

Cultural Adjustment and Adaptation Questionnaire - (CAQ15-QA)

To help clarify your circumstances and better guide our work together, please answer the following questions. For part 1, please rate each of the 15 items on the 5-point scale shown. For part 2, please respond to any questions you think may be helpful to clarify and better focus our work together toward the goals we are working toward (fill these in here: _____

_____).

Part 1: Adjustment / Adaptation: Each of the following items is rated on a 5-point scale:

- 1 - Strongly Disagree
- 2 - Disagree
- 3 - Neutral
- 4 - Agree
- 5 - Strongly Agree

Instructions: Rate each statement below on a scale of 1 - 5 based on your current experience of adjustment / adaptation to the cultural environment (e.g. new, foreign) you are in.

1. ____ I feel at ease interacting with people from other cultures.
2. ____ I can adapt my behavior to fit different cultural situations.
3. ____ I find it easy to make friends with people from different backgrounds.
4. ____ I enjoy learning about other cultures.
5. ____ I understand the social cues of the host culture.
6. ____ I find it easy to interact socially in a new culture.
7. ____ I can adjust my lifestyle to the customs of the host culture.
8. ____ I grasp the values of the host culture fairly quickly.
9. ____ I feel confident in my ability to navigate cultural misunderstandings.
10. ____ I feel comfortable participating in cultural activities of the host culture.
11. ____ I experience minimal stress when adapting to a new culture.
12. ____ I can find ways to cope with the pressures of cultural change.
13. ____ I actively seek out support when faced with cultural challenges.
14. ____ I can manage my emotions when faced with cultural differences.
15. ____ I have strategies to help me adapt to a new cultural environment.

Part 2 - Additional Clarification, Details, and Qualifiers (optional):

Please answer any of the following questions to add anything else about your cultural adjustment / adaptation you would like to add that might help guide our work together.

Use additional paper, if necessary.

1. How long have you been living in your current host culture? How has your adaptation process changed over time?
2. Can you describe any specific cultural challenges or misunderstandings you've experienced? How did you handle them?
3. In what ways has adapting to the new culture impacted your daily life and routines?
4. What aspects of the host culture do you find most challenging to adapt to? Which aspects have been easier?
5. Have you experienced any significant cultural shock or adjustment issues? If so, can you describe them?
6. What strategies or resources have you found most helpful in adapting to the new culture?
7. How has your cultural adaptation process affected your relationships with locals and other expatriates?
8. In what ways has your cultural adaptation experience influenced your personal identity or values?
9. Can you describe any moments when you felt particularly successful in navigating the new culture? What about moments of frustration?
10. How has your adaptation to the new culture affected your professional life or career goals?
11. Have you noticed any changes in your communication style or social interactions since moving to the new culture?
12. What aspects of your home culture do you find yourself missing the most? How do you cope with these feelings?
13. How has your experience adapting to this new culture compared to any previous cross-cultural experiences you may have had?
14. In what ways has your cultural adaptation process affected your mental health or overall well-being?
15. Is there any additional information about your cultural adaptation experience that you'd like to share, which hasn't been covered by the previous questions or the scale items?

Scoring and Interpretation

To calculate the total score, sum up the ratings for all 15 statement items. The total score will range from 15 to 75. Use any additional client responses from part 2 to enhance your understanding of the scores toward guiding your collaborative treatment goals / counseling / coaching work with your client.

Interpretation of scores:

- 15-30: Low Adaptation - The client is experiencing significant challenges in adapting to the new culture and may need substantial support.
- 31-50: Moderate Adaptation - The client is making progress in cultural adaptation but may benefit from additional strategies and support.
- 51-75: High Adaptation - The client is adapting well to the new culture and demonstrates good cultural competence.

The simple scoring system allows for quick assessment and easy understanding for both counselors and clients. It provides a clear overview of the client's current level of cultural adaptation and can help guide counseling sessions and interventions.

The score draws on items from the validated BSAS, SCAS, and BPAS scales.

The open-ended questions allow clients to provide context, express their personal experiences, and offer insights that might not be captured by the quantitative scale alone. This combination of quantitative and qualitative assessment provides a more comprehensive understanding of the client's cultural adaptation process, which can be valuable to guide counseling / coaching and developing targeted support strategies.