Cultural Beliefs and Behavior Adaptation Profile, revised, 2001
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Please let the author know of any projects using this questionnaire. If the user wishes, he/she is welcome to send $10.00 to the first author to help defray costs. Thank you in advance for your consideration.


Further information on the development of the scale as a profile and use of the scale in adaptation studies are forthcoming and may be obtained by contacting the first author of the scale, J. Shiang.

I give __________________________ permission to use the CBBAP.

Date __________________________ Signature __________________________

Please tear and return __________________________
I will be using the CBBAP in the following project(s):
name of project: __________________________

Major Investigator(s) Please print names and email __________________________
______________________________________________
Contact information address:
Address: __________________________
______________________________________________

I agree to send J. Shiang a copy of any writeups using the CBBAP in projects, presentations, and/or publications.

Signature __________________________ Date __________
The following questionnaire asks questions about beliefs and decision-making in your social relationships, family, and work areas of your life. Please answer the questions to the best of your ability. There are no right or wrong answers. Circle the numbers to indicate whether you:

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<th>Strongly Agree</th>
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In this section we are interested in learning about your beliefs; what do you believe is best in your family, social and work life? Remember, there are no right or wrong answers.

1. My parents’ ideas about how to deal with my physical health are more important than my own ideas.
2. My own ideas about my education or work are more important than my friends’ ideas.
3. My friend’s ideas about whom I should date or marry are more important than my own ideas.
4. My own ideas about what I should do about my physical health are more important than friends’ ideas.
5. My friends’ ideas about what I should do about my emotional well-being are more important than my own ideas.
6. It is important to me to consider my parents’ opinions before I act.
7. I ought to get help from my parents with personal problems rather than struggle by myself.
8. I do not feel that I should spend much of my leisure time with my parents.
9. I should financially support my parents when they are old.
10. I should take my parents into my home when they can no longer care for themselves.
11. It is important to me to consider my friends’ opinions before I act.
12. With my friends everyone should agree before we decide what activity to do.
13. When I have a personal problem I ought to ask for help from my friends who are not from the same ethnic group as myself rather than struggle by myself.
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14. I believe that it is important to participate in organizations that are affiliated with my ethnic heritage.

15. It is important to me to consider my coworker’s or other student’s opinions before I act.

16. When I have a work or school problem, I ought to handle it by myself rather than ask for help from coworkers or students.

17. When I work on a project with coworkers or students, everyone should agree before action is taken.

18. I ought to work alone rather than in a group.

19. If a coworker or student helps me, then I ought to return the favor.

20. I ought to tell my boss or teacher when I disagree rather than keep it inside.

21. I ought to tell coworkers or students when I disagree rather than keep it inside.

22. I ought to have friendships with coworkers or students.

In this second section please tell us what you actually do at the present time in your family, social, and work or school life.

My parents’ ideas influence my decisions about

23. education or work.

24. marriage or dating.

25. my emotional well-being

My friends’ ideas influence my decisions about

26. my education or work.

27. marriage or dating.

28. my physical health.

29. my emotional well-being.

30. I take into consideration what my parents will think before I act.

31. I deal with my personal problems by myself rather than ask a parent for help.

32. When my family members are deciding what to do, the oldest family member makes the final decision.
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33. I spend my leisure time with my parents.  
34. When I have a little extra money, I spend it on myself rather than give it to my parents and/or siblings.  
35. I will financially support (or currently do support) my parents when they are old.  
36. I will (or have already done so) take my parents into my home when they can no longer care for themselves.  
37. I take into consideration what my friends will think of me before I act.  
38. I deal with my personal problems by myself rather than ask one of my friends (from the same ethnic group) for help.  
39. With friends who are of the same ethnic group as I am, I encourage everyone to agree before deciding what activity to do.  
40. I deal with personal problems by myself rather than ask one of my friends (not from the same ethnic group as I am) for help.  
41. I am a member of organization(s) that are affiliated with my own ethnicity(s).  
42. I occasionally tell my children that I expect some form of support from them when I get older.  
43. I take into consideration what coworkers or students will think of me before I act.  
44. When I have a work or school problem, I ask for help from coworkers or students rather than handle it by myself.  
45. When I work on a project with coworkers or students, I encourage the group to reach an agreement before an action is taken.  
46. In my family, financial support is given from the younger generation to the older generation.  
47. At my workplace, I work alone rather than in a group.  
48. When a coworker or student does a favor for me, I return the favor.  
49. I tell coworkers or students when I disagree with them about important matters.  
50. I tell my boss or teacher when I disagree with him/her about important matters.