

Texas Tech University

Dear all,

You have been invited to participate in a survey research project titled "Examining the Relationship between Chinese International Students' Acculturation, Ethnic Identity, Language Proficiency, and Their Attitudes toward Seeking Professional Counseling Services." This project will serve Jiaqi Li's dissertation project for the requirements of the doctorate in Counselor Education. We believe this study will add a missing piece of knowledge to the existing body of literature surrounding acculturation, ethnic identity, language proficiency, and attitudes toward seeking counseling services. We are asking for your participation in the study.

Additionally, since you are a member of Association of Chinese Students and Scholars in Lubbock (ACSSL), ACSSL agreed to send this email on your behalf to protect the release of your email address. The researchers will not have access to your email addresses, and ACSSL should not be releasing email addresses of members without the consent of the members. As a result, your email addresses will remain confidential throughout the study.

If you are interested in participating in this study, you will be asked to participate in a 20-minute on-line survey. No information will be gathered that could personally identify you. Participating in this project is voluntary and you may cease participating at any time.

This study (No. 503613) has been approved and reviewed by the Institutional Review Board at Texas Tech University. If you have any questions, please do not hesitate to contact Dr. Marbley at Aretha.marbley@ttu.edu and Jiaqi Li at Jiaqi.li@ttu.edu. TTU also has a Board that protects the rights of people who participate in research. You can ask them questions at 806-742-2064. You can also mail your questions to the Human Research Protection Program, Office of the Vice President for Research, Texas Tech University, Lubbock, TX 79409.

If you agree on the above statement, click on the ">>" button below to begin the survey. If you do not agree, you may quit at any time by closing the browser window.

Please take a moment to answer the following demographic information.

Demographics**Gender you identify as:**

你的性别是:

- ☐ Male 男
- ☐ Female 女

What is your age?

You are

- ☐ an undergraduate student (本科)
- ☐ a Master's student (硕士)

☐ a PhD student (博士)

How many months have you been in the United States?

For example, 1 yr = 12 months, 2 yrs = 24 months, ... 5 yrs = 60 months. Your answer might be 34.
(请填写你在美国生活了多少个月?)

You are

☐ single

☐ married

Which religious belief do you have?

你的信仰是什么?

☐ I am a Christian (基督徒)

☐ I am an atheist (无神论主义者)

☐ I am a Buddhist (佛教徒)

☐ I am a Taoist (道教徒)

☐ I am a Muslim (穆斯林信徒)

Have you sought professional counseling help (e.g., social worker, counselor, psychologist, etc) in the United States?

(你是否在美国寻找过来自于心理治疗师, 社工, 心理医生的心理质询帮忙吗?)

☐ Yes

☐ No

I did not seek professional counseling help because....

我没有寻求心理质询帮助是因为...

☐ I am not aware of my problem that requires professional counseling help. 我没有意识到我的问题需要专业心理治疗的帮助

☐ sometimes I need help but I do not go. 有的时候我需要心理治疗的帮助,但是我就是不要这样的帮助.

☐ other reasons

How many Internet-based TOEFL scores did you obtain?

你的托福成绩是多少? 请填写(65-120) 如果你是笔考或者电脑考的托福成绩, 请参照下面的比较表格。

Internet-based total	Computer-based total	Paper-based total
111-120	273-300	640-677
96-110	243-270	590-637
79-95	213-240	550-587

SUINN-LEW ASIAN SELF-IDENTITY ACCULTURATION SCALE

Suinn-Lew 亚洲文化移入个人鉴定问卷

What language can you speak?

(你能说什么语言)

- ☐ Asian only (for example, Chinese, Japanese, Korean, Vietnamese, etc.)
- ☐ Mostly Asian, some English
- ☐ Asian and English about equally well (bilingual)
- ☐ Mostly English, some Asian
- ☐ Only English

What language do you prefer?

你喜欢说什么语言?

- ☐ Asian only (for example, Chinese, Japanese, Korean, Vietnamese, etc.)
- ☐ Mostly Asian, some English
- ☐ Asian and English about equally well (bilingual)
- ☐ Mostly English, some Asian
- ☐ Only English

How do you identify yourself?

你如何来鉴别自己?

- ☐ Oriental (比如, 我认为自己是中国人; 越南人)
- ☐ Asian
- ☐ Asian-American
- ☐ Chinese-American, Japanese-American, Korean-American, etc.
- ☐ American

Which identification does (did) your mother use?

你的母亲如何来鉴别自己?

- ☐ Oriental (比如, 我认为自己是中国人; 越南人)
- ☐ Asian
- ☐ Asian-American
- ☐

☐ Chinese-American, Japanese-American, Korean-American, etc.

☐ American

Which identification does (did) your father use?

你的父亲如何来鉴别自己？

☐ Oriental (比如, 我认为自己是中国人; 越南人)

☐ Asian

☐ Asian-American

☐ Chinese-American, Japanese-American, Korean-American, etc.

☐ American

What was the ethnic origin of the friends and peers you had, as a child up to age 6?

你6岁前的玩伴都是什么人？

☐ Almost exclusively Asians, Asian-Americans, Orientals (比如, 全都是中国人)

☐ Mostly Asians, Asian-Americans, Orientals (绝大多数是中国人)

☐ About equally Asian groups and Anglo groups (一半白人一般亚洲人)

☐ Mostly Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (绝大多数是白人, 黑人, 拉美人, 没有亚洲人)

☐ Almost exclusively Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (全都是白人, 黑人, 拉美人, 没有亚洲人)

What was the ethnic origin of the friends and peers you had, as a child from 6 to 18?

你6岁到18岁之间的玩伴都是什么人？

☐ Almost exclusively Asians, Asian-Americans, Orientals (比如, 全都是中国人)

☐ Mostly Asians, Asian-Americans, Orientals (绝大多数是中国人)

☐ About equally Asian groups and Anglo groups (一半白人一般亚洲人)

☐ Mostly Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (绝大多数是白人, 黑人, 拉美人, 没有亚洲人)

☐ Almost exclusively Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (全都是白人, 黑人, 拉美人, 没有亚洲人)

Whom do you now associate with in the community?

在你的社区里, 你现在和谁在一起？

☐ Almost exclusively Asians, Asian-Americans, Orientals (比如, 全都是中国人)

☐ Mostly Asians, Asian-Americans, Orientals (绝大多数是中国人)

☐ About equally Asian groups and Anglo groups (一半白人一般亚洲人)

☐ Mostly Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (绝大多数是白人, 黑人, 拉美人, 没有亚洲人)

☐ Almost exclusively Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (全都是白人, 黑人, 拉美人, 没有亚洲人)

有亚洲人)

If you could pick, whom would you prefer to associate with in the community?

在你的社区里，如果你可以挑选的话，你愿意和谁在一起？

- ☐ Almost exclusively Asians, Asian-Americans, Orientals (比如，全都是中国人)
- ☐ Mostly Asians, Asian-Americans, Orientals (绝大多数是中国人)
- ☐ About equally Asian groups and Anglo groups (一半白人一半亚洲人)
- ☐ Mostly Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (绝大多数是白人，黑人，拉美人，没有亚洲人)
- ☐ Almost exclusively Anglos, Blacks, Hispanics, or other non-Asian ethnic groups (全都是白人，黑人，拉美人，没有亚洲人)

What is your music preference?

你最喜欢的音乐是什么？

- ☐ Only Asian music (for example, Chinese, Japanese, Korean, Vietnamese, etc.)
- ☐ Mostly Asian
- ☐ Equally Asian and English
- ☐ Mostly English
- ☐ English only

What is your movie preference?

你最喜欢的电影是什么？

- ☐ Asian-language movies only
- ☐ Asian-language movies mostly
- ☐ Equally Asian/English-language movies
- ☐ Mostly English-language movies only
- ☐ English-language movies only

What generation are you? (circle the generation that best applies to you:)

你是第几代移民？

- ☐ 1st Generation = I was born in Asia or country other than U.S.
- ☐ 2nd Generation = I was born in U.S., either parent was born in Asia or country other than U.S.
- ☐ 3rd Generation = I was born in U.S., both parents were born in U.S, and all grandparents born in Asia or country other than U.S.
- ☐ 4th Generation = I was born in U.S., both parents were born in U.S, and at least one grandparent born in Asia or country other than U.S. and one grandparent born in U.S.
- ☐ 5th Generation = I was born in U.S., both parents were born in U.S., and all grandparents also born in U.S.
- ☐

Don't know what generation best fits since I lack some information.

Where were you raised?

你在那里被抚养长大的？

- ☐ In Asia only
- ☐ Mostly in Asia, some in U.S.
- ☐ Equally in Asia and U.S.
- ☐ Mostly in U.S., some in Asia
- ☐ In U.S. only

What contact have you had with Asia?

你和亚洲有什么样的联系？

- ☐ Raised one year or more in Asia (你是中国留学生可以选择这个答案)
- ☐ Lived for less than one year in Asian
- ☐ Occasional visits to Asia
- ☐ Occasional communications (letters, phone calls, etc.) with people in Asia
- ☐ No exposure or communications with people in Asia

What is your food preference at home?

你在家喜欢吃什么食物？

- ☐ Exclusively Asian food
- ☐ Mostly Asian food, some American
- ☐ About equally Asian and American
- ☐ Mostly American food
- ☐ Exclusively American food

What is your food preference in restaurants?

你在餐馆喜欢吃什么食物？

- ☐ Exclusively Asian food
- ☐ Mostly Asian food, some American
- ☐ About equally Asian and American
- ☐ Mostly American food
- ☐ Exclusively American food

Do you



read only an Asian language

- ☐ read an Asian language better than English
- ☐ read both Asian and English equally well
- ☐ read English better than an Asian language
- ☐ read only English

Do you

- ☐ write only an Asian language
- ☐ write an Asian language better than English
- ☐ write both Asian and English equally well
- ☐ write English better than an Asian language
- ☐ write only English

If you consider yourself a member of the Asian group (Oriental, Asian, Asian- American, Chinese-American, etc., whatever term you prefer), how much pride do you have in this group?

如果你认为自己一个中国人话，你對自己群体有多少的自豪感？

- ☐ Extremely proud
- ☐ Moderately proud
- ☐ Little pride
- ☐ No pride but do not feel negative toward group
- ☐ No pride but do feel negative toward group

How would you rate yourself?

你如何来评估自己？

- ☐ Very Asian
- ☐ Mostly Asian
- ☐ Bi-cultural
- ☐ Mostly Westernized
- ☐ Very Westernized

Do you participate in Asian occasions, holidays, traditions, etc.?

你是否参加亚洲的活动，节日，或者遵循传统？

- ☐ Nearly all
- ☐ Most of them
- ☐ Some of them
- ☐ A few of them

☐ None at all

Rate yourself on how much you believe in Asian values (e.g., about marriage, families, education, work):

评估自己你相信多少亚洲的价值，比如婚姻，家庭，教育，以及工作

- ☐ Do not believe
- ☐ barely believe
- ☐ believe
- ☐ less strongly believe
- ☐ strongly believe

Rate yourself on how much you believe in American (Western) values (e.g., about marriage, families, education, work):

评估自己你相信多少西方(美国)的价值，比如婚姻，家庭，教育，以及工作

- ☐ Do not believe
- ☐ barely believe
- ☐ believe
- ☐ less strongly believe
- ☐ strongly believe

Rate yourself on how well you fit when with other Asians of the same ethnicity:

评估自己你适应得如何当和同一群体的人在一起的时候：

- ☐ Do not fit
- ☐ barely fit
- ☐ fit
- ☐ fit less well
- ☐ fit very well

Rate yourself on how well you fit when with other Americans who are non-Asian (Westerners):

评估自己你适应得如何当和非亚洲的西方人在一起的时候：

- ☐ Do not fit
- ☐ barely fit
- ☐ fit
- ☐ fit less well
- ☐ fit very well

There are many different ways in which people think of themselves. Which One of the following most closely describes how you view yourself?

人们通常用很多方式来思考自己。你如何来看待自己的？

- ☐ I consider myself basically an Asian person (e.g., Chinese, Japanese, Korean, Vietnamese, etc.). Even though I live and work in America, I still view myself basically as an Asian person.
- ☐ I consider myself basically as an American. Even though I have an Asian background and characteristics, I still view myself basically as an American
- ☐ I consider myself as an Asian-American, although deep down I always know I am an Asian.
- ☐ I consider myself as an Asian-American, although deep down, I view myself as an American first.
- ☐ I consider myself as an Asian-American. I have both Asian and American characteristics, and I view myself as a blend of both

The Multigroup Ethnic Identity Measure (MEIM)

多群体人种鉴定测量问卷

I have spent time trying to find out more about my ethnic group, such as its history, traditions, and customs.

我喜欢花时间去了解我自己种族的历史，传统，以及习俗。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I am active in organizations or social groups that include mostly members of my own ethnic group.

我很在包括绝大多数我自己种族的成员的社会活动里很积极。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I have a clear sense of my ethnic background and what it means for me.

我对自己种族有清楚的感觉并且这个对我很有意义。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I think a lot about how my life will be affected by my ethnic group membership.

我思考了很多关于我的生活将会如何被我的种族成员关系。换句话说，我思考了很多关于我的生活将会被作为一名中国人而如

何影响。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I am happy that I am a member of the group I belong to

我为自己所从属的种族而感到高兴

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I have a strong sense of belonging to my own ethnic group.

我有很强烈的归宿感。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I understand pretty well what my ethnic group membership means to me.

我有相当的理解对于我所属的种族的关系对于我自己的意义。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

In order to learn more about my ethnic background, I have often talked to other people about my ethnic group.

为了更好地了解我种族的背景，我经常和人谈起关于我种族的事情。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I have a lot of pride in my ethnic group.

我对自己种族群体很自豪。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I participate in cultural practices of my own group, such as special food, music, or customs.

我经常参与有关于自己种族的文化活动，比如特殊的食物，音乐，以及习俗。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I feel a strong attachment towards my own ethnic group.

我对自己的种族有强烈的亲密感。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

I feel good about my cultural or ethnic background.

我对自己文化以及种族背景感觉很好。

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

My ethnicity is:

我的种族是:

- ☐ Asian or Asian American, including Chinese, Japanese, and others (我是中国人)
- ☐ Hispanic or Latino, including Mexican American, Central American, and others
- ☐ White, Caucasian, Anglo, European American; not Hispanic
- ☐ American Indian/Native American
- ☐ Mixed; Parents are from two different groups
- ☐ others

My father's ethnicity is:

我父亲的种族是:

- ☐ Asian or Asian American, including Chinese, Japanese, and others
- ☐ Hispanic or Latino, including Mexican American, Central American, and others
- ☐ White, Caucasian, Anglo, European American; not Hispanic
- ☐ American Indian/Native American
- ☐ Mixed; Parents are from two different groups
- ☐ others

My mother's ethnicity is:

我妈妈的种族是:

- ☐ Asian or Asian American, including Chinese, Japanese, and others (中国人, 或者等等)
- ☐ Hispanic or Latino, including Mexican American, Central American, and others
- ☐ White, Caucasian, Anglo, European American; not Hispanic
- ☐ American Indian/Native American
- ☐ Mixed; Parents are from two different groups
- ☐ others

Attitudes Toward Seeking Professional Psychological Help (Short Form)

求助专业心理治疗帮助的态度问卷

If I believe I was having a mental breakdown, my first inclination would be to get professional attention.

如果我相信自己曾经有关精神崩溃, 我倾向于得到专业的注意。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

The idea of taking about problems with a psychologist strikes as a poor way to get rid of emotional conflicts.

和心理医生去谈我的问题的想法并不会去帮助我去摆脱的情绪烦扰。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

If I were experiencing a serious emotional crisis at this point in my life, I would be confident that I could find relief in psychotherapy.

如果我在自己生命的某一个时刻经历情绪危机，我会很自信我能够在心理治疗里找到解脱。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

There is something admirable in the attitude of a person who is willing to cope with his or her conflicts and fears without resorting to professional help.

在没有求助于专业帮助的情况下，一个人愿意去解决自己困扰以及恐惧的态度是值得羡慕的。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

I would want to get psychological help if I were worried or upset for a long period of time.

如果我长时间地担心或者烦躁，我很想得到心理上的帮助。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

I might want to have psychological counseling in the future.

我可能在未来进行心理治疗。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

A person with an emotional problem is not likely to solve it alone; he or she is likely to solve it without professional help.

一个有情绪问题的人不可能独自去解决这个问题，他或者她很可能在没有专业帮助的情况解决自己的问题。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐

Strongly Agree

Considering the time and expense involved in psychotherapy, it would have doubtful value for a persona like me.

考虑到用于心理治疗的时间和花费，可能会有人像我一样去怀疑是否值得去投入这么多。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

A person should work out his or her own problems; getting psychological counseling would be a last resort.

一个人可以解决自己问题；寻求心理治疗可能是最后的稻草。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree

Personal and emotional troubles, like many things, tend to work out by themselves.

个人的以及情绪上烦恼，像很多事情一样，倾向于自然地解决掉。

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree