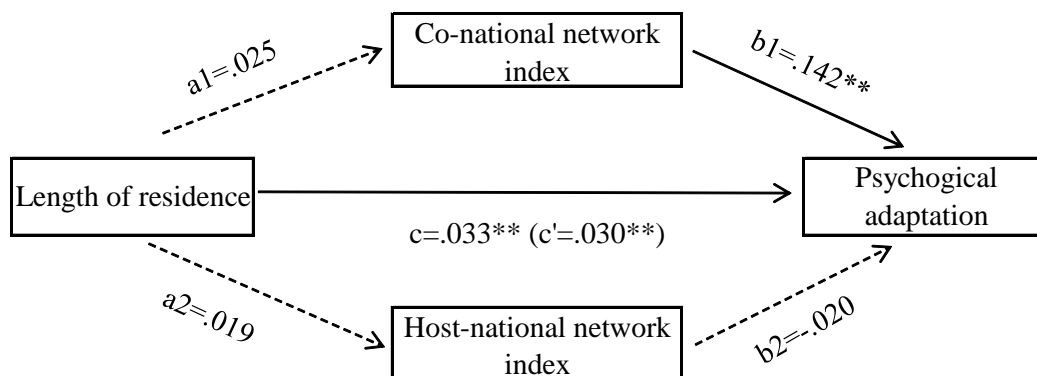
Table 6

Regression Results for Model 3

	Overall social network index (M)			Psychological adaptation(DV)		
	B	p	SE	B	p	SE
<i>Total effect</i>						
constant				3.804	< .001	0.146
Length of residence (IV)				0.033	0.003	0.011
Generational status (CV)				-0.357	0.050	0.180
<i>Direct effect</i>						
Constant	4.154	< .001	0.139	2.827	< .001	0.438
Length of residence (IV)	0.022	0.035	0.010	0.028	0.013	0.011
Overall social network index (M)				0.235	0.020	0.100
Generational status (CV)	0.018		0.171	-0.362	0.043	0.176
<i>Indirect effect</i>						
Length of residence (IV)				0.005		0.003
				95% CI= 0.0003, 0.0132		
	$R^2=0.086$ ( $p = .008$ )			$R^2=0.132$ ( $p = .002$ )		
	F(2, 107)=2.665			F(3, 106)=5.365		

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In the next step, we tested the mediation effects of overall social network index for the relationship between length of residence in Portugal and psychological adaptation. Figure 4 and Table 6 show the results of this analysis. The results demonstrated that the overall social network index mediated the relationship between length of residence and psychological adaptation. First, length of residence was positively related to psychological adaptation, supporting H2a, and to the overall social network index, supporting H1a. The relationship between the overall social network index and psychological adaptation was also positive and significant, supporting H3a. The direct effect of length of residence on psychological adaptation remained positive and significant when the mediator was entered in the model, suggesting that this relationship is not fully mediated by overall social network index. The indirect effect of length of residence on psychological adaptation through the overall social network index was positive and significant. Length of residence and the overall social network index together explain 13.2% of the variance in psychological adaptation. Length of residence explains 8.6% in the variance in psychological adaptation when the mediator was controlled for. Thus, a longer residence in Portugal predicted better psychological adaptation on its own, but the relationship was also mediated by immigrants' overall social network index. Interestingly, the covariate generational status was negatively associated with psychological adaptation, suggesting that the second-generation immigrants had lower life satisfaction than the first generation immigrants.



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Figure 5. Mediation Model 4. Relationship between length of residence and psychological adaptation was not mediated by differentiated social networks. Note. \*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$ . Non-significant correlations between variables were indicated with dash lines.

Table 7

Regression Results for Model 4

	Co-national network index (M1)			Host national network index (M2)			Psychological adaptation (DV)		
	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>
<i>Total effect</i>									
Constant							4.161	< .001	0.244
Length of residence (IV)							0.033	0.003	0.011
Generational status (CV)							-0.357	0.050	0.180
<i>Direct effect</i>									
Constant	3.860	< .001	0.383	2.169	0.001	0.653	3.654	< .001	0.339
Length of residence (IV)	0.025		0.017	0.019		0.030	0.030	0.008	0.011
Co-national network index (M1)							0.142	0.021	0.061
Host national network index (M2)							-0.020		0.036
Generational status (CV)	0.099		0.283	0.028		0.482	-0.371	0.040	0.177
<i>Indirect effect</i>									
Length of residence (IV)							0.003		0.003
							95% CI = -0.0019,0.0093		
Co-national network index (M1)							0.004		0.003
							95% CI = -0.0007,0.0094		
Host national network index (M2)							-0.000		0.001
							95% CI = -0.0040,0.0020		
$R^2 = 0.026$			$R^2 = 0.005$			$R^2 = 0.132 (p = .005)$			
F(2, 107)=1.430			F(2, 107)=0.262			F(4,105)=4.000			

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Figure 5 and Table 7 present mediation analyses for length of residence and psychological adaptation through co-national network index and host national network index. We found that both the total and the direct effect of immigrants’ length of residence on psychological adaptation were positive and significant. Co-national network index was positively associated with psychological adaptation, supporting H4a. The results indicate that immigrants’ co-national network index and their host national network index, when analyzed separately, do not explain the relationship between the length of residence and psychological adaptation. The covariate generational status was also negatively correlated with psychological adaptation in this model, indicating the second generation immigrants had worse psychological adaptation than their counterparts from the first generation.

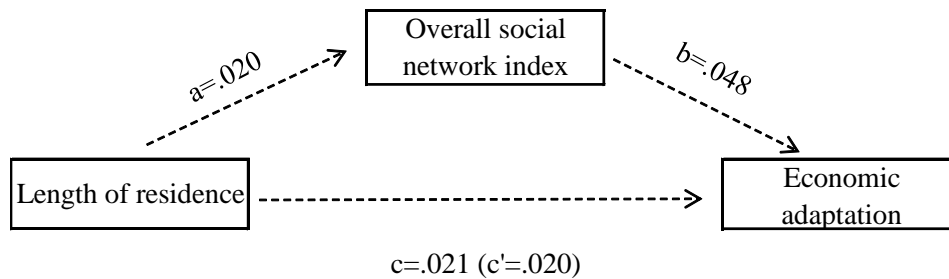


Figure 6. Mediation Model 5: Relationship between length of residence and economic adaptation was not mediated by overall social network index. Note. \*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$ . Non-significant correlations between variables were indicated with dash lines.

Table 8

Regression Results for Model 5

	Overall social network index (M)			Economic adaptation (DV)		
	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>
<i>Total effect</i>						
constant				3.562	< .001	0.149
Length of residence (IV)				0.021		0.011
Generational status (CV)				-0.114		0.182

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<i>Direct effect</i>						
Constant	4.164	< .001	0.140	3.363	< .001	0.452
Length of residence (IV)	0.020		0.010	0.020		0.011
Overall social network index (M)				0.048		0.102
Generational status (CV)	0.057		0.171	-0.117		0.183
<i>Indirect effect</i>						
Length of residence (IV)				0.001		0.002
				95% CI = -.0040, 0.0055		
$R^2 = 0.042$			$R^2 = 0.033$			
F(2, 109) = 2.357			F(3, 108) = 1.236			

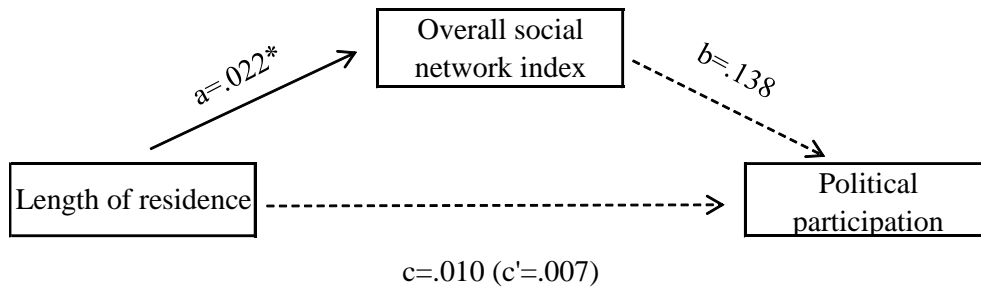


Figure 7. Mediation Model 6: Relationship between length of residence and political participation was not mediated by overall social network index. Note. \*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$ . Non-significant correlations between variables were indicated with dash lines.

Table 9

Regression Results for Model 6

	Overall social network index (M)			Political participation (DV)		
	<i>B</i>	<i>p</i>	<i>SE</i>	<i>B</i>	<i>p</i>	<i>SE</i>
<i>Total effect</i>						
constant				3.486	< .001	0.171
Length of residence (IV)				0.010		0.013
Generational status (CV)				-0.383		0.206
<i>Direct effect</i>						
Constant	4.137	< .001	0.140	2.915	< .001	0.517
Length of residence (IV)	0.022	0.038	0.010	0.007		0.013
Overall social network index (M)				0.138		0.118
Generational status (CV)	0.055		0.170	-0.390		0.206
<i>Indirect effect</i>						
Length of residence (IV)				0.003		0.003

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	95% CI = -.0025, 0.0111
$R^2 = 0.042$	$R^2 = 0.033$
$F(2, 106) = 2.784$	$F(3, 105) = 1.622$

As Figure 6– 7 and Table 8 – 9 illustrate, length of residence in Portugal did not predict economic adaptation or political participation, neither directly nor through overall social network index, when controlling for the effect of generational status. Among all the tested effects, only one relation was significant (length of residence and overall social network index). The remaining relations were not significant (Model 5: length of residence with overall social network index, length of residence with economic adaptation, overall social network index with economic adaptation; Model 6: length of residence with political participation, overall social network index with political participation.)

**CHAPTER IV. DISCUSSION**

Immigration is not a novel phenomenon and it has been studied by numerous scholars in different fields, yet it remains one of the most controversial and extensively debated topics in Western societies. To address inclusion issues of minority groups in European countries, the study aims to investigate the role of length of residence in the Portuguese society and social networks in immigrants' social inclusion. Drawing on acculturation theory and social networks theory, our study operationalized acculturation orientations in accordance with different composition of social networks. The present investigation found positive links between length of residence in a receiving society, social networks with co-nationals and/or host nationals and immigrants' psychological adaptation and socio-cultural adaptation. We found that the positive influence of length of residence on adaptation, both socio-cultural and psychological, is mediated by the overall quality of one's networks within the host country, but not by the quality of host- and co-national networks taken separately.

As hypothesized, results revealed significant positive links between length of residence and both psychological and socio-cultural adaptation, suggesting that it is a longer stay in Portugal that contributes to better psychological adaptation and socio-cultural adaptation. Our findings are in line with previous studies (Wilson et al., 2013; Ward et al. 2001; Cortés, Robert and Malgady, 1994) that examined the effect of length of residence for acculturation outcomes. Moreover, length of residence and the overall quality of social networks, indexed by social support and relationship closeness and including both host- and co-nationals, were positively and significantly related. This result suggests that a longer stay in the host society is helpful for immigrants to build up connections with people around. However, our study shows that the nationality of these people does not seem to matter. It would seem that a longer stay should translate specifically into a stronger host national network; yet, this intuition was not supported, as we only observed a

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significant link between length of residence and the overall quality of social networks but not when we looked separately at the quality of host national and co-national network networks. In other words, more time in a host country allows for building connections with people in general rather than with people of a specific national background.

Consistent with previous research (Cheng et al., 2018; Kim, 1978; Kim & McKay-Semmler, 2013; Kuo & Tsai, 1986; Ward & Kennedy, 1993), the results indicate that stronger social ties in the host society contributed to better adaptation outcomes. In particular, the overall quality of social networks was positively associated with psychological adaptation and socio-cultural adaptation. Nevertheless, when the quality of social networks was calculated separately for the host and co-national nodes, results showed that co-national network index was only positively correlated with psychological adaptation whereas host national network index was only positively correlated with socio-cultural adaptation. These findings are congruent with Berry's acculturation studies (e.g. Berry et al., 2006) that suggest that immigrants with a heritage culture orientation tend to have better psychological adaptation while those with a host culture orientation are likely to have better socio-cultural adaptation.

Finally, as predicted, the overall quality of social networks mediated the relationship between length of residence and two out of four dimensions of social inclusion: psychological and socio-cultural adaptation. In other words, if people who stay longer in the receiving country are better adapted to it, it is partially because they have had enough time to build a stronger social network that facilitates their adaptation. Interestingly, it is the quality of immigrants' overall networks, but not specifically host- or co-national networks, that plays a role in this process. For host- and co-national networks only the direct effects discussed above are found.

Moreover, this process does not seem to apply to the two remaining dimensions of social inclusion: economic adaptation and political participation. Our correlation analyses revealed that



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none of the variables in the model was significantly related to these two outcomes. We can only speculate that this is because we missed crucial background information such as the motives that had driven immigrants to emigrate to Portugal. With regard to immigrants' economic adaptation, one could expect that the effect of length of residence on it would be larger for immigrants who came for economic reasons (like those for whom the scale was initially developed, see Aycan & Berry, 1996) than for those who came for family reunion or political reasons, and it might be that our sample was mainly recruited from the latter groups. Yet, social networks are also thought to carry economically relevant resources (Woolcock, 2001), and using such resources seems particularly likely for the Chinese immigrants with their *guanxi* principle. It is therefore surprising that no effect of social network quality (expressed, among others, as instrumental support) on economic adaptation was detected. Some authors suggest that it is the breadth of the network rather than its closeness that matters for economic outcomes (Seibert et al., 2001). Future research could attempt to verify this assumption in relation to Chinese immigrants by looking at broader networks rather than close ties.

A lack of a significant relation between our independent variables and political participation may be explained by the different political regimes in China and in Portugal. On the one hand, the Chinese government has been applying the one-party system for decades and Chinese people might have been accustomed to a top-down regime to an extent that it is not a social norm to be interested in and discuss politics as contrasted to the democratic society in Portugal. For Chinese people, participating in politics consists of conforming to the political ideology and not challenging the leadership; for most westerners, participating in politics covers various forms such as voting, campaigning, and marching in protests in western countries (Xie & Jaeger, 2008). This may explain why the mean result for political participation was the lowest among the four outcomes we investigated. Nowadays, as internet provides citizens with new

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ways to get information about their host country and home country, it is easier for immigrants to get updated news on politics and they may be more involved in politics. Future research could carry out in-depth interviews with Chinese immigrants and find out if immigrants participate in politics and how they understand such a participation.

Last but not least, as to generational status, we found that the second-generation immigrants had better socio-cultural adaptation than the first-generation immigrants; surprisingly though they fell behind in their psychological adaptation. Similar counterintuitive disadvantages of the second generation have already been reported and are known as that immigrant paradox (e.g., in the ICSEY studies; see Sam, Vedder, Liebkind, Neto, & Virta, 2008, for a discussion). Usually, however, this paradox is observed for socio-cultural and occupational domains, while in our study it only showed with respect to psychological adaptation. It could be that second-generation immigrants are more exposed to the host society and because they encounter a greater variety of difficulties than the first-generation counterparts. For instance, first generation immigrants may not necessarily interact much with local people, but the second-generation immigrants grow up in Portugal and are socialized in the Portuguese education system. By consequence, they may be expected or motivated to behave in accordance with the norms and values of the host society and, at the same time, pressured by their parents at home to remain loyal to heritage culture, thus resulting in a sense of conflict which in turn impedes the psychological adaptation (see Leong & Ward, 2000, for a discussion on identity conflict in sojourners).

### **Limitations and Implications**

As any study, this study has several limitations. First of all, due to limited resources, the scales we used in our study were translated from English into Chinese without proper back-translation. Moreover, the survey was available only in Chinese but not in Portuguese, which

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could suit better the second Chinese immigrants. As a result, we received feedback that some participants had difficulty understanding some of the items in our questionnaire. Moreover, considering the different waves of Chinese immigration in history and the different factors that have pushed/pulled Chinese immigrants to move to Portugal, our relatively limited sample could not be representative of such a diverse target group. Future studies would certainly benefit from taking into account a more detailed emigration background and within-group diversity.

Second, our attempt to apply Ayman and Berry's (1996) economic adaptation might not have been entirely successful. Since the target population is difficult to reach, we could not anticipate what kind of sample we would be able to obtain. By consequence, we retained some items that might not have been relevant for some of the participants, in particular the second generation and the youngest immigrants who may not have been employed at the time of investigation and to whom their economic goals may still be vague.

Third, the items tapping into participants' networks focused exclusively on their close ego-only networks. Therefore, we did not obtain any information about weak ties where more diversified networks could be present and could be more informative of immigrants' broader social relations (Bagchi, 2001; Ryan, 2011; Sanders, Nee, & Sernau, 2002). Future research may take into account both close and weak ties in order to depict a holistic picture of immigrants' social networks and the effects of different networks. With sufficient time and resources, scholars who are interested in utilizing social networks theory in acculturation studies are recommended to apply advanced social networks analysis methods such as node graphs and matrices to represent migrants' social relations with contacts in order to fully understand the mechanism of acculturation process (see Chi, 2014, as an example).

A final limitation concerns the absence of host nationals as participants in our study. Like many other acculturation research, our study only focused on the minority group members

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without simultaneously investigating the majority local residents and contextual factors of the host society (see Ward et al., 2010 and Ward & Geeraert, 2016, for comprehensive discussion of the influence of context in acculturation process, see (Vedder, van de Vijver, Liebkind, Vijver, & Liebkind, 2006; Alamilla, Scott, & Hughes, 2016; Bélanger & Verkuyten, 2010; Jang, Roh, & Chiriboga, 2014; Jurcik, Ahmed, Yakobov, Solopieieva-Jurcikova, & Ryder, 2013, for studies investigating the role of context). It would be interesting to also investigate how Portuguese people perceive the acculturation of Chinese immigrants and to what extent they interact with Chinese immigrants and to analyze the current immigration policy formulated by the Portuguese immigration office.

## CONCLUSION

Using a novel approach to acculturation orientations from a social network perspective, this study contributes to the existing research on Chinese immigrants in European countries by investigating the effects of length of residence on their social inclusion and the mediating role of social networks in this process. The findings indicate that the longer Chinese immigrants reside in Portugal, the better is their psychological adaptation and socio-cultural adaptation. Part of the reason is that Chinese with longer residence have better quality of networks in the receiving society, which in turn facilitates their adaptation. Yet, the nationality of people in these networks does not seem to be relevant for this mediation effect. Our findings suggest that a longer stay in a new country allows for building a stronger network, and the support and sense of belonging that this network provides, regardless of its ethnic composition, is what helps Chinese immigrants achieve better adaptation in Portugal.

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**Appendix**

**An Investigation on Social Inclusion of Chinese Immigrants**

Dear participant,

We invite you to take part in a study on Social Inclusion of Chinese immigrants conducted as part of a master thesis research at ISCTE –University Institute of Lisbon. The questionnaire will take approximately 15 minutes to complete. We do hope that you will take the time to answer all the questions. Your participation in this study is anonymous, and the data stored will not include information that can identify you as an individual. We will be very grateful for your collaboration. If you have questions about this research, you can contact the main researcher [jiafu20171122@gmail.com](mailto:jiafu20171122@gmail.com)

**Part 1: Basic Information**

Instruction: Please provide us with some basic information about yourself. For each question, please find an answer that suits your situation or write above the line provided.

1. Your age :

2. Your gender:

A. male      B. female

3. Where were you born?

A. China      B. Portugal      C. Other

(If you have selected *China*, please answer 3.1 below)

3.1 At what age did you leave China?

4. Have you ever lived in China?

A. yes      B. no

(If you have selected *Yes*, please answer 4.1 below)

4.1 How long have you lived in China?

5. How long have you lived in Portugal?

6. Were your parents born in China? (Multiple choice)

A. My father was born in China.

B. My mother was born in China.

7. Please choose the option that suits you the best.



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	Not important at all	Not important	Rather not important	A little important	Important	Very important
Is it important for you to maintain cultural norms and traditions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it important for you to build up or maintain connections with other Chinese living here?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it important for you to maintain connections with your kinship family and friends in China?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it important for you to build up connections with native Portuguese?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Your education level is

- a. Primary school    b. Middle school    c. Bachelor’s degree or above

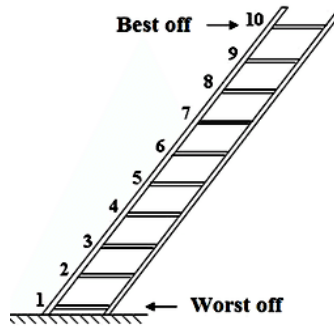
9. If “1” means “I don’t speak or understand any Portuguese”, “6” means “I don’t have any problem communicating with local people in Portuguese”, your Portuguese language level is

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Subjective social status:

Consider that the ladder represents the place that people occupy in society. At the top of this ladder are the people who have more money, more education and better jobs. At the bottom of the ladder are the people who have less money, less education and worse jobs (jobs with less recognition) or are unemployed. Could you specify at what position of the ladder you think your social status is in the Portuguese society?

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1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. To what extent do you agree with the following statements?

	Completely Disagree	Disagree	Slightly disagree	Slightly agree	Agree	Completely Agree
1. I have a lot of contact with Chinese in my daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have a lot of contact with Portuguese in my daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have a lot of contact with people from other nationalities in my daily life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Part 2.Social Networks**

12. Could you let us know the names of people (at least five)that you turn to most often when you look for help and support in everyday life?

(Note: If you are not comfortable with providing real names of your acquaintances, you can use nicknames. However, it is important that you have real people in mind and that you remember which nickname refers to which person.)

Example name: Lily(Other people listed here were asked the same set of questions.)

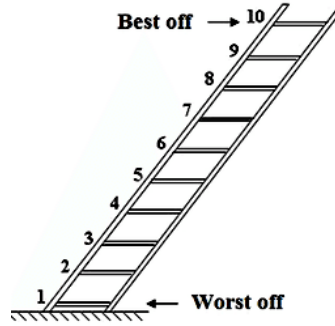
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Now, we will ask you some questions about the people you have listed. Please respond accordingly.

12.1 Which one of the below best describes Lily's nationality to you?

a. Portuguese b. Chinese c. Chinese-Portuguese d. other

12.2 What social status do you think Lily has in Portuguese society?



1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12.3 How close are you with Lily?

Not close at all	Not close	Not very close	A little close	Close	Very close
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12.4 Please choose the option that best suits you.

	Not likely at all	Not likely	Not very likely	A bit likely	likely	Very likely
How likely are you to turn to Lilly when you need emotional support?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How likely are you to turn to Lilly when you need practical help? (e.g., moving houses)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How likely is it that Lilly could help you find a job if you needed it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**Part 3. Psychological Well-being Scale**

Please answer the following questions by using the following rating:

	Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree
1. In most way my life is close to my ideal.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I am satisfied with my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. So far I have gotten the important things I want in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. If I could live my life over, I would change almost nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Part 4. Socio-cultural Adaptation Scale**

Please indicate to what extent you find it difficult to do things in the following areas by using the scales:

	Not difficult at all	Not difficult	Rather not difficult	Slightly difficult	Difficult	Very difficult
1. Building and maintaining relationships (friendships or business cooperation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Obtaining public services (e.g. going to community clinic, calling the firemen etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Making myself understood ( Talking about yourself with others; Understanding jokes and humor)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Interacting at social gatherings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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5. Attending or participating in community/association activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Accurately interpreting and responding to other people's emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Dealing with the bureaucracy/authority	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Adapting to the pace of life in Portugal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Getting used to the local food/finding food you enjoy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Getting used to local working/studying style	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Interacting with members of the opposite sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTE: All items are taken from the original SCAS and SCAS-R with items 8 being slightly reworded

**Part5. Economic Adaptation Scale**

Directions: The aim of this section is to understand your personal evaluation of your economic activities in Portugal and how much you feel satisfied with them.

(Note: If you are not economically active yourself, e.g., you do not work, please think about the economic situation of your household.)

A. How far do you perceive yourself from the economic goal you have intended to reach in Portugal? (Check one of the alternatives)

\_\_\_\_\_ I am very far from realizing my economic goals.

\_\_\_\_\_ I am far from realizing my economic goals.

\_\_\_\_\_ I have almost met my economic goals.

\_\_\_\_\_ I am doing slightly better than I anticipated I would in financial terms.

\_\_\_\_\_ I am doing much better than I anticipated I would in financial terms.

B. Please answer the following questions by using the following rating:

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	Never	Very rarely	Rarely	Sometimes	Often	Almost always
1. Have you ever had regrets about coming to Portugal because of the occupational and economic position?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Have you ever thought about going back to China as a result of your present occupational and economic conditions?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When you think of your financial situation, how often do you feel insecure?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. How often do you feel that you are unable to understand market demand of Portuguese economic life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How often do you feel that you are unable to meet market demands of Portuguese economic life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Part 6. Political Participation Scale**

A: I have interest in political topics concerning \_\_\_\_\_

- a. Portugal      b. China
- c. Other countries      d. No interest in political topics

B: Please answer the following questions by using the following rating:

	Never	Very rarely	Rarely	Sometimes	Often	Almost always
1. Do you think about politics in your daily life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. How often do you read/watch politically related news in Portugal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. How often do you discuss community problems with your friends/families?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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4. How often do you discuss national issues with your friends/families?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. To what extent do you care about Portuguese immigration policies towards Chinese? (not at all – very much)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Ethnic behavior**

Please answer the following questions by using the following rating:

	Never						Every time
	1	2	3	4	5	6	7
1. Eat 'family style' (share dishes) when eating out with friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Drink loose-leaf tea.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Drink hot/warm water.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Eat food with bones (fish/pork/beef).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Put bag/backpack on a chair/table or desk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Eat food out of a rice bowl.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Drink soup at meals instead of cold drinks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Carry a water bottle when you go outside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Wear slippers/house shoes at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Use chopsticks when eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Carry tissue paper when you go out for the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 华人社会融合调查问卷

您好，

我们邀请您参加一项有关华人社会融合的调查研究，此项研究是里斯本大学学院（ISCTE-IUL）研究生论文的一部分。本问卷大约需要 15 分钟。我们诚挚地希望您能回答所有的问题。当然您的参与是自愿和匿名的，您可以在任何时候停止作答。我们承诺，您的所有信息仅用于学术研究，您的个人信息和回复都将得到保护，感谢您的配合。

如果您对本研究有任何问题或您对最后的研究结果感兴趣，请联系主要调查员付佳  
jiafu20171122@gmail.com

### 第一部分

1. 年龄\_\_\_\_\_

2. 性别

a. 男            b. 女

3. 你在哪里出生？

a. 中国          b. 葡萄牙          c. 其他

(3.1 如果你是在中国出生，你几岁的时候离开中国来到葡萄牙？

\_\_\_\_\_ )

4. 你在中国生活了多少年？

a. 我不曾在中国生活

b. 我曾在中国生活。请指出累计居留时间\_\_\_\_\_年\_\_\_\_\_月

5. 你在葡萄牙生活了多长时间？\_\_\_\_\_年\_\_\_\_\_月

6. 你的父母是在中国出生的吗？请勾选（可多选）。

a. 父亲在中国出生          b. 母亲在中国出生

7. 你的学历是？

a. 小学            b. 中学            c. 大学及以上

8. 如果“1”表示“我听不懂也不会讲葡萄牙语”，“6”表示“我用葡萄牙语交流没有障碍”，你认为你的葡萄牙语水平是

1	2	3	4	5	6
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

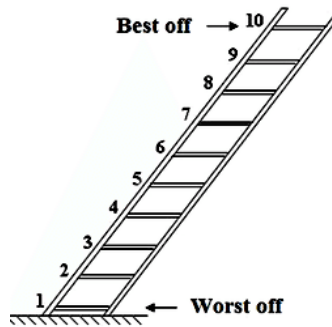


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9. 请根据实际情况勾选最符合你的选项。

	一点也不重要	不重要	不太重要	有点重要	重要	非常重要
对你来说，保持中国的传统文化习惯和特点这件事重要吗？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
对你来说，和华人群体建立关系或保持联系这件事重要吗？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
如果你仍有亲友在中国生活，那么你认为和他们保持联系这件事重要吗？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
对你来说，和葡萄牙当地人建立关系这件事重要吗？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. 以下梯子代表一个人的社会地位。处于梯子上部位置表示一个人更富裕，学历更高，工作更好；处于梯子底部位置则表示一个人比较贫穷，学历较低，工作较差或没有工作。请据此考虑你在葡萄牙社会中所处的相对位置，勾选相应的梯层。



1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SOCIAL INCLUSION OF CHINESE IMMIGRANTS IN PORTUGAL

11. 请勾选出最符合你实际情况的选项。

	完全不符合	不符合	不太符合	有点符合	符合	完全符合
生活中，我和中国人有很多交际	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
生活中，我和葡萄牙人有很多交际	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
生活中，我和其他国家的人有很多交际	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 第二部分

12. 请至少列举出 5 个人，这些人是你在日常生活中最可能寻求帮助和支持的对象。

（注：此处的帮助支持包括精神，情感，经济等形式的支持，如果你不便提供他们的真实姓名，你可以使用别名或代号，如可用“LM”代表“李明”，这些人必须是真实存在的并且请一定将你心里想的这个人和你所使用的代号相对应。）

- 请写出第一个对象的名字 \_\_\_\_\_
- 请写出第二个对象的名字 \_\_\_\_\_
- 请写出第三个对象的名字 \_\_\_\_\_
- 请写出第四个对象的名字 \_\_\_\_\_
- 请写出第五个对象的名字 \_\_\_\_\_
- 如有，请写出第六个对象的名字 \_\_\_\_\_
- 如有，请写出第七个对象的名字 \_\_\_\_\_
- 如有，请写出第八个对象的名字 \_\_\_\_\_

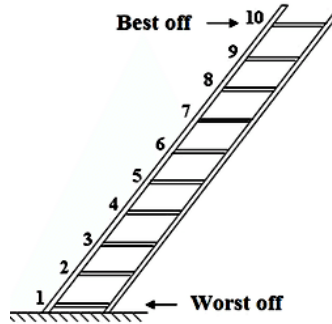
## SOCIAL INCLUSION OF CHINESE IMMIGRANTS IN PORTUGAL

现在，请根据你填写的这些对象回答下列问题。（被调查者需要对每一个列出的对象进行选择）。

12.1A 根据你对第一个对象的了解，以下哪一项最能表示他/她的国籍？

- a. 葡萄牙      b. 中国      c. 葡萄牙-中国      d. 其他

12.2A 同样地，把木梯的高低位置和一个人的社会地位相对应，你认为第一个对象的社会地位处于梯子的哪个位置？



1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12.3A 你和第一个对象的关系怎么样？请勾选。

一点也不亲近	不亲近	不太亲近	有点亲近	亲近	非常亲近
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12.4A 请根据你和第一个对象的关系选择最符合你的选项。

	绝不可能	不可能	不太可能	有点可能	有可能	极有可能
当你有 <b>情感需求</b> 的时候，你多大可能会联系他/她？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
当你有 <b>实际生活需求</b> （如搬家，遭遇经济困难）的时候，你多大可能会联系他/她？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
如果你需要一份工作，他/她帮助你找到工作的可能性有多大？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 第三部分

13. 请仔细阅读以下每个条目，并根据你的实际情况做出选择，选择没有对错之分。

	完全不符合	不符合	不太符合	有点符合	符合	完全符合
1. 生活中的大多数方面接近我的理想。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. 我的生活条件很好。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. 我对自己的生活感到满意。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. 迄今为止我在生活中得到了想得到的重要东西。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. 如果我能回头重走人生之路，我几乎不想改变任何东西。	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 第四部分

14. 生活中你会遇到各种各样的事务，请指出在葡萄牙生活期间下列事务对于你的困难程度。

	非常困难	困难	有点困难	有点容易	容易	非常容易
1. 建立和维持关系（朋友关系或商业合作关系）	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. 获得所需的公共服务（如去社区医院，物业，遭遇失火，搬家等）	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. 表达清晰，能让别人理解自己（如能向他人倾诉，能理解别人的幽默和笑话）	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. 在聚会时与他人互动	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. 参与社区或社团的活动	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. 准确地理解并回应他人的情感表达	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. 处理政府事务（如办理居住证，经营许可，税务等）	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. 适应葡萄牙的生活节奏	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. 习惯当地饮食习惯或找到你喜欢的食物	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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10.适应当地的学习/工作方式	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.与葡萄牙的异性交流互动	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**第五部分**

此部分是为了了解你对你在葡萄牙的经济活动的一个评价以及你对此的满意程度。如果你目前没有涉及很多经济活动（比如你还是学生或处于待业状态），请想象你的家庭在这方面的情况。

15. 在葡萄牙生活，你可能给自己或家庭设定了一定的经济目标，那么你认为你现在距离这个目标有多远？请从下列选项中选出最符合你的那一项。

- 我距离这个目标还很远
- 我距离这个目标还比较远
- 我基本上已经实现了这个目标
- 我比预期的目标做得稍微好一点
- 我比预期的目标做得好很多

16. 请根据真实情况选择最符合你的选项。

	从来没有	没有	几乎没有	有时	经常	几乎总是
1.你是否曾经因为职业或经济状况而后悔在葡萄牙生活？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.你曾经是否因为你的职业和经济情况而想要回到中国？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.关于你在葡萄牙的经济情况，你多久会产生一种经济不安全的感觉？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.有关葡萄牙经济的市场需求，你多久会有一种你无法理解这些需求的感觉？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.有关葡萄牙经济的市场需求，你多久会有一种你没有能力满足这些需求的感觉？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

第六部分

17. 你对哪个国家的时事政治比较感兴趣？

- a. 葡萄牙      b. 中国      c. 其他国家      d. 我对政治不感兴趣

18. 请根据真实情况选择最符合你的选项。

	从来没有	没有	几乎没有	有时	经常	几乎总是
1.日常生活中你会思考和政治有关的一些问题吗？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.在葡萄牙，你多久阅读或观看一次政治新闻？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.你多久会跟亲友讨论一次社区问题？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.你多久会跟亲友讨论一次国家或民族问题？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.你在多大程度上关注葡萄牙针对中国人的移民政策？	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. 在葡萄牙，你做下列事情的频率是？

	从不	偶尔	少部分时候	有时	大部分时候	基本每次	每次
1.和朋友外出吃饭时使用大盘盛放共享美食	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.用茶叶而不是茶包泡茶	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.喝热水或温水	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.吃带骨头的食物（鱼、猪肉、牛肉等）	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.把背包或提包放在桌子或椅子上	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.用碗吃饭(包括：菜，肉，汤等等)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.在吃饭时喝热汤，而不是冷饮	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.出门时携带水杯	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.在家穿拖鞋	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.在吃饭时使用筷子	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.出门携带纸巾	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

