跨文化调整量表（Chao等，2017）

（Cross-Cultural Adjustment Measure，IRSM）

简介

跨文化调整是指个体在新文化环境下生活所感受到的舒适和安逸程度。其是一个多面向的概念，包括一般、人际和工作调整三个方面。一般调整指个体在多大程度上适应其所在国家的一般生活条件，如饮食、住房等方面。人际调整指个体在与所在国家其他人交往过程中的自在程度。工作调整是指个体能够适应其所在国家的工作绩效标准和工作预期。

量表

Using the following scale, indicate how unadjusted or adjusted you are to the following aspects during your exchange in this host country. (1 = not at all adjusted to 7 = very well adjusted).

Indicate your degree of adjustment to

1. Living conditions in general
2. Values and beliefs
3. Customs and practices
4. Interacting with people in academic activities
5. Interacting with people in nonacademic activities
6. Interpersonal relationships
7. Social gatherings
8. Your schoolwork
9. The academic requirements
10. Your professors’ teaching styles
11. The instructional methods

General adjustment: Items 1 -3;

Social adjustment: Items 4-7;

Academic adjustment: Items 8-11;

量表出处

CHAO, M., Takeuchi, R., & FARH, J. L. (2017). Enhancing Cultural Intelligence: The Roles of Implicit Culture Beliefs and Adjustment. Personnel Psychology. 70(1): 257-292.

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