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Factors Predicting Socio-cultural Adaptation and Psychological Adjustment of Lebanese
Women in Riyadh, Saudi Arabia

Fatima Dandash

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Women in Riyadh, Saudi Arabia

Fatima Dandash

Approved by:

Dr. Hanine Hout, Ed.D., Advisor

Dr. David Tawil, Ph.D., Reader

Dr. Marwan Gharzeddine, Ph.D, Reader

DEDICATION

I would like to dedicate this work to my family and friends

who showed great support throughout this process.

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Table of Content

List of Tables vii

Abstract viii

Chapters:

1. Introduction 1

2. Review of the Literature 15

3. Methods..... 33

 Participants..... 33

 Materials..... 33

 Procedure..... 35

4. Results..... 37

 Reliability Testing..... 37

 Hypothesis Testing..... 37

5. Discussion..... 43

 Clinical Implications..... 48

 Limitations & Directions for Further Research..... 49

References 52

Appendices 62

 A. Consent Form..... 62

 B. Demographic Form..... 64

 C. Socio-Cultural Adaptation Scale..... 65

 D. Cultural distance Scale..... 66

 E. Social Ties..... 67

 F. Social Readjustment Rating Scale..... 68

 G. Beck Depression Inventory II 69

 H. EPQ-R..... 72

List of Tables

Table 1: Cronbach’s alpha for the Extraversion, Beck Depression Inventory, SCAS and Cultural Distance scale 37

Table 2: Correlation Coefficients for Socio-cultural adaptation with Cultural distance, Length of Residence, Understanding and Speaking the Saudi dialect, the Number of relationship with Saudi people, and Depression38

Table 3: Model Summary39

Table 4: ANOVA39

Table 5: Regression Analysis Model for predicting Socio-Cultural Adaptation40

Table 6: Correlation Coefficients for Depression with Life Changes, Level of Extraversion, Satisfaction with relationships with Saudis and co-nationals, and Socio-Cultural Adaptation41

Table 7: Model Summary41

Table 8: ANOVA42

Table 9: Regression Analysis Model for predicting Depression42

Abstract

This study assessed the relationship between socio-cultural adaptation and depression, including their predictive variables, among 200 Lebanese women residing in Riyadh, Saudi Arabia. The convenient sample of women completed the Cultural Distance Scale, the Socio-Cultural Adaptation Scale (SCAS), the Social Readjustment Rating Scale (SRRS), the Social Ties, the Beck Depression Inventory-II (BDI-II) and the Eysenck Personality Questionnaire- Revised (Extraversion/Introversion) subscale. Socio-cultural adaptation was significantly positively correlated with cultural distance, residence duration, language, and interaction with locals as well as negatively correlated with depression. Depression was significantly positively correlated with life changes and negatively correlated with extraversion. Also depression was not significantly correlated with satisfaction with relationships with Saudis and other Lebanese and non-Lebanese expatriates. Moreover, depression was the strongest significant predictor of socio-cultural adaptation, while marital satisfaction was the strongest predictor of depression.

Factors predicting socio-cultural adaptation and psychological adjustment of Lebanese women in
Riyadh, Saudi Arabia

Introduction

Expatriate adaptation has been studied over a course of decades because of the increase in number of people moving from their home countries and settling in other countries. People live in countries other than theirs for several reasons. They may be forced to leave their homeland because of war, political instability and lack of local job opportunities, as well as work assignments or educational attainment. Besides, people may decide to move intentionally looking for better jobs, colleges and general living conditions. Whatever the reasons might be, researchers have agreed that relocating and getting exposed to a new culture is challenging for many individuals (Searle & Ward, 1990; Ward and Kennedy, 1994; Atiyah, 1996; Selmer, 2007).

Different terms have been used in literature to describe the experience of these groups of people, such as: “culture shock” (Oberge, 1960), “acculturation” (Berry, 1997) and “cultural adjustment” (Wilton and Constantine, 2003). The terms adaptation and adjustment are used interchangeably in studies. For clarity purposes, the present study used the word “adjustment” only when referring to the psychological aspect of adaptation.

Researchers have highlighted outcomes of the cross-cultural experience. Sue & Sue (2003) found that the difficulties which international college students face in adapting to a new culture and the challenges that they may experience lead these students to develop mental health problems such as depression, anxiety and social alienation (as cited in Wilton and Constantine, 2003). In addition, a study by Harzing (2009) states that 16 to 40 percent of expatriates sent on work assignments return as they fail to adapt to the new environment. Such adaptation failures

had caused tremendous losses to corporations. Thus, significant attention has been focused on cross cultural research in order to find out what factors positively affect the expatriate's experience (Black, Mendenhall, & Oddou, 1991; Shaffer, Harrison & Gilley, 1999).

Several studies have focused on different factors that correlate with the adaptation process of expatriates. According to Babiker, Cox and Miller (1980), anxiety and medical visits were greater among people residing in cultures that are too different from their home culture. Expatriate's personality characteristics, specifically extraversion, have been linked to better adjustment (Gardner, 1962). Also, sojourn students who spent more time in a new country reported higher adaptation than those who were recent arrivals (Wilton & Constantine, 2003). Other factors such as language ability, previous international experiences, family adjustment, life stressors, social support, expectations and attitudes towards the host culture as well as locus of control have been studied extensively in relation to adaptation. (Ward & Searle, 1991; Black et al., 1991; Searle & Ward, 1990; Schoepp and Forstenlechner, 2010; Ward and Kennedy, 1994). This proposed study tackled the factors culture distance, length of residence, language ability, personality traits, social support, and life changes and how they all correlated with the Lebanese women's adaptation to Riyadh, Saudi Arabia.

Background of the Study

Culture Transition between Arab Countries

When speaking of culture transition difficulties, one would assume that it only applies to people relocating between countries that are far in distance and don't share the same language or traditions. This assumption is confirmed by the abundant research on expatriates (Arabs and non-Arabs) moving to the west and a fair amount of research on westerners in Arab countries. For example, researches on expatriate workers are focused on North American and European males,

while research on Asians, Africans and Middle Eastern tends to focus on students studying in the Western countries (Brewer, 1991; De Cieri, Dowling & Tailor, 1991; Gertsen, 1990). However, a scarce number of studies are present on Arabs expatriating to other Arab countries.

As the current study targeted Lebanese expatriates in the Kingdom of Saudi Arabia, it is fundamental to note that 280,000 Lebanese live in Saudi Arabia, 40,000 of which reside in the capital city Riyadh alone (The Lebanese Embassy in Riyadh, KSA, 2015). Saudi Arabia is one of the Gulf Cooperation Council countries (GCC) which is known for its rich oil reservoir and its dependency on the expatriate workforce in its private sectors (Naithani, 2010). In describing the Kingdom in their study of expatriates' adaptation, Hattingh, Matthe & Lotriet (2012) state that the Islamic religion dictates every aspect of life there including holidays, daily routine, dress code, work and social life. The only recognized holidays are Fitr, Adha and the national day. All shops and businesses close five times a day for thirty minutes at prayer times, so people have to plan their day accordingly. Concerning dress code, women have to wear black Abayas that cover all of their bodies and many choose to cover their hair to avoid drawing attention. Men follow certain regulations too. They are not allowed to wear shorts above the knee, sleeveless shirts and jewelry. Moreover, it is a society where everything is firmly segregated by gender. Women have their own sections of service at banks, restaurants and other places. They are not allowed to drive, sit in open places where other men can see them, or go out with men who are not their husbands, fathers or brothers. All of these regulations are controlled by the religious police who patrol around in shopping centers and streets (Hattingh et al., 2012).

Finally, expatriates can never apply for a Saudi Arabian citizenship (Naithani, 2010). They have Saudi sponsors (employers) who retain their passports, issue short term work visa and approve for the expatriate to leave and re-enter the country. Employers have the right to

terminate the expatriate's contract at anytime, therefore, leaving them with a constant feeling of insecurity (Naithani, 2010).

Moreover, two studies found that expatriates and locals in different Arab gulf countries don't usually interact (Hattingh et al., 2012; Atiyyah, 1996). They explain that expatriates are not welcomed for being thought of as using the locals' health and educational services and taking away local's job opportunities. For instance, when Egyptian expatriates were asked about their experience with Kuwaitis in Kuwait, only 37 percent of them reported being treated well (Faranji, 1988, as cited in Atiyyah, 1996).

One can conclude that is not always the geographical distance or the difference in spoken language that affects the cultural adaptation process of the expatriates. Although Arab expatriates in KSA come from countries which share the same language and certain aspects of history and traditions, Saudi regulations and the country's environment may present different challenges that impede adaptation, especially to women residing there. Therefore, despite the limited research on Arabs in other Arab countries, the fact that some Lebanese may find it challenging to culturally adapt to a conservative society, such as, the Kingdom of Saudi Arabia (KSA), called for more investigation. It should be noted here that by the word conservative the researcher refers to a society in which traditional beliefs and religious norms are practiced and maintained, without tolerating change.

In addition to the documented research cited above, the researcher can also add that during her 18 months stay and clinical work in Riyadh, KSA, she encountered several Lebanese and other Arab women who found it grueling to adapt to the country's customs and culture. Women presented to therapy complaining of marital dissatisfaction, depression, anxiety, and certain psychosomatic symptoms which, when all dug deeper into, had reasons rooted to living in

KSA. The women were feeling imprisoned and not free to present themselves in the society as they desire. Also, many complained that their husbands had the freedom and choices to hang out while they spent most of their time alone at home. Their dependency on their husbands triggered many conflicts in their relationships. The limited places they can go to made them feel more and more isolated and depressed. A lot of the times, these women suffered severe migraines which they said disappeared as soon as they left to their home countries. Besides, being sponsored by Saudis and challenged by religious police at malls made them feel insecure and unstable which caused them to feel generally anxious. Despite such circumstances, expatriates continue to move to KSA as they are provided with high salaries (Richardson & McKenna, 2002). In light of these encounters and the missing literature on Lebanese expatriates in Saudi Arabia, the researcher decided to study the socio-cultural adaptation and psychological adjustment of Lebanese women in Riyadh, KSA.

Cultural Adaptation

Oberg (1960) was the first to conceptualize a term related to the adaptation process, “culture shock”. It referred to the outcome of stress and anxiety that are experienced as a result of contact with the new culture and the loss of familiar cultural cues. Culture is defined by Hofstede (1981) as “the collective programming of the human mind that distinguishes the members of one human group from those of another” (P.24). Cultural adaptation on the other hand is a multifaceted process that is achieved when a person is able to function successfully in a culture other than their original one (Haslberger, 2005). It is also the final stage in Oberg’s terms referred to as the adaptation, resolution and acculturation phase.

Although the literature on cultural adaptation is extensive, researchers continued over the years to study and identify what constitutes this process. They realized that the term “culture

shock” was used when describing and explaining the experience of expatriates (Furnham & Bochner, 1986). Most research at that time aimed at understanding the phenomenon rather than investigating it empirically (Black et al., 1991). Consequently, this called for the need to identify what constitutes adaptation and what variables predicts it. An important contribution to the field of cultural adaptation was by Searle and Ward in 1990. They empirically drew a distinction between psychological and socio-cultural adaptation; and studied factors which predicted these two aspects of the process. Other researchers conducted more studies on this topic, which resulted in a rich literature on various variables that correlated with cross-cultural adaptation (Ward & Kennedy, 1992; Shaffer, Harrison et al., 1999; Wilton & Constantine, 2003; Kashima & Loh, 2006; Whiteman & Ikosovic, 2012). In line with Searle and Ward’s notion of the term adaptation, the current study distinguished between the socio-cultural and psychological adaptation (also referred to in this study as psychological adjustment), and studied different variables that correlated with and predicted both.

1. Socio-cultural Adaptation

Searle and Ward’s definition of socio-cultural adaptation has been accepted and used by many researchers as “the ability to fit in and negotiate aspects of the new culture” (Searle & Ward, 1990, p. 450). Several factors have been correlated with this variable.

The current research studied the factors of cultural distance, length of residence, language, relationships with hosts and depression in relation to socio-cultural adaptation. Culture distance is the difference between home and new culture as subjectively perceived, with greater distance between the two cultures being related to low levels of adjustment (Johnson, Lenartowicz & Apud, 2006). Other researchers confirm that high cultural distance was one of the strongest

variables predicting low adaptation (Ward & Deuba, 2000; Ward & Kennedy, 1994; Hemmasi & Downes, 2012). In a study by Selmer (2007), personnel sent on work assignments to host cultures that are dissimilar to their home cultures were less able to adjust, interact with host nationals and took more time to reach a good level of productivity than those who were sent to cultures that are closely similar to theirs. Further, Hattingh et al., (2012) related cultural distance to the 'degree of isolation' which expatriates may go through.

Another factor affecting adaptation is length of residence. This indicates the period of time expatriates had spent in the host country. It is presumed that the greater the time spent after relocating, the better the individual's adaptation (Wilton & Constantine, 2003). Immigrants from Asia who spent more time in USA than their counterparts had less cultural adaptation difficulties and hence less psychological distress (Mehta, 1998). Moreover, Wilton and Constantine (2003) suggest that when people spend more time in a host culture they get the chance to establish connections and a social support system which in turn help them in their adaptation process.

As means of communication, it is known that language can inhibit or aid in establishing connections with people, requesting help, making friends, and other aspects of daily life. Kashima and Loh (2006) had presented data in their study on international students' acculturation that language was a facilitator to acquire skills for socio-cultural adaptation. Another study by Ward and Kennedy (1993) suggested that language ability is associated with high difficulty in adjusting to the social life of the new culture. Moreover, Shaffer et al. (1999) found a positive relationship between speaking the host country language and the adaptation of expatriates. In this study, the language of participants and the host country is Arabic. However, the Saudi dialect differs from the Lebanese with an entirely different vocabulary (Zaidan & Burch, 2012); which many people may find difficult to understand or learn at the beginning.

Finally, getting to know and interact with hosts lessen the fear of the other culture and ease the adaptation process. This is because hosts are the expertise in their culture and no one can teach about their culture better. By sharing ideas and teaching about their rules and regulations, expatriates can be better adapted (Hattingh et al., 2012; Kashima & Loh, 2006; Ward & Deuba, 2000). However, Hattingh et al. (2012) and Atiyah (1996) both agree that expatriates and locals don't often interact. They explain that this goes back to the lack of information people have of each others' cultures, in addition to the fact that, in general, locals view expatriates as inferiors. Besides, there has been a debate on whether interaction with hosts and co-nationals (other expatriates residing in the host country) has the same effect on adaptation. Whereas Ward & Kennedy (1992) have found that locals/ hosts seem to have a greater influence on the socio-cultural adaptation of the expatriates, Kashima & Loh (2006) have proposed that newcomers can be psychologically adjusted by the help which both locals and co-nationals offer as social support. Furthermore, researchers have explored the significance of quantity versus quality of these interactions. Findings were controversial. However, more studies confirmed that quantity was enough when it came to socio-cultural adaptation (Yusoff, Jauhar & Chelliah, 2010; Ward & Kennedy, 1992, 1993; Ward & Deuba, 2000), while quality mattered for better psychological adjustment (Ward & Deuba, 2000; Brisset, Safdar, Lewis & Sabatier, 2010; Searle & Ward 1990; Kashima & Loh, 2006).

2. Psychological Adjustment

Psychological adjustment in Searle and Ward's terms refers to feelings of wellbeing and satisfaction. The current study focused on the factors, personality, life changes, satisfaction with contact with Saudis and co-nationals (discussed above) along with socio-cultural adaptation to predict psychological adjustment as rated by the depression scale.

Eysenck defines extraversion as someone who enjoys interacting with people, active, assertive, dominant and excitement seeking (Costa & McCrae, 1992). Research findings on the trait extroversion in relation to adaptation, are controversial. In Searle & Ward's study of Malaysian and Singaporean students in New Zealand (1990), the factor extraversion was related to psychological well being. However, Armes and Ward (1989) had an opposite finding as their study revealed extraversion to be linked with depression. To clarify this discrepancy in results, Searle and Ward introduced the notion of 'cultural fit,' referring to a state of congruency between the individual's personality and the host culture norms. In other words, one moving to a society characterized by introversion will be able to adjust better if he/she is personally an introvert too.

A second factor affecting psychological adjustment of expatriates is life changes. People who move to a new country and a new culture will surely undergo different changes in their lives. It is certain that these people will experience difficulties socially, which will, in turn, affect their psychological well being (Searle & Ward, 1990; Ward & Kennedy, 2001).

Problem Statement

Finally, there have been no studies on the cultural adaptation of the Lebanese population outside Lebanon, despite their increasing number. Therefore, the researcher examined the factors which significantly correlated with socio-cultural adaptation and depression among Lebanese women in Riyadh, Saudi Arabia, in order to determine the predictive variables of both aspects. The studied hypotheses are stated below:

Hypothesis 1a: The higher the scores on cultural distance the higher the scores on socio-cultural adaptation (it should be noted here that high scores on cultural distance indicate less perceived distance between the two cultures)

Hypothesis 1b: The higher the scores on the length of residence in KSA the higher the scores on socio-cultural adaptation

Hypothesis 1c: The higher the scores on understanding the Saudi dialect the higher scores on socio-cultural adaptation

Hypothesis 1d: The higher the scores on speaking the Saudi dialect the higher the scores on socio-cultural adaptation

Hypothesis 1e: The higher the number of relationships with Saudis the higher the scores on socio-cultural adaptation

Hypothesis 2: The higher the scores on socio-cultural adaptation the lower the scores on symptoms of depression

Hypothesis 3a: The higher the scores on life changes the higher the scores on the symptoms of depression

Hypothesis 3b: The higher the scores on the level of extraversion the higher the scores on the symptoms of depression

Hypothesis 3c: The higher the level of satisfaction with relationships with Saudis and nationals the lower the symptoms of depression

Significance of the Study

When Lebanese subjects decide to move to the KSA, they would be leaving behind not only their family, relatives and friends but also a sum of significant cultural norms and traditions that cannot be easily practiced outside Lebanon. In addition, building a new home, lifestyle, and connections in a foreign country are challenges that could be exciting to some but also very frustrating to others. Many individuals go through feelings of homesickness, confusion, isolation and loneliness until they are able to adapt in the new culture. Therefore, the purpose of this study

is to shed light on the factors that make such a challenge a difficult one, i.e., cultural adaptation, and also provide some recommendations.

In most research the interest of investigators in cultural transition is focused on students and expatriates sent on work assignments. Returning early from work assignments, because of maladjustment, is causing tremendous losses to corporations. Therefore, a common goal of many studies was to find out about those expatriates who were able to cope in host cultures and stay for the assigned time, in order to implement training programs that would help others in the future. The significance of this study could be similar to such studies. Lebanese women, if educated on their future move to the KSA, or other similar Gulf counties for that matter, could maybe prevent the occurrence of certain maladjustment symptoms. In addition, previous researchers with the exception of Ward and colleagues (Searle & Ward, 1990; Ward & Searle, 1991; Ward & Kennedy 1993; Ward & Deuba 2000) focused on specific variables that correlated with adaptation or adjustment, while the current researcher aimed at determining the strongest predictive variables. The study was therefore not limited to one or two specific factors but was more open to investigate various factors. This allowed for better understanding and use of the information presented in the literature.

In clinical work in Saudi Arabia, psychologists need to be aware that lack of adaptation may be an underlying factor to many problems presented by Lebanese women in therapy. Most of these women had escorted their husbands to Riyadh without knowing in advance what to expect. Hence, it is beneficial for clinicians who work with women residing in the KSA or contemplating on moving there, to study more in depth the factors that influence the adaptation and adjustment of these women whether positively or negatively. Intervention as well as prevention strategies based on this study could be considered.

Beside the clinical implications, this proposed study is the first to tackle the cultural adaptation process of Lebanese women in the Arab world. While looking at cultural adaptation from a clinical (personality, life changes, depression symptoms) and a social perspective (language, social support, cultural distance and knowledge), the study seeks to highlight a relationship between socio-cultural and psychological adjustment in congruence to previous western research.

Overview of Methodology

This quantitative study was conducted to understand the correlations (correlational analysis) between cultural and psychological adaptation and different variables, as well as finding the strongest predictive variables (regression analysis). Two hundred participants, above 18 years of age and from a convenient sample were asked to fill a survey consisting of 6 separate questionnaires that target socio-cultural adaptation, cultural distance, social ties, life changes, depression and personality. They were also asked to read a consent form and provide consent for participation. Moreover, participants were asked to provide some demographic information regarding their age, relationship status and satisfaction, number of children, religion, work status, length of residence in Riyadh.

Six scales were used in this study: The **Socio-cultural Adaptation Scale** (Searle & Ward 1990) to measure the level of difficulty expatriates experience in adjusting to different aspects of the Saudi culture; the **Cultural Distance Scale** (Babiker, Cox & Miller, 1980) to measure how participants rate the difference between Saudi and Lebanese culture; the **Social Ties** (Kashima & Loh, 2006). It asks participants to list the initials of 14 acquaintances they had the most contact with since their arrival in KSA. They also mention if the person is from Lebanon, KSA or another country, participants are then asked to rate their satisfaction with interaction of each

group on a scale from 0(not satisfied at all) to 3(very satisfied); the **Social Readjustment Rating Scale** (Holmes and Rahe, 1967; translation by Lipp, 1984) to measure the degree of stress experienced due to life changes; the **Beck Depression Inventory II** (Beck, Brown & Steer, 1996) to measure the presence and the severity of depression symptoms; and **Extraversion/Introversion** subscale of the Eysenck Personality Questionnaire (Eysenck & Eysenck, 1975) to assess extraversion.

Limitations of the study

Although this study contributed to the field of cross cultural adaptation in the Arab world, some limitations needed to be considered. The first limitation related to the sample of the study. Results of this study could not be generalized to all Lebanese women living in Riyadh as the sample population were female individuals with a certain level of education; spoke English and had either an email or a Facebook account to be provided with the link to the survey. Also, the majority of participants happened to be married, Muslims and aged less than 35. Another limitation is the possibility of response bias in self report. Finally, although the study found predictive variables of socio-cultural adaptation and psychological adjustment, a cause-effect relationship could not be assigned.

Definition of Key Terms

Expatriate: A person who does not live in their own country (dictionary.cambridge.org)

Socio-cultural Adaptation: The ability to fit in and negotiate interactive aspects of the new culture (Searle & Ward, 1990, p.450)

Psychological adjustment: The feeling of well being and satisfaction (Searle & Ward, 1990, p.450)

Cultural distance: Environmental differences between home and new culture of the expatriate (Hemmasi & Downes, 2013)

Life changes: The value of life events which occurred to the participant within the last year (Denize, Schor & Blay, 2006)

Extrovert: Someone who enjoys interacting with people, active, assertive, dominant and excitement seeking (Costa & McRae, 1992).

Co-nationals: Other expatriates living in Riyadh (Lebanese and non-Lebanese)

Cross cultural adaptation: A complex process in which an individual learns to function well in a culture other than their original one (Haslberger, 2005)

CHAPTER 2

Review of Literature

Cultural adaptation has been addressed thoroughly and several factors have been associated with its success or failure. Whether the expatriation is self initiated or forced, individuals need to adapt effectively to the new environment to ensure their well-being. Several factors have been shown to play a vital role in the adaptation process. Moreover, when individuals struggle to adapt, they are placed at a greater risk of developing psychological disorders, such as depression. The current study examined a number of factors in relation with cultural adaptation and psychological adjustment among Lebanese women residing in Riyadh, Saudi Arabia, to see which of these factors had the highest predictive value.

Socio- Cultural Adaptation

History reveals that individuals have always moved from their home cultures to new cultures to trade, learn and meet new people. Nowadays intercultural contact is common as people either travel or live in a society which welcomes expatriates. However, settling in new environments does not counteract the challenges that some expatriates face in dealing with their host culture (Sumer, 2009). This domain of research is called cross cultural adaptation. It refers to the process by which an expatriate is able to function effectively in the new environment (Haslberger, 2005).

Several approaches to cultural adaptation research have been discussed and adopted by many researchers in the field. The main ones which appeared to be repeated over a number of studies are the following:

Kalervo Oberg (1960) was the first to tackle the notion of culture transition as he came up with the term “culture shock”. He identified four phases of culture shock: honeymoon, frustration, adjustment and mastery. He believed that as expatriates enter a new culture, they feel

excited and happy to experience the novelty. When they realize the change they have been through, they start to feel frustration. Expatriates then either acquire or apply different skills to adjust in the new environment until they reach the final stage which is mastery. Although this model has been adopted by several researchers, it was criticized later on by Searle and Ward (1990) for having been used to describe and explain the phenomenon of adaptation.

Black and Stephens (1989) argued that expatriates' adaptation can be divided into three different areas: adjusting to the general environment, relationships with locals and co-nationals and adjusting to work. Having work as a measurement area encouraged many researchers to use this approach when they studied the adaptation of expatriates sent on work assignment. However, it was criticized later on for not being systematic and lacking theory (Haslberger, 2005)

Moreover, Berry, Kim, Power, Young and Bujaki (1989) argued for four different styles of adaptation: Assimilation, Integration, Separation and Marginalization. Assimilation refers to the neglect of one's original culture and the practice of the new culture. Integration refers to balancing between the original and the new culture; the original culture is kept while adopting aspects of the new culture. Separation refers to refusal of the new culture and being attached to the culture of origin. The final style, marginalization, refers to confusion between the two cultures and not being able to either keep identifying with the original culture nor learn about the new culture. This model, although rich, has been criticized on a psychometric level. Rudmin (1996) argued that a high score on one dimension means a low score on all others which can be false in some cases. He also criticized the lengthy scale used which he believed to compose of many complex concepts combined.

Searle and Ward (1990) found the need to explore adaptation on a deeper level and to question what constitutes this phenomenon. In their terms, cross cultural adaptation can be divided into two distinguished parts; socio-cultural adaptation and psychological adjustment, explaining that they influence each other but are predicted by different variables. Socio-cultural adaptation refers to the “ability to fit in and negotiate aspects of the new culture” (Searle & Ward, 1990, p.450) and was predicted by the variables culture distance, quantity of contact with locals, previous cross cultural experience, expected difficulty, length of residence and attitudes towards locals. While psychological adjustment, referred to “feelings of well being and satisfaction,” (Searle & Ward, 1990, p.450) was predicted by quantity of contact with locals, satisfaction with contact with both locals and co-nationals, attitudes towards locals, life changes and extraversion. As it is obvious, Searle and Ward had tried to combine clinical, social learning and social cognition models together. It was open for researchers later on to examine all or part of their variables in relation to adaptation, depending on population sample and the country of study.

The distinction between socio-cultural and psychological adjustment was favored by many researchers (James, Hunsley, Navara & Alles, 2004; Wilton & Constantine, 2003; Markova, 2006; Kashima & Loh, 2006; Wang, 2006; Firdaus, 2013). Moreover, the interrelationship between the two dimensions of adaptation has been supported (Ward & Kennedy, 1993, 1999; Sussman, 2011).

As the present study is done in the year 2015, while the above approaches were developed at a much earlier time, it is therefore imperative to discuss briefly the effect of internet and technology on the culture transition process. There has been an agreement on the importance of communication in facilitating adaptation (Wang, 2006). Wang explored the impact that

internet has on expatriates' adaptation. He argued that internet provides a medium for newcomers to learn about the new culture without going through uncomfortable feelings in interacting with locals. Moreover, Magro & Sharp (2011) analyzed how Facebook helped new doctoral students from different countries, residing in the US, adapt to the new diverse culture. They found that individuals were able to adapt easily upon exchanging knowledge and building relationships.

Furthermore, internet use was a significant tool for the adaptation of western expatriates in KSA (Hattingh et al., 2012), through which they were able to keep in touch with families and friends in home countries. In addition, it was found that “virtual communities” built over the internet aid in decreasing feelings of loneliness and isolation (Hattingh et al., 2012). Finally, it can be observed through discussion of recent literature in the current study, that despite the introduction of internet and globalization, researchers to time continue to study the process of adaptation.

Socio-Cultural Adaptation and Cultural Distance

Culture distance refers to environmental differences between home and new culture of the expatriate (Hemmasi & Downes, 2013). Researchers questioned whether culture distance affects the adaptation process (Zhang, 2012; Haslberger, 2005; Jun & Gentry, 2005; Hemmasi & Downes, 2013; Selmer, 2007; Selmer, Chui & Shenkar, 2007; Harvey & Novicevic, 2000; Searle & Ward, 1990). Findings were controversial. Most studies confirmed that high cultural distance resulted in low levels of adaptation, while others showed no difference in the level of adaptation between those who travelled from similar and dissimilar cultures. For instance, Harvey and Novicevic (2000) believe that a high difference between two cultures inhibits the flow of cultural knowledge. They explain that it is difficult for individuals to apply their learned social skills in the host country when they are uncertain how others will think and behave. Also, cultural

distance was negatively related to adaptation of expatriates in Germany and Japan (Stahl & Caliguiri, 2005). In another more recent study, sales managers from various countries scored low on socio-cultural adaptation and were less productive when the host culture differed from theirs (White, Absher & Huggins, 2011).

Conversely, Selmer (2007) explored whether it is as difficult to adjust to a similar versus dissimilar culture. He proposed that when individuals know they are travelling to a similar culture, they are more likely to miss out on the differences that might exist and thus relate adaptation failure to personal attributes. While expatriates in a dissimilar host culture are at an advantage of being conscious and expect dissimilarities, which helps them better deal with this new context (Selmer, 2007). For instance, American employees in the UK had as many adaptation difficulties as their counterparts who were sent to more dissimilar cultures like China (Foster, 1997). Another finding showed that cultural adaptation, of business expatriates from Korea to different countries, was not affected by culture dissimilarity (Jun & Gentry, 2005). However, those expatriates who possessed cultural norms similar to the Korean culture and were flexible to accept the new culture were able to adapt successfully (Jun & Gentry, 2005).

Furthermore, two studies questioned whether the cultural distance effect is unidirectional or bidirectional (Selmer et al., 2007; Zhung, 2012). Up until 2007, researches who studied cultural difference in relation to adaptation had assumed that the “direction of flow” is irrelevant (Selmer et al., 2007). They conclude that it cannot be assumed that US expatriates in Germany will have the same adaptation difficulties as German expatriates in the US. Results of their study support their hypothesis (Selmer et al., 2007). The same results appeared in a study of Australian and Chinese expatriates (Zhang, 2012).

In order to predict the first hypothesis in the context of the above discussed research, it seemed important to describe the Saudi culture in comparison to the Lebanese on a number of essential differences hoping to highlight the cultural distance between both countries.

Geert Hofstede (2011) has formulated his famous cultural dimension theory, by which researchers are able to compare countries according to six dimensions. These are Power Distance; the attitudes of a culture towards inequality, Individualism versus collectivism; the degree of independence maintained in society, Masculinity versus femininity; where people derive their motivation, competing versus finding quality in what they do, Long Term versus Short Term Orientation; the time people devote efforts for as in past, present or future, and Indulgence versus Restraint; the extent of control between desire to have pleasure in life and controlling impulses (Hofstede, 2011).

For instance, being ruled by a king, Saudis seem to experience a high power distance and hence highly accept the existential inequality between themselves and the royal ruling class, while Lebanese expatriates are less tolerant of this concept (Hofstede, 2011; Hattingh, 2012). Moreover, Saudi Arabia seems to be more collectivistic as a culture in comparison to Lebanon. In addition, Saudis seem as a culture to avoid uncertainty, value short-term orientation and strongly control their impulses. Therefore, in such cultures there is a need for rigid rules and beliefs to help the society maintain its morality and avoid the unpredicted (Hattingh, 2012). Finally, in such a society where religion is entrenched in every facet of life, Saudi can be described as very restrained (Hofstede, 2011).

Taking into consideration the definition of socio cultural adaptation and the cultural distance between Lebanon and KSA as well as the author's observations regarding the frustration that some Lebanese women feel and express, the present study proposed that Lebanese women

will find it challenging to adapt to various aspects of the new culture as they found dissimilarities between home and the KSA culture. Thus, cultural distance is negatively correlated with socio-cultural adaptation.

Socio-cultural Adaptation and Length of Residence

Length of residence or the amount of time spent in the host country is a variable that many studies have considered as essential when exploring the adaptation process of expatriates (Taras, Roney & Steel, 2013). As expatriates settle in the new country, they examine how people dress, communicate and socialize with each other. They also learn about locals' values, culture and beliefs. This length of exposure to the novel culture is essential to adaptation (Taras et al., 2013). Several relatively recent studies have found that people who spend a longer period in the host country score higher on the adaptation scale than those who are recent arrivals (Richmond A.H, 1984; Ward, Okura, Kennedy & Kojima; 1998; Wilton & Constantine, 2003; Hwang & Moon, 2007; Kuo & Roysircar, 2004.). For example, Ward et al., (1998) studied the socio-cultural and psychological measurements of Japanese students in New Zealand within 4 time periods: 24 hours, 4, 6 and 12 months. Results revealed that adaptation problems were higher at the time of entry and decreased over time. Similarly, length of stay was a strong predictor of adaptation of 506 Chinese in Canada (Kuo & Roysircar, 2004) and was positively correlated with cultural adaptation of expatriates in Malaysia (Ramalu, Role, Uli & Kumar, 2010). In line with the above discussed research, the study proposed that the length of stay will be positively correlated socio-cultural adaptation.

Socio-cultural Adaptation and Language

As people live in countries other than theirs, language acts as a medium between the individual and the new environment. Studies have confirmed that fluency in the host country's

language is not only a significant predictor of cultural adaptation, but also facilitates the adaptation process in many ways (Shaffer et al., 1999; Hoffman, 1989; Kashima & Loh, 2006; Ward & Kennedy, 1993; Searle & Ward, 1990). For example, Hoffman (1989) examined the adaptation of Iranians in the U.S. He found that language served as a premise to develop a feeling of social group. Also, Iranians who spoke English were better adapted as they were more capable of learning about the new culture (Hoffman, 1989).

While many cultural studies focused on language per se, Peltokorpi (2007) examined the matter on a more specific basis. She used the term “intercultural communication” referring to the interaction between people from different cultures, where culture and language interact and play imperative roles. She used the definition of communication as the “production and interpretation of situationally meaningful messages” (Peltokorpi, 2007, p.69) and explained that cultural differences create barriers to meaningful communication. The author concluded using Sapir-Whorf hypothesis (Whorf, 1956, as cited in Peltokorpi, 2007) that the dialect which speakers know and utilize affects their comprehension of the world and the way they put together messages they receive. Because the way individuals construe the underlying meaning of the host language varies depending on their different cultural norms, these contrasts in understanding sometimes remain unidentified and result in misinterpretation (Peltokorpi, 2007).

As participants of the current study are Arabs moving to an Arab country, it is essential to note that the researcher considered the above explanation of the cultural aspect of language and acknowledged the fact that people interpret verbal and non-verbal communication within their own cultural frame of reference. Therefore, it is predicted that the ability to understand and speak Saudi is positively correlated with socio-cultural adaptation.

Socio-cultural Adaptation and Social support

Cultural studies have focused tremendously on patterns of social contact of people transitioning from one place to another. Researchers were interested in the relationship between these patterns and the wellbeing and adaptation of expatriates. They considered cultural interaction and the transition process in general as stress evoking events, which are mediated by individual traits and the different characteristics of the host country (Ward & Deuba, 2000). Research have raised diverse questions in relation to which aspect of adaptation would social support enhance, psychological or socio-cultural (Searle & Ward, 1990; Ward & Deuba, 1999; Ward & Kennedy, 1993; Ying & Liese, 1991); which source of support is more beneficial, co-nationals or locals (Ward & Searle, 1991; Ward & Deuba 1999; Kashima & Loh, 2006; Brisset, Safdar, Lewis & Sabatier, 2010) and whether the quality, measured as satisfaction with interaction, or quantity of social contact matters (Ward & Kennedy, 1993; Brisset et al., 2010; Kashima & Loh, 2006; Searle & Ward 1990; Feinstein & Ward, 1990; Ward & Deuba, 2000). Other researchers have explored the topic broadly in the sense of social support and expatriates' adaptation.

Caligiuri (2000) believed that contact with locals provides the opportunity for expatriates to learn about ways that helps them cope with their daily hassles. Her study results however, revealed that mere contact with hosts is not a significant predictor of adaptation. American expatriates residing in different countries were better adapted when they had quality contact with both hosts and co-nationals (Caligiuri, 2000). Ward & Kennedy (1993) studied the adaptation of New Zealand students residing in twenty three different countries. They found that the quality of the relationship with locals enhanced socio-cultural adaptation. The same researchers, on the other hand, had an earlier study on New Zealand adults in Singapore which revealed that the number of relations with locals, quantity, had a positive effect on socio-cultural adaptation

(Ward & Kennedy, 1992). Similarly, international students in Malaysia who had more Malaysian friends were better culturally adjusted (Yusoff, Jauhar & Chelliah, 2010). Also, foreign students in Nepal who interacted with locals experienced less socio-cultural difficulties (Ward & Deuba, 1999). Taras et al. (2013) have confirmed that the frequency of contact with locals facilitated adaptation and that low or no contact at all slows and sometimes inhibits the process. This consistency in showing the significance of interacting with locals may be due to the fact that they can provide expatriates with cultural information that helps them adapt to the new environment (Hattingh et al., 2012). Hence, the present study proposed that the quantity of interaction with locals is positively correlated with socio-cultural adaptation.

Psychological Adjustment

Adjustment in the cultural literature refers to a continuous process in which individuals choose how to respond, overcome deterrents and tackle problems in the new cultural environment (Anderson, 1994). Psychological adjustment was defined by Ward and colleagues (Searle & Ward, 1990; Ward & Searle, 1991; Ward & Kennedy 1993; Ward & Deuba 2000), and the definition was adopted in more recent research (Selmer et al., 2007; Firdaus, 2013), as the feeling of well being and satisfaction in the new cultural environment.

While socio-cultural adaptation was explained and applied through social learning and cognition approaches, psychological adjustment was explored through a clinical orientation where a stress and coping framework was highlighted (Ward & Kennedy, 1993). Researchers had agreed that psychological adjustment is affected by social support, life changes and personality traits (Caliguiri, 2000; Kashima & Loh, 2006; Ramalu et al., 2010).

Psychological Adjustment and Social Support

Feinstein & Ward (1990) found that American women in Singapore who rated their interaction with locals as high in quantity had less psychological distress. While a study by Kashima & Loh (2006) agreed with the previous study and showed that Asian students in Australia who had a high number of both co-national and local ties had low psychological adjustment problems, Ward & Deuba (2000) found that it is the quality rather than quantity of interaction, with both groups, that lessen depression. Another study revealed the significance of satisfaction with social interaction in predicting psychological adjustment but had shown that locals are a better support (Searle & Ward, 1990). Likewise, the quality of social support in general, regardless of source, helped Vietnamese students in France to adjust psychologically (Brisset et al., 2010). On the other hand, some studies suggested that co-national support, irrespective of quality or quantity, had positive effects on psychological health (Ward and Kennedy, 1994; Ward & Deuba, 1999). For example, co-national connections provided the highest amount of social support for Taiwanese students in the U.S and hence affected their emotional well being positively (Ying & Liese, 1991).

It is evident that social support enhances both socio-cultural and psychological dimensions of adaptation, however, findings as to which source of support specifically predicts a certain dimension remains controversial. Also, the importance of quality and quantity of interactions had no consistent findings. Nevertheless, more studies showed that locals seem to have a positive effect on socio-cultural adjustment, while interactions with co-nationals lessened psychological difficulties. In the realm of these contradictory findings and based on personal observations of many Lebanese women residing in Riyadh, the current study considered satisfaction with contact to be fundamental to psychological well being. Also, both sources of

contact are considered as social support and, therefore, negatively correlate with depressive symptoms of Lebanese women living in Riyadh.

Psychological Adjustment and Life Changes

Given that culture transition entails a series of life changes that provoke psychological stress, adjustment is thus conceptualized by being able to successfully cope with change (Ramalu et al., 2010). This process requires that the individual collect the necessary resources and acquire the appropriate coping mechanisms (Ramalu et al., 2010). Searle and Ward (1990) were the first to explore the link between life changes associated with cross cultural transition and psychological well being. They believe it is certain that individuals going through culture transition will undergo several life changes. Therefore, Searle and Ward (1990) explored psychological adjustment from a stress and coping framework. They found that stress, measured in terms of intensity of life changes, was one of the significant predictors of psychological adjustment, measured by depressive symptoms. Similar results were found by Ward and Searle (1991) as life changes appeared as a significant predictor of depression. In line with these findings, a study of Korean women residing in California suggested that adaptation per se did not impact depression (Ayers, Hofstetter, Usita, Irvin, Sunnet & Hovell, 2009). Only when adaptation was associated with stress, levels of depression were affected (Ayers et al., 2009). As expected, few symptoms of depression were reported when stress levels were low (Ayers et al., 2009).

Many factors may help in decreasing the stress accompanied by culture transition. Social support from family can give expatriates the confidence and encouragement that they are able to manage in the new environment (Van der Bank & Rothman, 2006). Personality characteristics, also, can mediate to help the expatriate in handling psychological stress provoked by the novel

culture (Black, 1990). In addition to social support and individual characteristics, Searle and Ward (1990) argued that specific cultural contexts and the intensity of change affect the level of stress experienced by expatriates, which influence their psychological well being. Moreover, different coping styles can affect the outcome of adaptation. For instance, the use of humor to cope with stress was found to decrease depression in British expatriates in Singapore (Ward and Kennedy, 2001). Beside the presented literature, neurological research confirms that exposure to stress increases depressive symptoms (Knoll & Carlezon Jr., 2010). Therefore, the present study proposed that stress, measured by amount of life changing events, is positively correlated with depressive symptoms of Lebanese women living in Riyadh.

Psychological Adjustment and type of Personality

In general, living in a world of globalization, the issue of meeting and interacting with people from different cultures has become very common (Ang, Dyne & Koh, 2006). Among studies done on expatriates, where the issue of cultural adaptation, and not just regular interaction, becomes the focus, it seems that the type of personality plays a significant role in the success of the adjustment process. It is therefore essential to identify the factors that make certain individuals capable of adapting in a diverse culture, more than others (Ang et al., 2006). Researchers who were interested in finding links between personality traits and adjustment, focused mainly on expatriates sent on work assignments for the following reason (Ramalu, et al., 2010; Ornoy, Nishri & Uziel, 2014; Evans, 2012; Caliguiri, 2000; Huang, Chi & Lawler, 2005; Whiteman & Isakovic, 2012; Ang et al., 2006). By choosing an employee who possesses personality characteristics that facilitate his/her work adjustment, the company decreases the likelihood that this employee would terminate his/her job assignment. Maintaining employees in international assignments hence assures less cost loss to the company (Evans, 2012). Other

studies tackled the relationship between personality and adjustment in other expatriate population samples (Searle & Ward, 1990; Ward, Leong & Low, 2004).

Literature reveals a common agreement on the use of the Big Five personality traits when addressing personality differences. Researchers have concluded that the Big Five taxonomy showed consistency over different settings, cultures, languages, sex and age (Costa & McCrae, 1992, as cited in Ang et al., 2006). Generally, the Big Five personality traits are Openness to experience; being creative and experience seeking, Conscientiousness; thoughtful and organized, Extraversion; being excited, expressive, outgoing and sociable, Agreeableness; trustworthy, kind and affectionate, and finally Neuroticism; having emotional stability (McCrae & Costa, 1987).

Different personality traits were tackled in research, but the trait extraversion was the most researched. According to Caligiuri (2000) personality traits that are related to social communication are essential in predicting adjustment. Extravert individuals being unreserved, outgoing and talkative are able to assert themselves in social situations and build relationships with locals and co-nationals (Johnson, Lenartowicz & Apud, 2006). Consequently, these individuals are provided with the cultural knowledge necessary for healthy adjustment to the new environment (Johnson et al., 2006). Moreover, Ang et al. (2006) studied personality traits in relation to different measurements of cultural intelligence. They found that extraversion was related to motivational and behavioral aspects of cultural intelligence. These refer to the efforts made to learn and adapt to a new environment and the ability to apply the necessary communication skills when contacting people from different cultures.

Although the extraversion personality trait received the attention of researchers, findings as to whether it facilitated adjustment were controversial. In a study of Malaysian and Singaporean students in New Zealand, extraversion proved to be a factor that predicted their

psychological well-being (Searle & Ward, 1990). Those who scored high on extraversion reported lower levels of depression upon moving to New Zealand (Searle & Ward, 1990). Furthermore, extraversion was correlated with adjustment in expatriates in Malaysia, Taiwan, Singapore and Australia (Ramalu et al., 2010; Huang et al., 2005; Ward et al., 2004). Also, Chinese students in Germany who were extraverted were better psychologically adjusted (Zhang, Mandl & Wang, 2010).

On the other hand, Armes and Ward (1989) had opposite findings as extraversion was linked with depression in their study of expatriates in Singapore. Supporting results were found in a study conducted by Ward and Chang (1997). Two propositions were argued in the literature that explain this discrepancy; the Cultural Fit theory by Searle and Ward (1990) and the Person-culture Match hypothesis by Fulmer, Gelfand, Kruglanski, Kim-Prieto, Diener, Pierro, and Higgins (2010). Both propositions explain that psychological well being is enhanced when one's personality is congruent with the personality norms or the general norms of the host country. Similarly, adaptation is facilitated when one's original culture and the host culture match in terms of collectivism versus individualism. In support of this, large difference in extraversion scores between expatriates and locals' norms was associated with higher depression (Ward and Chang, 1997). Finally, when Fulmer et al. (2010) tested their Person-culture Match hypothesis on seven thousand individuals from twenty seven different cultures, they found that the higher scores of subjective well being were among the expatriates whose personalities matched the personality norms in their host cultures.

While extraverted individuals are characterized by stimulus seeking, excitement and being outgoing, introverts are more reserved, prefer solitary activities rather than social events and seek a minimally stimulating environment (Costa & McRae, 1992).

The Saudi culture is described as being traditional and reserved (North & Tripp, 2012). A sense of closeness rather than openness is observed through houses of Saudi people. Their houses have high walls surrounding them which preserve the family inside from connection with the external world (North & Tripp, 2012). Women who go out are usually going to their relatives or to the malls, otherwise they are expected to stay indoors and discouraged from contacting strangers (North & Tripp, 2012). Most Saudi women are not encouraged to be independent as their male counterparts; usually, brother, father or husband, has to act as their guardian (North & Tripp, 2012). Also, very few Saudi women are allowed to work in the restrained job opportunities (Hamdan, 2005). Moreover, women are excluded from social and public presence (Hamdan, 2005).

Finally, Islamic rules and regulations that govern the country disallow expatriate women too to drive, sit outdoors, mix with men, work in all domains and practice social entertainment (Hattingh et al., 2012; Naithani, 2010; North & Tripp, 2012)

The present study proposed that several elements of the Saudi culture and environment correspond closely to the description of the personality trait introversion, hence, acting as a disadvantage to the adjustment of women characterized by extraversion. Taking into account the descriptions of the Saudi culture, the definition of introversion, the obligations which expatriate women have to follow along with the “Cultural Fit” and the “Person- Culture Match” hypotheses, it is proposed that extraversion is positively correlated with depression.

Psychological Adjustment and Socio-cultural Adaptation

Cultural adaptation and its effect on psychological adjustment were examined through different researches. When Ward and Colleagues (Searle & Ward, 1990; Ward & Searle, 1991; Ward & Kennedy 1993; Ward & Deuba 2000) have found that cultural adaptation could be

divided into a socio-cultural and a psychological dimension, they still proved that both domains are interrelated. In their studies, socio-cultural adaptation was the strongest predictor of depression among other variables. They explained that people undergoing expatriation face several life changing events, which in turn affect their psychological well being. Ataca and Berry (2002) had replicated Searle and Ward's model of cultural adaptation on a different population and found similar results. Socio-cultural adaptation and depression were not only related, but also depression acted as a significant predictor. Moreover, in a study by Conzalez, Haan and Hinton (2001), adaptation, referred to as acculturation, was directly linked to the prevalence of depression. Their study revealed that Mexican Americans who were least adapted had the highest symptoms of depression. Also, adaptation was associated with depression among Koreans in America, where researchers suggested that social support was a mediating factor (Park & Bernstein, 2008). In line of these consistent findings, the current study proposes that the higher the socio-cultural adaptation of Lebanese women in Riyadh, the lower the symptoms of depression.

In light of the previous literature, it is clear that socio-cultural adaptation and psychological adjustment are interrelated. However, they are influenced and predicted by different variables. This study aimed at determining predictive variables of socio-cultural adaptation and psychological adjustment among Lebanese women currently living in Riyadh, Saudi Arabia, by examining factors which correlated with both aspects of adaptation. The following were the investigated hypotheses of the study:

Hypothesis 1a: The higher the scores on cultural distance the higher the scores on socio-cultural adaptation (it should be noted here that high scores on cultural distance indicate less perceived distance between the two cultures)

Hypothesis 1b: The higher the scores on the length of residence in KSA the higher the scores on socio-cultural adaptation

Hypothesis 1c: The higher the scores on understanding and speaking the Saudi dialect the higher scores on socio-cultural adaptation

Hypothesis 1d: The higher the scores on speaking the Saudi dialect the higher the scores on socio-cultural adaptation

Hypothesis 1e: The higher the number of relationships with Saudis the higher the scores on socio-cultural adaptation

Hypothesis 2: The higher the scores on socio-cultural adaptation the lower the scores on symptoms of depression

Hypothesis 3a: The higher the scores on life changes the higher the scores on the symptoms of depression

Hypothesis 3b: The higher the scores on the level of extraversion the higher the scores on the symptoms of depression

Hypothesis 3c: The higher the level of satisfaction with relationships with Saudis and co-nationals the lower the symptoms of depression

CHAPTER 3

Method

Participants

The sample for this study consisted of 200 participants. They were all Lebanese females living in Riyadh. The ages of the participants ranged from 18 to 56 years, with an average age of 30 years. Of the total participants, 121 were employed. As for religion, the majority were Muslims, 95%. Moreover, 94% of the women were married. The average length of residence was 5 years 4 months with a minimum stay of 3 months and a maximum stay of 19 years.

Participants were selected on the basis of convenient sampling. The researcher had tried to have access to the Lebanese population in Riyadh through the Lebanese Embassy, but her request was rejected due to confidentiality reasons. Therefore, she had used two sources, directories from mobile companies and a Facebook page for Lebanese women in Riyadh.

Materials

Six scales were used. These were the Sociocultural Adaptation Scale (Appendix C), Cultural Distance Scale (Appendix D), Social Ties (Appendix E), Social Readjustment Rating Scale (Appendix F), Beck Depression Inventory II (Appendix G) and Eysenck Personality Questionnaire-Revised Extraversion/Introversion subscale (Appendix H). They were arranged in the above mentioned order following the demographic information sheet (Appendix B) and the consent form (Appendix A). Demographic variables were age, relationship status, number of children, religion, length of the residence, understanding and speaking the Saudi dialect, work status, and marital satisfaction.

Socio-cultural Adaptation Scale. This scale measures the level of difficulty expatriates experience in adjusting to different aspects of the new culture (Searle & Ward 1990). It is a

flexible instrument that can be modified depending on the characteristics of the sample being studied (Searle & Ward, 1990). The original scale includes 41 items; however, researchers are advised by the authors of the scale to omit questions that don't apply to their sample or country of study. It is also advised that researchers use not less than 20-23 items and include the first 10 items of the scale. The present study included 25 items, scored on 5 point Likert scale ranging from 1 to 5 (1 extremely difficult and 5 not difficult at all). Sample items include *Getting used to local food/finding food you enjoy* and *Dealing with the climate*. The higher the total score the more adapted the person is. This test has a high reliability $\alpha = .84$ (Ward & Kennedy, 1994).

Cultural Distance Scale. This scale measures how participants rate the difference between home and new culture (Babiker, Cox & Miller, 1980). It consists of 12 items that rate aspects of dressing, communication, religious beliefs, family life, values and food to name a few). It is scored on a Likert-type scale ranging from 1 to 5 with a value of 1 indicating that the cultures are completely dissimilar, and 5 as completely similar. Scores range between 12 and 60, with lower scores indicating greater cultural distance. Therefore, this scale is inversely scored according to the hypothesis. This test has a high reliability $\alpha = .80$ (Ward & Kennedy, 1993).

Social Ties. This scale was devised by Kashima & Loh (2006). It asks participants to list the initials of 14 acquaintances they had the most contact with since their arrival in the new country. They also mention if the person is from home country, the local country or another country. Participants were also asked to rate the relationship satisfaction with each category of social contact on 4 point scale, 1 not at all satisfied to 4 greatly satisfied.

Social Readjustment Rating Scale. This scale is used to measure the degree of stress experienced due to life changes (Hoilmes and Rahe, 1967). It consists of 43 life events; each assigned a value according to how much readjustment it requires. Sample items include *Death in*

the family, Purchase of house of high value, Spouse began or stopped working, and Changes of social activities. Participants are asked to check the boxes for the events that have occurred in the past 12 months. The total score is calculated by adding the values for the indicated life events. A score below 119 is considered minimal stress, 119-199 is considered moderate, a median score falls in the range 200-299 and a high score is over 300. This scale cannot be tested for reliability.

Beck Depression Inventory II. The Beck Depression Inventory is a self report measure used to assess the presence and the severity of depression symptoms (Beck, Brown & Steer, 1996). It consists of 21 on a Likert scale ranging from 0 to 3. Total score of 0-13 is considered minimal range, 14-19 is mild, 20-28 is moderate, and 29-63 is severe. This scale measures aspects of depression pertaining to sleep patterns, guilt, sleeping patterns, view of self, view of the future, suicidality, sadness, and other diagnostic criteria for depression according to the Diagnostic and Statistical Manual IV-TR. This inventory has a high reliability $\alpha = .96$ (Stephen, D., et al., 2002).

Eysenck Personality Questionnaire-Revised, Extraversion/Introversion subscale. This is a subscale of the Eysenck Personality Questionnaire (Eysenck & Eysenck, 1975) used to assess extraversion. It consists of 21 items with a Yes or No answer. Sample questions include *Do you have many different hobbies?*, *Do you like mixing with people?* *Do you prefer reading to meeting new people?* and *Do you tend to keep in the background on social occasions?*. Scores range from 0 to 21, with higher scores indicating greater levels of extraversion. The reliability for this scale is high $\alpha = .80$ (Ward & Searle, 1991).

Procedure

Dr. Hout looked over the surveys that had been chosen and agreed on the topic. She requested a pilot study to determine whether the scales will be reliable to use within the Lebanese population. A pilot study was performed and the data of 64 participants were analyzed

for the scale reliabilities. The scales were all found to have high reliabilities. The alpha coefficients for the Sociocultural Adaptation Scale $\alpha = .909$, Cultural Distance $\alpha = .906$, Beck Depression Inventory II $\alpha = .909$ and the Extroversion/Introversion subscale $\alpha = .817$

Convenient sampling was used to collect data. The researcher used phone directories of two network companies Mobily and STC in Riyadh, which were filtered by nationality and gender. She called every fifth number, explained the purpose of the study and asked if participant would like to participate. If they consented, they were provided through their email with an online link to the survey to fill in and send anonymously. The researcher emailed the survey to 52 participants who consented orally on the phone to participate, but got back 29 surveys only. Because of the low response rate through phone, the researcher used a Facebook page which includes 2300 Lebanese women residing in Riyadh only. Through this source, the researcher received 172 surveys. The survey included a consent form which the participants read before starting with the survey. Finally, for ethical considerations, because these questionnaires included a depression measure, participants were provided the email of the project director and the research investigator in the consent form in case they felt that they were in considerable distress and needed to be provided with psychotherapeutic interventions.

Data collection began in December 2014 and was completed in March 2015. Following this, data were entered into SPSS and statistical analyses were run. Correlational analysis was used to study the different relationships. All received surveys were used; accordingly, results reported below are based on 200 participants. One- way ANOVA was performed to assess for group differences and regression analysis was used to examine predictive variables.

CHAPTER 4

Results

This chapter shows the findings of the tested hypotheses. The Pearson-Product Moment Formula was used to test for relationships between variables and Regression models were performed to check for significant predictive variables.

Reliability Testing

Cronbach’s alpha was calculated to determine the internal consistency of the different scales used. The current and previous reliability coefficients are reported in the table below (see table 1).

Table 1

Cronbach’s alpha for the Extraversion scale, Beck Depression Inventory, SCAS, and Cultural Distance Scale

	Previous Cronbach’s alpha	Current Cronbach’s alpha
Extraversion	.80	.82
Beck Depression Inventory	.96	.93
SCAS	.84	.93
Cultural Distance	.80	.90

Hypotheses Testing

Hypothesis 1a: The higher the scores on cultural distance the higher the scores on socio-cultural adaptation (it should be noted here that high scores on cultural distance indicate less perceived distance between the two cultures)

Hypothesis 1b: The higher the scores on the length of residence in KSA the higher the scores on socio-cultural adaptation

Hypothesis 1c: The higher the scores on understanding the Saudi dialect the higher scores on socio-cultural adaptation

Hypothesis 1d: The higher the scores on speaking the Saudi dialect the higher the scores on socio-cultural adaptation

Hypothesis 1e: The higher the number of relationships with Saudis the higher the scores on socio-cultural adaptation

Hypothesis 2: The higher the scores on socio-cultural adaptation the lower the scores on symptoms of depression

Correlational analysis using the Pearson-Product Moment Formula was performed to determine which variables show a significant relationship with socio-cultural adaptation. Results showed a significant positive correlation between socio-cultural adaptation and each of cultural distance, length of residence, understanding and speaking the Saudi dialect and number of relationships with Saudis (r ranged between .24 to .52, $p < .01$), and a negative correlation with depression ($r = -.50$, $p < .01$). Thus, hypotheses 1 (a,b,c,d & e) and 2 were confirmed (see table 2).

Table 2

Correlation Coefficients for Socio-cultural adaptation with Cultural distance, Length of Residence, Understanding and Speaking the Saudi dialect, the Number of relationship with Saudi people, and Depression

		Cultural Distance	Length of Residence	Understanding Saudi	Speaking Saudi	Number of Relationships with Saudis	Depression
Socio-Cultural Adaptation	Pearson Correlation	.452**	.298**	.516**	.385**	.243**	-.496**
	Sig. (2-tailed)	.000	.000	.000	.000	.001	.000
	N	200	200	200	200	200	200

Regression analysis

Variables were entered through a regression model to determine their strength. In addition, the demographic variables age and work status were added. Analysis revealed that cultural distance, understanding Saudi, and depression were significant predictors of socio-cultural adaptation scores (β ranged from $-.36$ to $.35$, $p < .01$) (see Tables 4 & 5), with depression being the highest significant predictor. However, the variables length of residence, speaking Saudi, and the number of relationships with Saudis did not turn out to be significant predictors of cultural adaptation when compared with the other variables (see Tables 4 & 5). The overall model fit was $R^2 = 0.51$, meaning that the independent variables predicted 51% of the dependent variable socio-cultural adaptation (see Table 3)

Table 3

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.711 ^a	.506	.485	13.229	.506	24.408	8	191	.000

Table 4

ANOVA

Model	Df	Mean Square	F	Sig.
Regression	8	4271.476	24.408	.000 ^b
Residual	191	175.004		
Total	199			

Table 5

Regression Analysis Model for predicting Socio-Cultural Adaptation

	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	56.489	6.573		8.594	.000	43.524	69.454
Age	.013	.175	.004	.075	.940	-.332	.359
Cultural distance	.477	.118	.227	4.044	.000	.245	.710
Residence Duration	.003	.026	.008	.130	.897	-.047	.054
Understanding Saudi	7.122	1.445	.345	4.929	.000	4.272	9.972
Speaking Saudi	1.130	1.316	.057	.858	.392	-1.467	3.726
Number of relationships with Saudis	.351	.311	.061	1.129	.260	-.262	.964
Depression	-.565	.085	-.364	-6.672	.000	-.731	-.398
Employed	1.027	2.030	.027	.506	.614	-2.978	5.032

Dependent variable: Socio-cultural Adaptation

Hypothesis 3a: The higher the scores on life changes the higher the scores on the symptoms of depression

Hypothesis 3b: The higher the scores on the level of extraversion the higher the scores on the symptoms of depression

Hypothesis 3c: The higher the level of satisfaction with relationships with Saudis and co-nationals the lower the symptoms of depression

Using the Pearson correlation coefficient, the relationships between depression and life changes, extraversion and satisfaction with relationships with Saudis and other expatriates were tested. (see Table 6)

Table 6

Correlation Coefficients for Depression with Life Changes, Level of Extraversion, Satisfaction with relationships with Saudis and co-nationals, and Socio-Cultural Adaptation

		Extraversion	Depression	Life changes	Satisfaction with Lebanese	Satisfaction with Saudis	Satisfaction with others
Depression	Pearson Correlation	.161*	-.496**	-.250**	.114	.237**	.207**
	Sig. (2-tailed)	.023	.000	.000	.108	.001	.003
	N	200	200	200	200	200	200

The number of relationships with Lebanese was explored in correlation with socio-cultural adaptation. A correlational analysis revealed a significant moderate negative relationship between socio-cultural adaptation and the number of relationship with Lebanese ($r = -.34, p < .01$).

Regression Analysis

The variables life changes, extraversion and socio-cultural adaptation were entered into a regression model to determine their strength, along with demographic variables. Analysis revealed that life changes, extraversion, socio-cultural adaptation, marital satisfaction and being employed were significant predictors of depression (β ranged from $-.36$ to $.18, p < .01$), with marital satisfaction being the highest predictor (see tables 8 & 9). The overall model fit was $R^2 = 0.47$. (see table 7)

Table 7

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
2	.682 ^a	.466	.428	9.014	.466	12.407	13	185	.000

Table 8

ANOVA				
Model	Df	Mean Square	F	Sig.
Regression	13	1008.113		
Residual	185	81.256	12.407	.000 ^b
Total	198			

Table 9

Regression analysis for predictors of depression

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	53.040	6.405		8.282	.000	40.404	65.675
Residence Duration	.005	.016	.017	.292	.770	-.027	.037
Age	.012	.127	.006	.098	.922	-.238	.263
Marital Satisfaction	-5.100	.832	-.356	-6.133	.000	-6.741	-3.460
Extraversion	-.415	.149	-.159	-2.793	.006	-.708	-.122
Socio-cultural adaptation	-.212	.041	-.329	-5.163	.000	-.293	-.131
Life changes	.016	.005	.177	3.036	.003	.006	.026
Employed	-4.123	1.405	-.170	-2.935	.004	-6.895	-1.352
Number of children							
one child	1.812	1.831	.072	.990	.323	-1.799	5.424
two children	2.075	1.854	.083	1.119	.264	-1.582	5.732
three children	4.890	2.494	.129	1.960	.051	-.031	9.810
Relationships satisfaction							
With Lebanese	.456	.738	.034	.618	.537	-1.000	1.911
With Saudis	.085	.922	.005	.093	.926	-1.734	1.905
With others	-.530	.602	-.050	-.879	.380	-1.718	.659

Dependent Variable: Depression

CHAPTER 5

Discussion

The present study aimed at examining the relationships between socio-cultural adaptation and each of cultural distance, length of residence, language and interaction with locals. It also examined the relationships between psychological adjustment, measured in terms of depression, and each of life changes, extraversion, and satisfaction with social support. Finally, it explored the relationship between socio-cultural adaptation and depression. This was done to determine predictive variables of both socio-cultural adaptation and psychological adjustment.

Results showed that increased perceived distance between the Lebanese and the Saudi cultures was associated with lower socio-cultural adaptation. This is in parallel with previous findings which found that a high dissimilarity between culture of origin and the new culture inhibited or slowed adaptation (Harvey & Novicevic, 2000; Stahl & Caliguri, 2005; White, Absher & Huggins, 2011). According to Hofstede's (2011) comparison of cultures, the Lebanese and Saudi cultures do differ on six dimensions, such as individualism vs. collectivism, life orientation and indulgence vs. restraint. In parallel, women in this study rated cultural distance according to dressing, religious beliefs, friendships, values and world view to name a few. Differences in such basic aspects of life entail distress and affect the abilities of those women to fit in and settle, thereby reflecting the meaning of socio-cultural adaptation. Hence, it is not surprising to know that Lebanese women found it difficult to adapt to the Saudi culture.

Another finding in this study was that women who had spent less time in Riyadh reported lower socio-cultural adaptation. As Taras et al. (2013) agree, they explain that the amount of time spent in the new country allows the expatriate to explore, observe and learn aspects of the

new culture. Lebanese women who had been living in Riyadh for a longer period of time might have had more opportunities to learn about its regulations, climate, transportation and other country differences. This time allows these women to accommodate to the changes in environment and plan their lifestyles accordingly. While on the other hand, women who had spent less time might still be trying to figure out ways to accept and cope with changes.

Moreover, although the Lebanese and the Saudi are both dialects of Arabic, Lebanese women who were capable of understanding and speaking the Saudi dialect were more socio-culturally adapted. As discussed earlier, Lebanon and Saudi Arabia differ culturally, and Peltokorpi (2007) explains that differences in cultural backgrounds affect the way people deliver and interpret messages. Since language is the medium between the individual and his/her environment, less language ability would create a barrier and slow down the acquisition of the new culture. Women who were more capable of speaking and understanding the Saudi dialect might have had better opportunities to interact with their environment and find their way around, which in turn facilitated their socio-cultural adaptation.

It was also found that the higher the interaction with Saudis, the higher their socio-cultural adaptation. This result was confirmed in several previous studies, in which expatriates who interacted with locals reported higher adaptation (Ward & Kennedy, 1992; Ward & Deuba, 1999; Yusoff et al., 2010; Taras et al., 2013). These researchers had agreed that locals are the best source of information about their country. Lebanese women who had more interaction with Saudis might have had the chance to learn more about the Saudi culture, view the Saudi culture from the perspective of locals and get to understand its different aspects. On the contrary, women who had less Saudi acquaintances might miss on important facts to be learned about Saudi Arabia which might have helped them adapt better. In fact, upon further analysis, it was revealed

that women who had more Lebanese than Saudi or other friends were less socio-culturally adapted. Having discussed the significance of understanding and speaking Saudi on socio-cultural adaptation, it might be that women with more Lebanese friends, i.e. less Saudi friends, have fewer chances to learn their dialect, which have a negative influence on their adaptation.

Furthermore, results showed that women who were more socio-culturally adapted scored lower on symptoms of depression. This is too consistent with previous studies, which provided results but little explanation to their findings. It was found that people who reported being less adapted were more likely to have had psychological difficulties such as depression and anxiety (Conzalez, Haan & Hinton, 2001; Ataca & Berry, 2002). A low score on socio-cultural adaptation means that these women are finding difficulty fitting in and negotiating different aspects of the new culture. This could be as simple as not finding food they like, to as complex as not being able to deal with facilities and services. These struggles might have built frustration in these women and feelings of helplessness, which have led them develop symptoms of depression.

Although the above hypotheses were discussed separately, it is certain that these variables interrelate and influence each other. In a culturally distant country, women who spend longer residence durations are able to make more local friends who teach them about this cultural distance and help them acquire the language. This might positively influence and facilitate adaptation, which in turn impedes or lessens their risk of developing or persisting with symptoms of depression. To clarify such interrelations, it was necessary to examine the strongest predictive variable of socio-cultural adaptation. Regression analysis revealed that cultural distance, understanding Saudi and depression were significant predictors, with depression being the strongest predictor of socio-cultural adaptation. Hence, speaking Saudi and length of residence

lose their significance when compared with the other variables. Being able to comprehend what people convey might play a more important role in these women's adaptation than having the ability to speak the dialect themselves. This may be because understanding the dialect teaches them parts of speech which they could use. Also, going back to Peltokorpi's (2007) explanation, understanding the dialect also means understanding the other person's cultural background. Therefore, Lebanese women who understand Saudi are better able to understand the Saudi cultural background and aspects necessary for their adaptation. This may be why this variable had a significant impact on socio-cultural adaptation. As for residence duration, it showed to be a weak predictor when compared with the fact that cultures will keep being dissimilar (distant) regardless of how long the women stay, or when compared with understanding Saudi where women might adapt better if they have the means of communication, regardless of how long they have been in Riyadh. Finally, previous studies have also shown the significance of depression in predicting adaptation (Ward & Deuba, 2000; Ataca & Berry, 2002; Park & Berenstein, 2008). Women who have depressive symptoms report being sad, pessimistic, withdrawn, have less energy and less interest in daily activities. Passing through such a phase or suffering from these symptoms might make these women feel de-motivated and not interested in engaging in different aspects of the new culture, which might negatively influence the way they adapt.

Moving on to psychological adjustment, higher scores on life changes correlated positively with symptoms of depression. This result was similar in previous studies where life changes were perceived as stress evoking events, and affected levels of depression (Ward & Searle, 1991; Ayers et al., 2009). It is known that any change in an individual's environment might trigger stress and symptoms of depression. In this study, not only transitioning to a new country counted as a life changing event, but also the small changes in the women's daily lives

and routines, and other life events such as death of someone they know. Although different events were covered in the scale, more events asked about negative/ upsetting changes, i.e. the scale covered several aspects which may be linked with depression.

Although it was discussed earlier in the literature that many studies were in favor of the “Cultural fit” or the “Person-Culture match” hypotheses, and the current researcher related Saudi cultural traits to introversion traits, results showed that extroverts not introverts had less depressive symptoms. This could be due to the fact that extroverts possess the character traits expressiveness, excitement seeking, being outgoing and sociable, which all act as a facilitator to build a support system and find their own ways to enjoy life (Costa & McCrae, 1992). Moreover, they would be more likely to keep their connections with their families and friends due to their motivation for social interactions. These aspects may have protected those extraverted women from developing depressive symptoms. On the other hands, introvert women might feel less encouraged to mix with new people, thus, diminishing their opportunities to adapt through learning from others, which in turn may affect their psychological well being. Moreover, the current researcher had based her assumption, of cultural fit between introverts and Saudi Arabia, on analysis of different descriptions of the Saudi culture, while other studies have based their hypotheses on actual assessments of culture norms of the host country. This might have acted as a limitation, whereas if examined properly, the Saudi cultural norms might reveal to show otherwise. Further, the result of this study could be congruent to other studies which found extraversion to be related to better psychological adjustment in a cross-cultural transition (Searle & Ward, 1990; Caliguiri, 2000; Johnson et al., 2006).

The last hypothesis proposed that satisfaction with relationships, being co-nationals or locals would correlate negatively with depression. Results did reveal a negative relationship but

it was not significant. As Lebanese women who came to live in Riyadh have most likely left behind their families and friends, lost their support system and developed feelings of loneliness; this loss of sense of belonging may have had a greater impact on the development of depressive symptoms, than their new relationships.

Finally, when variables' strength was compared in predicting symptoms of depression, life changes, extraversion, and socio-cultural adaptation were all significant predictors. However, demographic variables were also included, and marital satisfaction and being employed also acted as significant predictors, with marital satisfaction being the strongest predictor variable. In a country where women do not have too many opportunities available to go out, work could be an outlet for them. At work, these women would mix with other ladies, share their experiences, feel productive, and have personal goals to achieve, and therefore, become less likely to develop depression than women who are unemployed. As for marital satisfaction, according to Beach, Katz and Brody (2003) women who reported less satisfaction with their marriages were sadder, more irritable and were less interested in sex, which are all depressive symptoms. These women whether introverted or extroverted, work or do not work, adapted or not, might have a strong relationship bond with their partners, which may be supporting them through their life changes and positively influencing their psychological well being.

Clinical implications

Several factors contributed to the strength of this study. It is the first study in the Arab world to examine the field of cross cultural adaptation of Lebanese. The presented literature and findings would give a strong base for future studies in the Arab world. Also, variables which would make adaptation and adjustment in Riyadh a challenging experience to Lebanese women were explored separately. Most previous studies explored the relationship between the different

variables, while this study highlighted those variables which had the greatest impact on adaptation and adjustment.

In the clinical field, findings provided in the current study would definitely be a resource for clinicians and mental health professionals who deal with the Lebanese women in Riyadh. As previously mentioned, many women would present to therapy complaining about anxieties, depression or somatizations. It would be helpful to know that adaptation to a culturally distant country might be affecting the psychological well being of these women. Also, knowing that marital satisfaction, is a strong significant predictor of depressed Lebanese women adapting to Riyadh, might help in directing the therapy work of these women. Moreover, knowing that depression has a great impact on adaptation might aid clinicians open up different areas in therapy which could be related to depression, and thus help those women who seek therapy because of maladaptation. Finally, prevention strategies through orientation programs could be considered to help Lebanese women who are planning to live in Riyadh. For example, as employment was a significant predictor of depression, women would be recommended to look for job opportunities upon their arrivals. They might also be advised to interact with locals and told that they could be of a great help in their adaptation process. They may be introduced to the difference in the dialects and taught about important vocabulary needed for their transportation and other services. Lebanese women who are characterized by introversion could be advised to find ways to connect to and learn about the new culture, and encouraged to make social connections with locals.

Limitations and Future studies

As with all research, there were some limitations to the current study that must be noted. The first limitation was the relatively small sample size (200 participants), which affected the

generalizability of the study. Second, the questionnaires were not translated to Arabic, and were sent over emails to be filled in; therefore, only English speaking members of the Lebanese population in Riyadh were able to participate. This also meant that findings could not be generalized to all Lebanese. Although it was noted that participants could email the researcher at any time for further questions about the survey, only few did ask questions; whereas if the surveys were handed in by the researcher, participants would have asked questions for clearer results. Since the data was based on self-reports, it might be subject to response bias. In addition, the majority of participants happened to be Muslim, employed and less than 35.

Although this study has shed light on some important findings, there is much more room to explore in the field of adaptation of Lebanese women. Since the current study focused on women only, future research could study gender differences in adaptation and adjustment to a new culture. It would also be interesting to observe how participants' adaptation changes over time, suggesting for the use of longitudinal studies.

In a summary, the researcher used the above findings and discussion to put forward guidelines, which could be useful to the adaptation of Lebanese women planning to move in to Riyadh or are already living there.

Women are advised to:

- Learn certain vocabulary differences between the Saudi and the Lebanese dialects
- Get a job where they can meet new people, share their experiences and challenges
- Learn about the Saudi culture or traditions through locals. Introverts who do not prefer to meet new people may try to use search engines or books

- Visit a psychotherapist if they notice that too many changes are going around in their lives, as he/she can teach you healthy coping skills
- Be aware that their marital relationships may be affected by maladaptation, which triggers symptoms of depression.
- Recognize that depression and maladaptation are interrelated. Therefore, being depressed may affect their ability to cope with change and the new culture, and vice versa.
- Realize that the country limits the exposures they would like to have for their children, e.g. having new friends, playing at the park, being with relatives, doing outdoor activities, etc... and that may put them at risk of developing symptoms of depression
- Focus more on the mere interaction with others rather than close friendships, this could prevent them from feelings of loneliness and thus help in their adaptation process

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Appendix A
Consent Form

Haigazian University
P.O. Box 11-1748
Riad El Solh, 1107 2090
Beirut, Lebanon

CONSENT TO SERVE AS A PARTICIPANT IN A RESEARCH PROJECT

Project Title: *Factors Predicting Socio-cultural Adaptation and Psychological Adjustment of Lebanese women in Riyadh, Saudi Arabia*

Project Director: *Dr. Hanine Hout Ed.D. email: hanine.hout@gmail.com*

Research Investigator: *Fatima Dandash, email: Fatima.dandash@gmail.com*

Nature and Purpose of the Project:

The purpose of this study is to determine factors which strongly predict adaptation and adjustment of Lebanese women in Riyadh.

Explanation of Procedures:

As a research participant you will be administered a questionnaire that you will be asked to fill out. Your names will not appear on the questionnaires and they will remain anonymous. It is expected that your participation in this research will last for 20 minutes at maximum.

Potential Discomfort and Risks:

There are no risks associated with participation in this research.

Potential Benefits:

The potential benefit is that you would have helped the investigator complete this research which is a thesis dissertation, and contributed to answering the research problem.

Costs/Reimbursements:

There are no costs associated with the participation in this research.

Alternative Procedures:

There are no alternative procedures in this study in case you refuse to participate.

Alternatives to Participation:

There are no alternatives to participation in this study in case you refuse to participate.

Termination of Participation:

If you decide to give consent to participate in this research, your participation might be terminated by the principal investigator or research director if the results show that they were contradictory or malingered.

Confidentiality:

The results of your participation will be kept confidential to the fullest extent possible. This means that only the principal investigator and research director will know about your specific results. Only information that cannot be traced to you will be used in reports or manuscripts published or presented by the investigator or director. Raw data on data-recording systems will be kept with the investigator following the termination of the study.

Withdrawal from the Project:

Your participation in this research project is completely voluntary. You can refrain from participating and completing the questionnaires. If you decide to consent to participate, you can withdraw your consent to participate at any point without any explanation and without any penalty. You are free to leave this research at any time.

Participant's Oral Consent:

*Only your **oral** consent is needed. By consenting you agree to participate in this research project. The purpose, procedures to be used, as well as, the potential risks and benefits of your participation have been explained to you in detail. You can refuse to participate or withdraw your participation in this study at any time without penalty. You will be given a copy of this consent form.*

Appendix B Demographics Form

This survey is confidential. Please do not include your name anywhere on it. Answer the following questions, without forgetting to answer anything, and then go on to answer the survey.

1. Please specify your age: _____

2. Indicate your relationship status:

- a. Single
- b. Engaged
- c. Married
- d. Divorced
- e. Separated

3. How satisfied are you in your relationship?

Not at all 0 1 2 3 Greatly satisfied

4. Please specify the number of children you have: _____

5. Indicate your religion:

- a. Christian
- b. Druze
- c. Muslim
- d. Other

6. Rate your ability in understanding the Saudi Dialect

Not at all 0 1 2 3 Excellent

7. Rate your ability in speaking the Saudi Dialect

Not at all 0 1 2 3 Excellent

8. Are you employed? Yes No

9. How long have you been in Riyadh? _____year(s) _____month(s)

Appendix C

Socio-Cultural Adaptation Scale

Please indicate the amount of difficulty experienced doing each of the following tasks or activities in Riyadh. Please circle the number that best reflect your response to each question regarding life in Riyadh

- 1 = Extremely difficult
- 2 = Very difficult
- 3 = Somewhat difficult
- 4 = Not very difficult
- 5 = Not difficult at all

	1	2	3	4	5
1. Making friends					
2. Using the transport system					
3. Making yourself understood					
4. Getting used to the pace of life					
5. Going shopping					
6. Going to social events/gatherings					
7. Worshipping in your usual way					
8. Talking about yourself with others					
9. Understanding jokes and humor					
10. Dealing with someone who is unpleasant/cross/aggressive					
11. Getting used to the local food/finding food you enjoy					
12. Following rules and regulations					
13. Adapting to local accommodations					
14. Communicating with people of different nationality					
15. Relating to members of opposite sex					
16. Dealing with unsatisfactory service					
17. Finding your way around					
18. Dealing with the climate					
19. Going to coffee shops/restaurants/fast food outlets					
20. Understanding the local accent/language					
21. Living away from family members/independently from your parents					
22. Taking a local perspective on the culture					
23. Understanding the local value system					
24. Seeing things from the locals' point of view					
25. Understanding cultural differences					

Appendix D
Cultural Distance Scale

Please indicate how similar you perceive your own culture and the Saudi culture in the following categories

- 1 = Completely dissimilar
- 2 = Dissimilar
- 3 = Partially similar
- 4 = Similar
- 5 = Completely similar

	1	2	3	4	5
1. Dressing					
2. Communication					
3. Religious Beliefs					
4. Family Life					
5. Values					
6. Friendship					
7. Language					
8. Food					
9. Customs					
10. World view					
11. Social activities					
12. Living standards					

Appendix E
Social Ties

On a separate sheet of paper, please list the 14 friends or acquaintances you have had the most contact with since your arrival in KSA. This will only be seen by you. Then in the following boxes please indicate where your friend listed is from.

	KSA	Lebanon	Other
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Satisfaction

1. How do you rate the quality of your relationship with Saudi people

Not satisfied at all 0 1 2 3 4 Greatly satisfied

2. How do you rate the quality of your relationship with Lebanese people

Not satisfied at all 0 1 2 3 4 Greatly satisfied

3. How do you rate the quality of your relationship with people of other nationalities

Not satisfied at all 0 1 2 3 4 Greatly satisfied

Appendix F
Social Readjustment Rating Scale

Please check the events that occurred to you in the past year

1. Death of spouse		26. Spouse began or stopped working	
2. Divorce		27. Began or stopped studying	
3. Marital separation		28. Addition or reduction in people living in the house	
4. Prison		29. Change of personal habit	
5. Death in the family		30. Difficulty with boss	
6. Accident or illness		31. Change of work schedule	
7. Marriage		32. Change of house	
8. Loss of job		33. Change of school	
9. Reconciliation with spouse		34. Change of recreational activities	
10. Retirement		35. Changes of religious activities	
11. Illness in the family		36. Change of social activities	
12. Pregnancy		37. Purchase on credit of middle value	
13. Sexual difficulties		38. Change in sleeping habits	
14. Birth in the family		39. Change in the frequency of family gatherings	
15. Change of work		40. Change in eating habits	
16. Change of financial condition		41. Vacation	
17. Death of close friend		42. Christmas	
18. Change in line of work		43. Fined for small infractions	
19. Change in frequency of arguments with spouse			
20. Purchase of house of high value			
21. Finished paying off loan			
22. Change of work responsibility			
23. Son/ daughter leaves home			
24. Difficulties with police			
25. Recognition for outstanding professional work			

Appendix G
Beck Depression Inventory II

This final section is designed to measure depressive symptoms and severity of depression. Please answer the following questions as accurately as possible. Answers should be based on the past two weeks, including today. If two answers seem equal, circle the higher in that group.

Sadness	0 I do not feel bad. 1 I feel sad. 2 I am sad all the time. 3 I am so sad or unhappy that I cannot stand it.
Pessimism	0 I am not discouraged about my future. 1 I feel more discouraged about my future than I used to be. 2 I don't expect things to work out for me. 3 I feel that the future is hopeless and will only get worse.
Past Failure	0 I do not feel like a failure. 1 I feel I have failed more than I should have. 2 As I look back on my life, I see a lot of failures. 3 I feel I am a total failure as a person.
Loss of Pleasure	0 I get as much pleasure as I ever did from the things I enjoy. 1 I don't enjoy things as I used to. 2 I get very little pleasure from the things I used to enjoy 3 I can't get any pleasure from the things I used to enjoy.
Guilty Feelings	0 I don't feel particularly guilty. 1 I feel guilty over many things I have done or should have done. 2 I feel quite guilty most of the time. 3 I feel guilty all of the time.
Punishment Feelings	0 I don't feel I am being punished. 1 I feel I may be punished. 2 I expect to be punished. 3 I feel I am being punished.
Self-Dislike	0 I feel the same about myself as ever. 1 I have lost confidence in myself. 2 I am disappointed in myself. 3 I dislike myself.
Self-Criticism	0 I don't criticize or blame myself more than usual. 1 I am more critical of myself than I used to be. 2 I criticize myself for all of my faults. 3 I blame myself for everything bad that happens.
Suicidal Thoughts or Wishes	0 I don't have any thoughts of killing myself. 1 I have thoughts of killing myself, but I would not carry them out. 2 I would like to kill myself. 3 I would kill myself if I had the chance.

Crying	<p>0 I don't cry any more than I used to. 1 I cry more than I used to. 2 I cry over every little thing. 3 I feel like crying, but I can't.</p>
Agitation	<p>0 I am no more restless or wound up than usual. 1 I feel more restless or wound up than usual. 2 I am so restless or agitated that it's hard to stay still 3 I am so restless or agitated that I have to keep moving or doing something</p>
Loss of Interest	<p>0 I have not lost interest in other people or activities. 1 I am less interested in other people or things than before. 2 I have lost most of my interest in other people or things. 3 It's hard to get interested in anything</p>
Indecisive-ness	<p>0 I make decisions about as well as ever. 1 I find it more difficult to make decisions than usual. 2 I have much greater difficulty in making decisions than I used to. 3 I have trouble making any decisions.</p>
Worthless-ness	<p>0 I do not feel I am worthless. 1 I don't consider myself as worthwhile and useful as I used to. 2 I feel more worthless as compared to other people. 3 I feel utterly worthless.</p>
Loss of Energy	<p>0 I have as much energy as ever. 1 I have less energy than I used to have. 2 I don't have enough energy to do very much. 3 I don't have enough energy to do anything.</p>
Sleeping Patterns	<p>0 I have not experienced any change in my sleeping pattern. 1 I sleep somewhat more/less than usual. 2 I sleep a lot more/ a lot less than usual. 3 I sleep most of the day/ I wake up 1-2 hours early and can't get back to sleep.</p>
Irritability	<p>0 I am no more irritable than usual. 1 I am more irritable than usual. 2 I am much more irritable than usual. 3 I am irritable all the time.</p>
Changes in Appetite	<p>0 I have not experienced any changes in my appetite. 1 My appetite is somewhat less/greater than usual. 2 My appetite is much less/greater than usual. 3 I have no appetite at all/ I crave food all the time.</p>
Concentration Difficulty	<p>0 I can concentrate as well as ever. 1 I can't concentrate as well as usual. 2 It's hard to keep my mind on anything for very long. 3 I find I can't concentrate on anything.</p>

Tiredness of Fatigue	<p>0 I am no more tired or fatigued than usual.</p> <p>1 I get tired or fatigued more easily than usual.</p> <p>2 I am too tired or fatigued to do a lot of things I used to do.</p> <p>3 I am too tired or fatigued to do most of the things I used to do.</p>
Loss of Interest in Sex	<p>0 I have not noticed any recent change in my interest in sex.</p> <p>1 I am less interested in sex than I used to be.</p> <p>2 I am much less interested in sex now.</p> <p>3 I have lost interest in sex completely.</p>

Appendix H
Eysenck Personality Questionnaire- Revised. Extraversion/ Introversion

Please answer each question by checking YES or NO following the question. There is no right or wrong answers and no trick questions. Work quickly and do not think too long about the exact meaning of the questions.

	YES	NO
1. Do you have many different hobbies?		
2. Are you a talkative person?		
3. Are you rather lively?.		
4. Can you usually let yourself go and enjoy yourself at a lively party?		
5. Do you enjoy meeting new people?		
6. Do you tend to keep in the background on social occasions?		
7. Do you like going out a lot?		
8. Do you prefer reading to meeting new people?		
9. Do you have many friends?		
10. Would you call yourself happy-go-lucky?		
11. Do you usually take the initiative in making new friends?		
12. Are you mostly quiet when you are with other people?		
13. Can you easily get a life into a rather dull party?		
14. Do you like telling jokes and funny stories to your friends?		
15. Do you like mixing with people?		
16. Do you nearly always have a "ready answer" when people talk to you?		
17. Do you like doing things in which you have to act quickly?		
18. Do you often take on more activities than you have time for?		
19. Can you get a party going?		
20. Do you like plenty of bustle and excitement around you?		
21. Do other people think of you as very lively?		