



## CULTURE SHOCK ADAPTATION INVENTORY II (CSAI II)

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- The *Culture Shock Adaptation Inventory II (CSAI II)* is a highly reliable (.95), validated psychological assessment instrument designed to assess the degree to which an individual is adapting to a second culture.
- The CSAI II measures the presence or absence of a wide range of culture shock and adjustment symptoms experienced by an individual in a cross-cultural situation.
- The CSAI II is an effective tool in identifying and evaluating the affective, behavioral, and trait aspects of personal adjustment to a second culture. It may prove useful in successfully identifying those characteristics that predict overseas adjustment.
- The CSAI II is NOT an "inventory" per se (a simple check-off list). Instead, it is similar to an "IQ test" in that it has construct validity.
- Although the CSAI II asks comparatively few questions, it taps into and measures the underlying constructs that are the foundation to adaptation: being in control in the new environment; compatibility with the host people; emotional and psychological adjustment; physical well-being and adjustment.
- The CSAI has been shown to have strong psychometric properties which compare favorably to other professionally-built, commercially-marketed validated psychological assessment instruments, such as the *Minnesota Multiphasic Personality Inventory (MMPI)* and the *Psychological Screening Inventory (PSI)*.
- The CSAI II is a two-part paper-and-pen instrument: The first part employs a four-point Likert scale yielding a total score to determine a subject's relative position on a continuum between being severely culture-shocked and successfully culturally adapted. "Adapted" is defined as a lack of culture shock symptoms.
- In addition to the total score measuring overall cultural adaptation, the CSAI II provides four sub-scores assessing the degree to which an individual 1) feels in control of the new environment (CE Scale); 2) is compatible with others from the new environment (GA Scale); 3) feels emotionally stable (E Scale); 4) feels physically safe and healthy (P Scale).
- The second part of the CSAI II includes a broad, flexible range of demographic and behavioral questions useful in further researching the dynamics of cross-cultural adaptation.
- The dissertation resulting from the development of the CSAI was nominated by The University of Iowa for submission to a national competition for "Outstanding Dissertation."

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- The CSAI II is the result of three generations of CSAI test development:
  - I. A Pilot Test of 120 items was conducted in 1982.
  - II. On the basis of the results of the Pilot Test, the CSAI I (37 items) was developed in 1982-1983.  
 Its estimated reliability was respectably high at .92  
 In addition to using traditional psychometric analyses, the CSAI I's construct validity was explored using three methods:
    - a) by factor-analysis of the four subscales which were found to have one underlying factor each;
    - b) by use of multivariate and follow-up univariate analyses of variance;
    - c) by examining the relationship of the subscale intercorrelations to the subscale reliability coefficients.
 Using these methods, CSAI I was found to have both content and construct validity.
  - III. The CSAI II (115 items) was developed based on the results of the CSAI I, expanding the number of items. Its reliability was improved to .95 overall and each of the four subscales' reliabilities increased substantially. Its reliability is now estimated to be .95.
- Over 150 institutions and individuals have requested to use the CSAI. The following is a short list of some institutions that have used the CSAI to research culture shock adaptation:

Boston University  
 The East-West Center (Hawaii)  
 California State University- Los Angeles  
 The University of Alaska- Fairbanks  
 Kent State University  
 The University of West Virginia  
 The University of Iowa  
 The University of Minnesota  
 The University of Nebraska  
 Western Illinois University  
 The Multicultural Center of Saskatchewan (Canada)

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