Vancouver Index of Acculturation

Name: _____ Age: _____

Please select one of the numbers to the right of each question to indicate your degree of agreement or disagreement. Many of these questions will pertain to your heritage culture, which refers to the original culture of your family aside from American influences. This could be the culture of your birth, the culture in which you were raised, or any culture in your family history. If you have multiple influences, choose the one that has had the most significant impact on you (e.g., Irish, Chinese, Mexican, African). If you don't feel connected to any particular culture, please identify a culture that has influenced previous generations of your family.

Your heritage culture (other than American) is:

I often participate in my heritage culture tradition.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I often participate in mainstream North American cultural traditions.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I would be willing to marry a person from my heritage culture.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I would be willing to marry a North American person.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I enjoy social activities with people from the same heritage culture as myself.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I enjoy social activities with typical North American people.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I am comfortable working with people from the same heritage culture as myself.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I am comfortable working with typical North American people.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I enjoy entertainment (eg. movies, music) from my heritage culture.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I enjoy North American entertainment.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I often behave in ways that are typical of my heritage culture.

○ ○ ○ ○ ○ ○ ○ ○ ○
1 2 3 4 5 6 7 8 9

I often behave in ways that are 'typical North American'.

1 2 3 4 5 6 7 8 9

It is important for me to maintain or develop North American cultural practices.

1 2 3 4 5 6 7 8 9

It is important for me to maintain or develop the cultural practices of my native culture.

1 2 3 4 5 6 7 8 9

I believe in the values of my heritage culture.

1 2 3 4 5 6 7 8 9

I believe in mainstream North American values.

1 2 3 4 5 6 7 8 9

I enjoy the jokes and humor of my heritage culture.

1 2 3 4 5 6 7 8 9

I enjoy typical North American jokes and humor.

1 2 3 4 5 6 7 8 9

I am interested in having friends from my heritage culture.

1 2 3 4 5 6 7 8 9

I am interested in having North American friends.

1 2 3 4 5 6 7 8 9

Heritage subscore: _____ **Mainstream subscore:** _____

The heritage subscore represents the average of the odd-numbered items, while the mainstream subscore reflects the average of the even-numbered items. Researchers studying acculturation in other mainstream contexts may wish to change 'North American' to another descriptor, such as 'American' in the United States or 'British' in Great Britain. Here are some guidelines for interpreting the scores on each subscale: Heritage score: A high Heritage score reflects a strong connection to and preservation of one's heritage culture, indicating that the individual may not have fully adapted to mainstream American cultural traditions. Mainstream score: A high Mainstream score signifies a strong affinity for the host culture and successful adaptation to mainstream American cultural practices. Balance between scores: If both scores are relatively equal, it suggests that the individual has effectively integrated elements of both their heritage culture and mainstream American traditions. However, note that these scores are not absolute and should be interpreted with caution. When interpreting their scores on this index, it is important to consider the individual's unique experiences and background.