

Study-level documentation for the data of the Impact of Living Abroad project

Research context

In the last few decades the world has become increasingly globalised. Thus, understanding the impact of intercultural contact is perhaps more relevant than ever. This study aims to examine the impact that living abroad for a temporary period has on the individual. The primary objective of this project is to track a large cohort of sojourners in a longitudinal study, to examine four central research strands: acculturation, cultural learning, intergroup contact and cultural distance.

Research design

This study followed 2,480 sojourners (mean age of 17 years), each for an 18 month period (before, during and after their year abroad). In collaboration with AFS Intercultural Programs, sojourners were recruited from 46 different countries. Sojourners spent a year abroad in one of 51 different host destinations. Participants were invited to complete a total of 9 online surveys and data was also collected from a control group of 578 non-travelling peers, nominated by the sojourners.

The sojourn duration was an average of 10 months. Of the nine surveys, the first and second were assigned approximately 3 months and 1 month before travel, respectively. The third and fourth surveys were assigned approximately 3 weeks and 2 months after arrival to the host country, respectively. The fifth survey was assigned half way through the sojourn and the sixth survey, approximately 1 month before returning home. The seventh and eighth surveys were assigned approximately 3 weeks and 2 months after returning home, respectively, and the ninth survey 6 months after return.

Daily management of the project was largely automatic, with a number of programs custom built for this purpose. A participant management program controlled survey assignments and sent email notifications to participants. Surveys were constructed dynamically by a web-based survey tool.

A series of incentives were offered to participants, including a lottery with prizes every two months, and at the end of the project, a grand prize draw and personalised feedback on participants' responses.

A number of constructs were measured in this project, including those relevant to the four research strands:

- Acculturation: general well-being (e.g., stress, self-esteem), culturally specific adaptation (sociocultural and psychological), and coping measures
- Cultural learning: self-reported language proficiency, cultural knowledge of home and host country, and cross-cultural competence
- Intergroup contact: contact frequency and quality, intergroup anxiety, intergroup affect and identity
- Cultural distance: perceived distance between sojourners' home and host culture

Additional measures included demographics, motivation, personality, etc.

Data-level documentation for the data of the Impact of Living Abroad project

The data is stored in a comma separated variables file (CSV), with a single response per line. For each response, four attributes are defined in the data file:

- caseID: unique participant identifier
- time: the survey/timewave within which the variable was measured (e.g., t01 = first survey, t06 = sixth survey, dem = demographic data)
- var: the variable name, including item number where applicable (e.g., pss01, pss02, pss03)
- resp: the participants response to a variable in a particular survey/timewave

The table beginning on the next page describes all of the variables in the data file. For each variable the following properties are provided:

var	Variable name as it appears in the data CSV file
tw	Survey or timewave the item was measured (if applicable)
name	Name of the item or scale
num	Item number within a scale (if applicable)
rev	Indicates that an item needs to be reverse coded
type	Type of item
values	Value range of responses

If a participant did not complete a particular item or a whole survey, then they will not have any cases for that/those item(s).

var	tw	name	num	rev	type	values
culfam	1	have relatives sojourned?			yes/no	0 (no) or 1 (yes)
culhos	1	has natural family hosted?			yes/no	0 (no) or 1 (yes)
culling	1	number of languages spoken by ppn			number of languages	number
cultrv	1	has ppn previously travelled?			yes/no	0 (no) or 1 (yes)
dbirth		date of birth			date	date
famres	1	ppn residence status			options	1 (mother and father), 2 (mother), 3 (father), 4 (other relatives), or 5 (other guardians)
gender		gender			male/female	0 (male) or 1 (female)
iocHom		country: home country			country	ioc code
iocHos		country: host country			country	ioc code
iocNat		country: country of origin			country	ioc code
IngHom		languages: home language			language	iso code
IngHos		languages: host language			language	iso code
IngNat		languages: native language			language	iso code
natdad	1	dad's nationality			country	ioc code
natlen	1	length spent in home country			number of years	1 to 10 years, OR 11 (= 10 or more), OR 99 (from birth)
natmum	1	mum's nationality			country	ioc code
natppn	1	ppn nationality			country	ioc code
prspln	1	peers plan for upcoming year			options	1 (school), 2 (college), 3 (working), 4 (abroad), or 5 (other)
prsres	1	peers residence status			options	1 (family), 2 (friends), 3 (alone), or 4 (other)
quadad	1	dad's level of education			option	1 (primary), 2 (secondary), or 3 (higher)
quamum	1	mum's level of education			option	1 (primary), 2 (secondary), or 3 (higher)
quappn	1	ppn's level of education			option	1 (primary), 2 (secondary), or 3 (higher)
sibany	1	are there any siblings?			yes/no	0 (no) or 1 (yes)
sibnum	1	how many siblings are there			number of siblings	number
travel		is ppn a sojourner?			yes/no	0 (no) or 1 (yes)
travIn		travel in date			date	date
travOu		travel out date			date	date
trvCo1	1	ppn previous lived abroad?	1		country	ioc code
trvCo2	1	ppn previous lived abroad?	2		country	ioc code
trvCo3	1	ppn previous lived abroad?	3		country	ioc code

var	tw	name	num	rev	type	values
trvMn1	1	length of living abroad (months)	1		number of months	number
trvMn2	1	length of living abroad (months)	2		number of months	number
trvMn3	1	length of living abroad (months)	3		number of months	number
trvRs1	1	reason for living abroad	1		option	1 (holiday/travel), 2 (study abroad), 3 (to work), or 4 (to live)
trvRs2	1	reason for living abroad	2		option	1 (holiday/travel), 2 (study abroad), 3 (to work), or 4 (to live)
trvRs3	1	reason for living abroad	3		option	1 (holiday/travel), 2 (study abroad), 3 (to work), or 4 (to live)
trvYr1	1	length of living abroad (years)	1		number of years	number
trvYr2	1	length of living abroad (years)	2		number of years	number
trvYr3	1	length of living abroad (years)	3		number of years	number
aHc01	1	intergroup affect: competence home nationals	1		feeling thermometer	0 to 100
aHc02	1	intergroup affect: competence home nationals	2		feeling thermometer	0 to 100
aHw01	1	intergroup affect: warmth home nationals	1		feeling thermometer	0 to 100
aHw02	1	intergroup affect: warmth home nationals	2		feeling thermometer	0 to 100
anx01	1	intergroup anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
anx02	1	intergroup anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
anx03	1	intergroup anxiety	3	yes	likert	1 (low anxiety) to 7 (high anxiety)
anx04	1	intergroup anxiety	4		likert	1 (low anxiety) to 7 (high anxiety)
anx05	1	intergroup anxiety	5		likert	1 (low anxiety) to 7 (high anxiety)
anx06	1	intergroup anxiety	6	yes	likert	1 (low anxiety) to 7 (high anxiety)
aVc01	1	intergroup affect: competence host nationals	1		feeling thermometer	0 to 100
aVc02	1	intergroup affect: competence host nationals	2		feeling thermometer	0 to 100
aVw01	1	intergroup affect: warmth host nationals	1		feeling thermometer	0 to 100
aVw02	1	intergroup affect: warmth host nationals	2		feeling thermometer	0 to 100
cHc01	1	intergroup cognition: competence home nationals	1		percentage	0 to 100
cHc02	1	intergroup cognition: competence home nationals	2		percentage	0 to 100
cHw01	1	intergroup cognition: warmth home nationals	1		percentage	0 to 100
cHw02	1	intergroup cognition: warmth home nationals	2		percentage	0 to 100
cVc01	1	intergroup cognition: competence host nationals	1		percentage	0 to 100
cVc02	1	intergroup cognition: competence host nationals	2		percentage	0 to 100
cVw01	1	intergroup cognition: warmth host nationals	1		percentage	0 to 100

var	tw	name	num	rev	type	values
cVw02	1	intergroup cognition: warmth host nationals	2		percentage	0 to 100
ecs01	1	empathetic concern	1		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs02	1	empathetic concern	2	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs03	1	empathetic concern	3		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs04	1	empathetic concern	4	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs05	1	empathetic concern	5	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs06	1	empathetic concern	6		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs07	1	empathetic concern	7		likert	1 (low empathetic concern) to 7 (high empathetic concern)
evC01	1	evaluation: cultural	1		likert	1 (negative evaluation) to 7 (positive evaluation)
evC02	1	evaluation: cultural	2		likert	1 (negative evaluation) to 7 (positive evaluation)
evC03	1	evaluation: cultural	3		likert	1 (negative evaluation) to 7 (positive evaluation)
evC04	1	evaluation: cultural	4		likert	1 (negative evaluation) to 7 (positive evaluation)
evG01	1	evaluation: general	1		likert	1 (negative evaluation) to 7 (positive evaluation)
evG02	1	evaluation: general	2	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG03	1	evaluation: general	3		likert	1 (negative evaluation) to 7 (positive evaluation)
evG04	1	evaluation: general	4	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG05	1	evaluation: general	5		likert	1 (negative evaluation) to 7 (positive evaluation)
evG06	1	evaluation: general	6		likert	1 (negative evaluation) to 7 (positive evaluation)
evG07	1	evaluation: general	7	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG08	1	evaluation: general	8		likert	1 (negative evaluation) to 7 (positive evaluation)
evG09	1	evaluation: general	9	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
hxA01	1	personality: agreeableness	1		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA02	1	personality: agreeableness	2	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA03	1	personality: agreeableness	3	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA04	1	personality: agreeableness	4	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA05	1	personality: agreeableness	5		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA06	1	personality: agreeableness	6		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA07	1	personality: agreeableness	7		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA08	1	personality: agreeableness	8		likert	1 (low agreeableness) to 7 (high agreeableness)

var	tw	name	num	rev	type	values
hxA09	1	personality: agreeableness	9		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA10	1	personality: agreeableness	10	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxC01	1	personality: conscientiousness	1		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC02	1	personality: conscientiousness	2		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC03	1	personality: conscientiousness	3	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC04	1	personality: conscientiousness	4	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC05	1	personality: conscientiousness	5	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC06	1	personality: conscientiousness	6	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC07	1	personality: conscientiousness	7		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC08	1	personality: conscientiousness	8	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC09	1	personality: conscientiousness	9		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC10	1	personality: conscientiousness	10	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxE01	1	personality: emotionality	1		likert	1 (low emotionality) to 7 (high emotioality)
hxE02	1	personality: emotionality	2		likert	1 (low emotionality) to 7 (high emotioality)
hxE03	1	personality: emotionality	3		likert	1 (low emotionality) to 7 (high emotioality)
hxE04	1	personality: emotionality	4		likert	1 (low emotionality) to 7 (high emotioality)
hxE05	1	personality: emotionality	5		likert	1 (low emotionality) to 7 (high emotioality)
hxE06	1	personality: emotionality	6	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE07	1	personality: emotionality	7	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE08	1	personality: emotionality	8		likert	1 (low emotionality) to 7 (high emotioality)
hxE09	1	personality: emotionality	9	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE10	1	personality: emotionality	10	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxH01	1	personality: honesty-humility	1		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH02	1	personality: honesty-humility	2	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH03	1	personality: honesty-humility	3		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH04	1	personality: honesty-humility	4	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH05	1	personality: honesty-humility	5	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH06	1	personality: honesty-humility	6		likert	1 (low honesty-humility) to 7 (high honesty-humility)

var	tw	name	num	rev	type	values
hxH07	1	personality: honesty-humility	7	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH08	1	personality: honesty-humility	8	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH09	1	personality: honesty-humility	9		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH10	1	personality: honesty-humility	10	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxO01	1	personality: openness to experience	1	yes	likert	1 (low openness) to 7 (high openness)
hxO02	1	personality: openness to experience	2		likert	1 (low openness) to 7 (high openness)
hxO03	1	personality: openness to experience	3		likert	1 (low openness) to 7 (high openness)
hxO04	1	personality: openness to experience	4	yes	likert	1 (low openness) to 7 (high openness)
hxO05	1	personality: openness to experience	5		likert	1 (low openness) to 7 (high openness)
hxO06	1	personality: openness to experience	6	yes	likert	1 (low openness) to 7 (high openness)
hxO07	1	personality: openness to experience	7		likert	1 (low openness) to 7 (high openness)
hxO08	1	personality: openness to experience	8		likert	1 (low openness) to 7 (high openness)
hxO09	1	personality: openness to experience	9	yes	likert	1 (low openness) to 7 (high openness)
hxO10	1	personality: openness to experience	10	yes	likert	1 (low openness) to 7 (high openness)
hxX01	1	personality: extraversion	1		likert	1 (low extraversion) to 7 (high extraversion)
hxX02	1	personality: extraversion	2	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX03	1	personality: extraversion	3		likert	1 (low extraversion) to 7 (high extraversion)
hxX04	1	personality: extraversion	4		likert	1 (low extraversion) to 7 (high extraversion)
hxX05	1	personality: extraversion	5	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX06	1	personality: extraversion	6		likert	1 (low extraversion) to 7 (high extraversion)
hxX07	1	personality: extraversion	7		likert	1 (low extraversion) to 7 (high extraversion)
hxX08	1	personality: extraversion	8	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX09	1	personality: extraversion	9	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX10	1	personality: extraversion	10		likert	1 (low extraversion) to 7 (high extraversion)
pss01	1	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	1	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	1	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	1	perceived stress	4		likert	1 (low stress) to 7 (high stress)
pts01	1	perspective taking	1	yes	likert	1 (low perspective taking) to 7 (high perspective taking)
pts02	1	perspective taking	2		likert	1 (low perspective taking) to 7 (high perspective taking)
pts03	1	perspective taking	3		likert	1 (low perspective taking) to 7 (high perspective taking)

var	tw	name	num	rev	type	values
						taking)
pts04	1	perspective taking	4	yes	likert	1 (low perspective taking) to 7 (high perspective taking)
pts05	1	perspective taking	5		likert	1 (low perspective taking) to 7 (high perspective taking)
pts06	1	perspective taking	6		likert	1 (low perspective taking) to 7 (high perspective taking)
pts07	1	perspective taking	7		likert	1 (low perspective taking) to 7 (high perspective taking)
rai01	1	motivation	1		likert	1 (strongly disagree) to 7 (strongly agree)
rai02	1	motivation	2		likert	1 (strongly disagree) to 7 (strongly agree)
rai03	1	motivation	3		likert	1 (strongly disagree) to 7 (strongly agree)
rai04	1	motivation	4		likert	1 (strongly disagree) to 7 (strongly agree)
rai05	1	motivation	5		likert	1 (strongly disagree) to 7 (strongly agree)
rai06	1	motivation	6		likert	1 (strongly disagree) to 7 (strongly agree)
rai07	1	motivation	7		likert	1 (strongly disagree) to 7 (strongly agree)
rai08	1	motivation	8		likert	1 (strongly disagree) to 7 (strongly agree)
rai09	1	motivation	9		likert	1 (strongly disagree) to 7 (strongly agree)
rai10	1	motivation	10		likert	1 (strongly disagree) to 7 (strongly agree)
ris01	1	relational-interdependence self construal	1		likert	1 (low interdependence) to 7 (high interdependence)
ris02	1	relational-interdependence self construal	2		likert	1 (low interdependence) to 7 (high interdependence)
ris03	1	relational-interdependence self construal	3		likert	1 (low interdependence) to 7 (high interdependence)
ris04	1	relational-interdependence self construal	4		likert	1 (low interdependence) to 7 (high interdependence)
ris05	1	relational-interdependence self construal	5		likert	1 (low interdependence) to 7 (high interdependence)
ris06	1	relational-interdependence self construal	6		likert	1 (low interdependence) to 7 (high interdependence)
ris07	1	relational-interdependence self construal	7		likert	1 (low interdependence) to 7 (high interdependence)
ris08	1	relational-interdependence self construal	8	yes	likert	1 (low interdependence) to 7 (high interdependence)
ris09	1	relational-interdependence self construal	9	yes	likert	1 (low interdependence) to 7 (high interdependence)
ris10	1	relational-interdependence self construal	10		likert	1 (low interdependence) to 7 (high interdependence)
ris11	1	relational-interdependence self construal	11		likert	1 (low interdependence) to 7 (high interdependence)
sds01	1	social desirability	1	yes	yes/no	1 (yes) or 2 (no)
sds02	1	social desirability	2	yes	yes/no	1 (yes) or 2 (no)
sds03	1	social desirability	3		yes/no	1 (yes) or 2 (no)
sds04	1	social desirability	4		yes/no	1 (yes) or 2 (no)

var	tw	name	num	rev	type	values
sds05	1	social desirability	5	yes	yes/no	1 (yes) or 2 (no)
sds06	1	social desirability	6	yes	yes/no	1 (yes) or 2 (no)
sds07	1	social desirability	7		yes/no	1 (yes) or 2 (no)
sds08	1	social desirability	8		yes/no	1 (yes) or 2 (no)
ses01	1	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	1	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	1	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	1	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	1	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	1	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	1	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	1	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	1	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	1	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	1	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	1	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	1	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	1	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	1	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	1	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
ach01	2	acculturation orientation host	1		likert	1 (weak orientation) to 7 (strong orientation)
ach02	2	acculturation orientation host	2		likert	1 (weak orientation) to 7 (strong orientation)
ach03	2	acculturation orientation host	3		likert	1 (weak orientation) to 7 (strong orientation)
ach04	2	acculturation orientation host	4		likert	1 (weak orientation) to 7 (strong orientation)
acv01	2	acculturation orientation home	1		likert	1 (weak orientation) to 7 (strong orientation)
acv02	2	acculturation orientation home	2		likert	1 (weak orientation) to 7 (strong orientation)
acv03	2	acculturation orientation home	3		likert	1 (weak orientation) to 7 (strong orientation)
acv04	2	acculturation orientation home	4		likert	1 (weak orientation) to 7 (strong orientation)
bch01	2	bi-cultural knowledge home	1		likert	1 (low knowledge) to 7 (high knowledge)
bch02	2	bi-cultural knowledge home	2		likert	1 (low knowledge) to 7 (high knowledge)
bch03	2	bi-cultural knowledge home	3		likert	1 (low knowledge) to 7 (high knowledge)

var	tw	name	num	rev	type	values
bcH04	2	bi-cultural knowledge home	4		likert	1 (low knowledge) to 7 (high knowledge)
bcH05	2	bi-cultural knowledge home	5		likert	1 (low knowledge) to 7 (high knowledge)
bcH06	2	bi-cultural knowledge home	6		likert	1 (low knowledge) to 7 (high knowledge)
bcH07	2	bi-cultural knowledge home	7		likert	1 (low knowledge) to 7 (high knowledge)
bcH08	2	bi-cultural knowledge home	8		likert	1 (low knowledge) to 7 (high knowledge)
bcH09	2	bi-cultural knowledge home	9		likert	1 (low knowledge) to 7 (high knowledge)
bcH10	2	bi-cultural knowledge home	10		likert	1 (low knowledge) to 7 (high knowledge)
cfH01	2	intergroup contact: frequency home	1		average days / week	0 to 7
cfO01	2	intergroup contact: frequency other	1		average days / week	0 to 7
cfV01	2	intergroup contact: frequency host	1		average days / week	0 to 7
cqH01	2	intergroup contact: quality home	1	yes	likert	1 (low quality) to 7 (high quality)
cqH02	2	intergroup contact: quality home	2	yes	likert	1 (low quality) to 7 (high quality)
cqH03	2	intergroup contact: quality home	3	yes	likert	1 (low quality) to 7 (high quality)
cqO01	2	intergroup contact: quality other	1	yes	likert	1 (low quality) to 7 (high quality)
cqO02	2	intergroup contact: quality other	2	yes	likert	1 (low quality) to 7 (high quality)
cqO03	2	intergroup contact: quality other	3	yes	likert	1 (low quality) to 7 (high quality)
cqV01	2	intergroup contact: quality host	1	yes	likert	1 (low quality) to 7 (high quality)
cqV02	2	intergroup contact: quality host	2	yes	likert	1 (low quality) to 7 (high quality)
cqV03	2	intergroup contact: quality host	3	yes	likert	1 (low quality) to 7 (high quality)
icc01	2	cross-cultural competence	1		likert	1 (low competence) to 7 (high competence)
icc02	2	cross-cultural competence	2		likert	1 (low competence) to 7 (high competence)
icc03	2	cross-cultural competence	3		likert	1 (low competence) to 7 (high competence)
icc04	2	cross-cultural competence	4		likert	1 (low competence) to 7 (high competence)
icc05	2	cross-cultural competence	5		likert	1 (low competence) to 7 (high competence)
icc06	2	cross-cultural competence	6		likert	1 (low competence) to 7 (high competence)
icc07	2	cross-cultural competence	7		likert	1 (low competence) to 7 (high competence)
icc08	2	cross-cultural competence	8		likert	1 (low competence) to 7 (high competence)
icc09	2	cross-cultural competence	9		likert	1 (low competence) to 7 (high competence)
icc10	2	cross-cultural competence	10		likert	1 (low competence) to 7 (high competence)
idH01	2	identity home	1		likert	1 (weak identification) to 7 (strong identification)
idH02	2	identity home	2		likert	1 (weak identification) to 7 (strong identification)

var	tw	name	num	rev	type	values
idH03	2	identity home	3		likert	1 (weak identification) to 7 (strong identification)
idH04	2	identity home	4		likert	1 (weak identification) to 7 (strong identification)
idH05	2	identity home	5		likert	1 (weak identification) to 7 (strong identification)
idV01	2	identity host	1		likert	1 (weak identification) to 7 (strong identification)
idV02	2	identity host	2		likert	1 (weak identification) to 7 (strong identification)
idV03	2	identity host	3		likert	1 (weak identification) to 7 (strong identification)
idV04	2	identity host	4		likert	1 (weak identification) to 7 (strong identification)
idV05	2	identity host	5		likert	1 (weak identification) to 7 (strong identification)
iif01	2	inter-personal closeness family	1		likert	1 (distant) to 7 (close)
iif02	2	inter-personal closeness family	2		likert	1 (distant) to 7 (close)
iif03	2	inter-personal closeness family	3		likert	1 (distant) to 7 (close)
iif04	2	inter-personal closeness family	4		likert	1 (distant) to 7 (close)
iim01	2	inter-personal closeness friends	1		likert	1 (distant) to 7 (close)
iim02	2	inter-personal closeness friends	2		likert	1 (distant) to 7 (close)
iim03	2	inter-personal closeness friends	3		likert	1 (distant) to 7 (close)
iim04	2	inter-personal closeness friends	4		likert	1 (distant) to 7 (close)
liL01	2	language: listening	1	yes	yes/no	1 (yes) or 2 (no)
liL02	2	language: listening	2	yes	yes/no	1 (yes) or 2 (no)
liL03	2	language: listening	3	yes	yes/no	1 (yes) or 2 (no)
liL04	2	language: listening	4	yes	yes/no	1 (yes) or 2 (no)
liL05	2	language: listening	5	yes	yes/no	1 (yes) or 2 (no)
liL06	2	language: listening	6	yes	yes/no	1 (yes) or 2 (no)
liR01	2	language: reading	1	yes	yes/no	1 (yes) or 2 (no)
liR02	2	language: reading	2	yes	yes/no	1 (yes) or 2 (no)
liR03	2	language: reading	3	yes	yes/no	1 (yes) or 2 (no)
liR04	2	language: reading	4	yes	yes/no	1 (yes) or 2 (no)
liR05	2	language: reading	5	yes	yes/no	1 (yes) or 2 (no)
liR06	2	language: reading	6	yes	yes/no	1 (yes) or 2 (no)
liS01	2	language: speaking	1	yes	yes/no	1 (yes) or 2 (no)
liS02	2	language: speaking	2	yes	yes/no	1 (yes) or 2 (no)
liS03	2	language: speaking	3	yes	yes/no	1 (yes) or 2 (no)

var	tw	name	num	rev	type	values
liS04	2	language: speaking	4	yes	yes/no	1 (yes) or 2 (no)
liS05	2	language: speaking	5	yes	yes/no	1 (yes) or 2 (no)
liS06	2	language: speaking	6	yes	yes/no	1 (yes) or 2 (no)
liW01	2	language: writing	1	yes	yes/no	1 (yes) or 2 (no)
liW02	2	language: writing	2	yes	yes/no	1 (yes) or 2 (no)
liW03	2	language: writing	3	yes	yes/no	1 (yes) or 2 (no)
liW04	2	language: writing	4	yes	yes/no	1 (yes) or 2 (no)
liW05	2	language: writing	5	yes	yes/no	1 (yes) or 2 (no)
liW06	2	language: writing	6	yes	yes/no	1 (yes) or 2 (no)
pcd01	2	cultural distance	1		likert	1 (similar) to 7 (different)
pcd02	2	cultural distance	2		likert	1 (similar) to 7 (different)
pcd03	2	cultural distance	3		likert	1 (similar) to 7 (different)
pcd04	2	cultural distance	4		likert	1 (similar) to 7 (different)
pcd05	2	cultural distance	5		likert	1 (similar) to 7 (different)
pcd06	2	cultural distance	6		likert	1 (similar) to 7 (different)
pcd07	2	cultural distance	7		likert	1 (similar) to 7 (different)
pcd08	2	cultural distance	8		likert	1 (similar) to 7 (different)
pcd09	2	cultural distance	9		likert	1 (similar) to 7 (different)
pcd10	2	cultural distance	10		likert	1 (similar) to 7 (different)
pcd11	2	cultural distance	11		likert	1 (similar) to 7 (different)
pcd12	2	cultural distance	12		likert	1 (similar) to 7 (different)
psa01	2	adaptation: psychological adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
psa02	2	adaptation: psychological adaptation	2	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa03	2	adaptation: psychological adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
psa04	2	adaptation: psychological adaptation	4	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa05	2	adaptation: psychological adaptation	5	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa06	2	adaptation: psychological adaptation	6	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa07	2	adaptation: psychological adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
psa08	2	adaptation: psychological adaptation	8	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa09	2	adaptation: psychological adaptation	9	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa10	2	adaptation: psychological adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)

var	tw	name	num	rev	type	values
pss01	2	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	2	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	2	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	2	perceived stress	4		likert	1 (low stress) to 7 (high stress)
sca01	2	adaptation: sociocultural adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
sca02	2	adaptation: sociocultural adaptation	2		likert	1 (low adaptation) to 7 (high adaptation)
sca03	2	adaptation: sociocultural adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
sca04	2	adaptation: sociocultural adaptation	4		likert	1 (low adaptation) to 7 (high adaptation)
sca05	2	adaptation: sociocultural adaptation	5		likert	1 (low adaptation) to 7 (high adaptation)
sca06	2	adaptation: sociocultural adaptation	6		likert	1 (low adaptation) to 7 (high adaptation)
sca07	2	adaptation: sociocultural adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
sca08	2	adaptation: sociocultural adaptation	8		likert	1 (low adaptation) to 7 (high adaptation)
sca09	2	adaptation: sociocultural adaptation	9		likert	1 (low adaptation) to 7 (high adaptation)
sca10	2	adaptation: sociocultural adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
sca11	2	adaptation: sociocultural adaptation	11		likert	1 (low adaptation) to 7 (high adaptation)
sca12	2	adaptation: sociocultural adaptation	12		likert	1 (low adaptation) to 7 (high adaptation)
scC01	2	self-categorization: home vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
sch01	2	self-categorization: self vs home	1		likert	1 (weak overlap) to 7 (strong overlap)
scV01	2	self-categorization: self vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
ses01	2	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	2	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	2	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	2	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	2	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	2	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	2	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	2	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	2	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	2	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	2	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	2	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)

var	tw	name	num	rev	type	values
swl02	2	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	2	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	2	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	2	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
xac01	2	coping: acceptance	1		likert	1 (never use) to 7 (always use)
xac02	2	coping: acceptance	2		likert	1 (never use) to 7 (always use)
xcp01	2	coping: active coping	1		likert	1 (never use) to 7 (always use)
xcp02	2	coping: active coping	2		likert	1 (never use) to 7 (always use)
xdg01	2	coping: disengagement	1		likert	1 (never use) to 7 (always use)
xdg02	2	coping: disengagement	2		likert	1 (never use) to 7 (always use)
xdn01	2	coping: denial	1		likert	1 (never use) to 7 (always use)
xdn02	2	coping: denial	2		likert	1 (never use) to 7 (always use)
xds01	2	coping: distraction	1		likert	1 (never use) to 7 (always use)
xds02	2	coping: distraction	2		likert	1 (never use) to 7 (always use)
xeg01	2	coping: emotion support general	1		likert	1 (never use) to 7 (always use)
xeg02	2	coping: emotion support general	2		likert	1 (never use) to 7 (always use)
xhm01	2	coping: humour	1		likert	1 (never use) to 7 (always use)
xhm02	2	coping: humour	2		likert	1 (never use) to 7 (always use)
xig01	2	coping: instrumental support general	1		likert	1 (never use) to 7 (always use)
xig02	2	coping: instrumental support general	2		likert	1 (never use) to 7 (always use)
xn	2	coping: internet use	1		likert	1 (never use) to 7 (always use)
xn	2	coping: internet use	2		likert	1 (never use) to 7 (always use)
xpl01	2	coping: planning	1		likert	1 (never use) to 7 (always use)
xpl02	2	coping: planning	2		likert	1 (never use) to 7 (always use)
xrf01	2	coping: reframing	1		likert	1 (never use) to 7 (always use)
xrf02	2	coping: reframing	2		likert	1 (never use) to 7 (always use)
xrl01	2	coping: religion	1		likert	1 (never use) to 7 (always use)
xrl02	2	coping: religion	2		likert	1 (never use) to 7 (always use)
xsa01	2	coping: substance abuse	1		likert	1 (never use) to 7 (always use)
xsa02	2	coping: substance abuse	2		likert	1 (never use) to 7 (always use)
xsb01	2	coping: self-blame	1		likert	1 (never use) to 7 (always use)

var	tw	name	num	rev	type	values
xsbo2	2	coping: self-blame	2		likert	1 (never use) to 7 (always use)
xv	2	coping: venting	1		likert	1 (never use) to 7 (always use)
xv	2	coping: venting	2		likert	1 (never use) to 7 (always use)
bcV01	3	bi-cultural knowledge host	1		likert	1 (low knowledge) to 7 (high knowledge)
bcV02	3	bi-cultural knowledge host	2		likert	1 (low knowledge) to 7 (high knowledge)
bcV03	3	bi-cultural knowledge host	3		likert	1 (low knowledge) to 7 (high knowledge)
bcV04	3	bi-cultural knowledge host	4		likert	1 (low knowledge) to 7 (high knowledge)
bcV05	3	bi-cultural knowledge host	5		likert	1 (low knowledge) to 7 (high knowledge)
bcV06	3	bi-cultural knowledge host	6		likert	1 (low knowledge) to 7 (high knowledge)
bcV07	3	bi-cultural knowledge host	7		likert	1 (low knowledge) to 7 (high knowledge)
bcV08	3	bi-cultural knowledge host	8		likert	1 (low knowledge) to 7 (high knowledge)
bcV09	3	bi-cultural knowledge host	9		likert	1 (low knowledge) to 7 (high knowledge)
bcV10	3	bi-cultural knowledge host	10		likert	1 (low knowledge) to 7 (high knowledge)
pcd01	3	cultural distance	1		likert	1 (similar) to 7 (different)
pcd02	3	cultural distance	2		likert	1 (similar) to 7 (different)
pcd03	3	cultural distance	3		likert	1 (similar) to 7 (different)
pcd04	3	cultural distance	4		likert	1 (similar) to 7 (different)
pcd05	3	cultural distance	5		likert	1 (similar) to 7 (different)
pcd06	3	cultural distance	6		likert	1 (similar) to 7 (different)
pcd07	3	cultural distance	7		likert	1 (similar) to 7 (different)
pcd08	3	cultural distance	8		likert	1 (similar) to 7 (different)
pcd09	3	cultural distance	9		likert	1 (similar) to 7 (different)
pcd10	3	cultural distance	10		likert	1 (similar) to 7 (different)
pcd11	3	cultural distance	11		likert	1 (similar) to 7 (different)
pcd12	3	cultural distance	12		likert	1 (similar) to 7 (different)
psa01	3	adaptation: psychological adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
psa02	3	adaptation: psychological adaptation	2	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa03	3	adaptation: psychological adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
psa04	3	adaptation: psychological adaptation	4	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa05	3	adaptation: psychological adaptation	5	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa06	3	adaptation: psychological adaptation	6	yes	likert	1 (low adaptation) to 7 (high adaptation)

var	tw	name	num	rev	type	values
psa07	3	adaptation: psychological adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
psa08	3	adaptation: psychological adaptation	8	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa09	3	adaptation: psychological adaptation	9	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa10	3	adaptation: psychological adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
pss01	3	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	3	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	3	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	3	perceived stress	4		likert	1 (low stress) to 7 (high stress)
sca01	3	adaptation: sociocultural adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
sca02	3	adaptation: sociocultural adaptation	2		likert	1 (low adaptation) to 7 (high adaptation)
sca03	3	adaptation: sociocultural adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
sca04	3	adaptation: sociocultural adaptation	4		likert	1 (low adaptation) to 7 (high adaptation)
sca05	3	adaptation: sociocultural adaptation	5		likert	1 (low adaptation) to 7 (high adaptation)
sca06	3	adaptation: sociocultural adaptation	6		likert	1 (low adaptation) to 7 (high adaptation)
sca07	3	adaptation: sociocultural adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
sca08	3	adaptation: sociocultural adaptation	8		likert	1 (low adaptation) to 7 (high adaptation)
sca09	3	adaptation: sociocultural adaptation	9		likert	1 (low adaptation) to 7 (high adaptation)
sca10	3	adaptation: sociocultural adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
sca11	3	adaptation: sociocultural adaptation	11		likert	1 (low adaptation) to 7 (high adaptation)
sca12	3	adaptation: sociocultural adaptation	12		likert	1 (low adaptation) to 7 (high adaptation)
ses01	3	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	3	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	3	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	3	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	3	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	3	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	3	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	3	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	3	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	3	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	3	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)

var	tw	name	num	rev	type	values
swl01	3	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	3	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	3	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	3	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	3	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
ach01	4	acculturation orientation host	1		likert	1 (weak orientation) to 7 (strong orientation)
ach02	4	acculturation orientation host	2		likert	1 (weak orientation) to 7 (strong orientation)
ach03	4	acculturation orientation host	3		likert	1 (weak orientation) to 7 (strong orientation)
ach04	4	acculturation orientation host	4		likert	1 (weak orientation) to 7 (strong orientation)
acv01	4	acculturation orientation home	1		likert	1 (weak orientation) to 7 (strong orientation)
acv02	4	acculturation orientation home	2		likert	1 (weak orientation) to 7 (strong orientation)
acv03	4	acculturation orientation home	3		likert	1 (weak orientation) to 7 (strong orientation)
acv04	4	acculturation orientation home	4		likert	1 (weak orientation) to 7 (strong orientation)
cfh01	4	intergroup contact: frequency home	1		average days / week	0 to 7
cfO01	4	intergroup contact: frequency other	1		average days / week	0 to 7
cfV01	4	intergroup contact: frequency host	1		average days / week	0 to 7
cqh01	4	intergroup contact: quality home	1	yes	likert	1 (low quality) to 7 (high quality)
cqh02	4	intergroup contact: quality home	2	yes	likert	1 (low quality) to 7 (high quality)
cqh03	4	intergroup contact: quality home	3	yes	likert	1 (low quality) to 7 (high quality)
cqO01	4	intergroup contact: quality other	1	yes	likert	1 (low quality) to 7 (high quality)
cqO02	4	intergroup contact: quality other	2	yes	likert	1 (low quality) to 7 (high quality)
cqO03	4	intergroup contact: quality other	3	yes	likert	1 (low quality) to 7 (high quality)
cqV01	4	intergroup contact: quality host	1	yes	likert	1 (low quality) to 7 (high quality)
cqV02	4	intergroup contact: quality host	2	yes	likert	1 (low quality) to 7 (high quality)
cqV03	4	intergroup contact: quality host	3	yes	likert	1 (low quality) to 7 (high quality)
idH01	4	identity home	1		likert	1 (weak identification) to 7 (strong identification)
idH02	4	identity home	2		likert	1 (weak identification) to 7 (strong identification)
idH03	4	identity home	3		likert	1 (weak identification) to 7 (strong identification)
idH04	4	identity home	4		likert	1 (weak identification) to 7 (strong identification)
idH05	4	identity home	5		likert	1 (weak identification) to 7 (strong identification)
idV01	4	identity host	1		likert	1 (weak identification) to 7 (strong identification)

var	tw	name	num	rev	type	values
idV02	4	identity host	2		likert	1 (weak identification) to 7 (strong identification)
idV03	4	identity host	3		likert	1 (weak identification) to 7 (strong identification)
idV04	4	identity host	4		likert	1 (weak identification) to 7 (strong identification)
idV05	4	identity host	5		likert	1 (weak identification) to 7 (strong identification)
iif01	4	inter-personal closeness family	1		likert	1 (distant) to 7 (close)
iif02	4	inter-personal closeness family	2		likert	1 (distant) to 7 (close)
iif03	4	inter-personal closeness family	3		likert	1 (distant) to 7 (close)
iif04	4	inter-personal closeness family	4		likert	1 (distant) to 7 (close)
iim01	4	inter-personal closeness friends	1		likert	1 (distant) to 7 (close)
iim02	4	inter-personal closeness friends	2		likert	1 (distant) to 7 (close)
iim03	4	inter-personal closeness friends	3		likert	1 (distant) to 7 (close)
iim04	4	inter-personal closeness friends	4		likert	1 (distant) to 7 (close)
liL01	4	language: listening	1	yes	yes/no	1 (yes) or 2 (no)
liL02	4	language: listening	2	yes	yes/no	1 (yes) or 2 (no)
liL03	4	language: listening	3	yes	yes/no	1 (yes) or 2 (no)
liL04	4	language: listening	4	yes	yes/no	1 (yes) or 2 (no)
liL05	4	language: listening	5	yes	yes/no	1 (yes) or 2 (no)
liL06	4	language: listening	6	yes	yes/no	1 (yes) or 2 (no)
liR01	4	language: reading	1	yes	yes/no	1 (yes) or 2 (no)
liR02	4	language: reading	2	yes	yes/no	1 (yes) or 2 (no)
liR03	4	language: reading	3	yes	yes/no	1 (yes) or 2 (no)
liR04	4	language: reading	4	yes	yes/no	1 (yes) or 2 (no)
liR05	4	language: reading	5	yes	yes/no	1 (yes) or 2 (no)
liR06	4	language: reading	6	yes	yes/no	1 (yes) or 2 (no)
liS01	4	language: speaking	1	yes	yes/no	1 (yes) or 2 (no)
liS02	4	language: speaking	2	yes	yes/no	1 (yes) or 2 (no)
liS03	4	language: speaking	3	yes	yes/no	1 (yes) or 2 (no)
liS04	4	language: speaking	4	yes	yes/no	1 (yes) or 2 (no)
liS05	4	language: speaking	5	yes	yes/no	1 (yes) or 2 (no)
liS06	4	language: speaking	6	yes	yes/no	1 (yes) or 2 (no)
liW01	4	language: writing	1	yes	yes/no	1 (yes) or 2 (no)

var	tw	name	num	rev	type	values
liW02	4	language: writing	2	yes	yes/no	1 (yes) or 2 (no)
liW03	4	language: writing	3	yes	yes/no	1 (yes) or 2 (no)
liW04	4	language: writing	4	yes	yes/no	1 (yes) or 2 (no)
liW05	4	language: writing	5	yes	yes/no	1 (yes) or 2 (no)
liW06	4	language: writing	6	yes	yes/no	1 (yes) or 2 (no)
pss01	4	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	4	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	4	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	4	perceived stress	4		likert	1 (low stress) to 7 (high stress)
scC01	4	self-categorization: home vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
sch01	4	self-categorization: self vs home	1		likert	1 (weak overlap) to 7 (strong overlap)
scV01	4	self-categorization: self vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
ses01	4	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	4	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	4	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	4	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	4	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	4	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	4	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	4	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	4	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	4	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	4	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	4	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	4	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	4	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	4	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	4	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
xac01	4	coping: acceptance	1		likert	1 (never use) to 7 (always use)
xac02	4	coping: acceptance	2		likert	1 (never use) to 7 (always use)
xcp01	4	coping: active coping	1		likert	1 (never use) to 7 (always use)

var	tw	name	num	rev	type	values
xcp02	4	coping: active coping	2		likert	1 (never use) to 7 (always use)
xdg01	4	coping: disengagement	1		likert	1 (never use) to 7 (always use)
xdg02	4	coping: disengagement	2		likert	1 (never use) to 7 (always use)
xdn01	4	coping: denial	1		likert	1 (never use) to 7 (always use)
xdn02	4	coping: denial	2		likert	1 (never use) to 7 (always use)
xds01	4	coping: distraction	1		likert	1 (never use) to 7 (always use)
xds02	4	coping: distraction	2		likert	1 (never use) to 7 (always use)
xec01	4	coping: emotion support close	1		likert	1 (never use) to 7 (always use)
xec02	4	coping: emotion support close	2		likert	1 (never use) to 7 (always use)
xed01	4	coping: emotion support distant	1		likert	1 (never use) to 7 (always use)
xed02	4	coping: emotion support distant	2		likert	1 (never use) to 7 (always use)
xeg01	4	coping: emotion support general	1		likert	1 (never use) to 7 (always use)
xeg02	4	coping: emotion support general	2		likert	1 (never use) to 7 (always use)
xhm01	4	coping: humour	1		likert	1 (never use) to 7 (always use)
xhm02	4	coping: humour	2		likert	1 (never use) to 7 (always use)
xic01	4	coping: instrumental support close	1		likert	1 (never use) to 7 (always use)
xic02	4	coping: instrumental support close	2		likert	1 (never use) to 7 (always use)
xid01	4	coping: instrumental support distant	1		likert	1 (never use) to 7 (always use)
xid02	4	coping: instrumental support distant	2		likert	1 (never use) to 7 (always use)
xig01	4	coping: instrumental support general	1		likert	1 (never use) to 7 (always use)
xig02	4	coping: instrumental support general	2		likert	1 (never use) to 7 (always use)
xn	4	coping: internet use	1		likert	1 (never use) to 7 (always use)
xn	4	coping: internet use	2		likert	1 (never use) to 7 (always use)
xpl01	4	coping: planning	1		likert	1 (never use) to 7 (always use)
xpl02	4	coping: planning	2		likert	1 (never use) to 7 (always use)
xrf01	4	coping: reframing	1		likert	1 (never use) to 7 (always use)
xrf02	4	coping: reframing	2		likert	1 (never use) to 7 (always use)
xrl01	4	coping: religion	1		likert	1 (never use) to 7 (always use)
xrl02	4	coping: religion	2		likert	1 (never use) to 7 (always use)
xsa01	4	coping: substance abuse	1		likert	1 (never use) to 7 (always use)
xsa02	4	coping: substance abuse	2		likert	1 (never use) to 7 (always use)

var	tw	name	num	rev	type	values
xsb01	4	coping: self-blame	1		likert	1 (never use) to 7 (always use)
xsb02	4	coping: self-blame	2		likert	1 (never use) to 7 (always use)
xv	4	coping: venting	1		likert	1 (never use) to 7 (always use)
xv	4	coping: venting	2		likert	1 (never use) to 7 (always use)
aHc01	5	intergroup affect: competence home nationals	1		feeling thermometer	0 to 100
aHc02	5	intergroup affect: competence home nationals	2		feeling thermometer	0 to 100
aHw01	5	intergroup affect: warmth home nationals	1		feeling thermometer	0 to 100
aHw02	5	intergroup affect: warmth home nationals	2		feeling thermometer	0 to 100
anx01	5	intergroup anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
anx02	5	intergroup anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
anx03	5	intergroup anxiety	3	yes	likert	1 (low anxiety) to 7 (high anxiety)
anx04	5	intergroup anxiety	4		likert	1 (low anxiety) to 7 (high anxiety)
anx05	5	intergroup anxiety	5		likert	1 (low anxiety) to 7 (high anxiety)
anx06	5	intergroup anxiety	6	yes	likert	1 (low anxiety) to 7 (high anxiety)
aVc01	5	intergroup affect: competence host nationals	1		feeling thermometer	0 to 100
aVc02	5	intergroup affect: competence host nationals	2		feeling thermometer	0 to 100
aVw01	5	intergroup affect: warmth host nationals	1		feeling thermometer	0 to 100
aVw02	5	intergroup affect: warmth host nationals	2		feeling thermometer	0 to 100
cHc01	5	intergroup cognition: competence home nationals	1		percentage	0 to 100
cHc02	5	intergroup cognition: competence home nationals	2		percentage	0 to 100
cHw01	5	intergroup cognition: warmth home nationals	1		percentage	0 to 100
cHw02	5	intergroup cognition: warmth home nationals	2		percentage	0 to 100
cVc01	5	intergroup cognition: competence host nationals	1		percentage	0 to 100
cVc02	5	intergroup cognition: competence host nationals	2		percentage	0 to 100
cVw01	5	intergroup cognition: warmth host nationals	1		percentage	0 to 100
cVw02	5	intergroup cognition: warmth host nationals	2		percentage	0 to 100
ecs01	5	empathetic concern	1		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs02	5	empathetic concern	2	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs03	5	empathetic concern	3		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs04	5	empathetic concern	4	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)

var	tw	name	num	rev	type	values
ecs05	5	empathetic concern	5	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs06	5	empathetic concern	6		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs07	5	empathetic concern	7		likert	1 (low empathetic concern) to 7 (high empathetic concern)
evC01	5	evaluation: cultural	1		likert	1 (negative evaluation) to 7 (positive evaluation)
evC02	5	evaluation: cultural	2		likert	1 (negative evaluation) to 7 (positive evaluation)
evC03	5	evaluation: cultural	3		likert	1 (negative evaluation) to 7 (positive evaluation)
evC04	5	evaluation: cultural	4		likert	1 (negative evaluation) to 7 (positive evaluation)
evG01	5	evaluation: general	1		likert	1 (negative evaluation) to 7 (positive evaluation)
evG02	5	evaluation: general	2	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG03	5	evaluation: general	3		likert	1 (negative evaluation) to 7 (positive evaluation)
evG04	5	evaluation: general	4	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG05	5	evaluation: general	5		likert	1 (negative evaluation) to 7 (positive evaluation)
evG06	5	evaluation: general	6		likert	1 (negative evaluation) to 7 (positive evaluation)
evG07	5	evaluation: general	7	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG08	5	evaluation: general	8		likert	1 (negative evaluation) to 7 (positive evaluation)
evG09	5	evaluation: general	9	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
hxA01	5	personality: agreeableness	1		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA02	5	personality: agreeableness	2	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA03	5	personality: agreeableness	3	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA04	5	personality: agreeableness	4	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA05	5	personality: agreeableness	5		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA06	5	personality: agreeableness	6		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA07	5	personality: agreeableness	7		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA08	5	personality: agreeableness	8		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA09	5	personality: agreeableness	9		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA10	5	personality: agreeableness	10	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxC01	5	personality: conscientiousness	1		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC02	5	personality: conscientiousness	2		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC03	5	personality: conscientiousness	3	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)

var	tw	name	num	rev	type	values
hxC04	5	personality: conscientiousness	4	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC05	5	personality: conscientiousness	5	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC06	5	personality: conscientiousness	6	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC07	5	personality: conscientiousness	7		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC08	5	personality: conscientiousness	8	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC09	5	personality: conscientiousness	9		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC10	5	personality: conscientiousness	10	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxE01	5	personality: emotionality	1		likert	1 (low emotionality) to 7 (high emotioality)
hxE02	5	personality: emotionality	2		likert	1 (low emotionality) to 7 (high emotioality)
hxE03	5	personality: emotionality	3		likert	1 (low emotionality) to 7 (high emotioality)
hxE04	5	personality: emotionality	4		likert	1 (low emotionality) to 7 (high emotioality)
hxE05	5	personality: emotionality	5		likert	1 (low emotionality) to 7 (high emotioality)
hxE06	5	personality: emotionality	6	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE07	5	personality: emotionality	7	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE08	5	personality: emotionality	8		likert	1 (low emotionality) to 7 (high emotioality)
hxE09	5	personality: emotionality	9	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE10	5	personality: emotionality	10	yes	likert	1 (low emotionality) to 7 (high emotioality)
hXH01	5	personality: honesty-humility	1		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH02	5	personality: honesty-humility	2	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH03	5	personality: honesty-humility	3		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH04	5	personality: honesty-humility	4	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH05	5	personality: honesty-humility	5	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH06	5	personality: honesty-humility	6		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH07	5	personality: honesty-humility	7	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH08	5	personality: honesty-humility	8	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH09	5	personality: honesty-humility	9		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXH10	5	personality: honesty-humility	10	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hXO01	5	personality: openness to experience	1	yes	likert	1 (low openness) to 7 (high openness)
hXO02	5	personality: openness to experience	2		likert	1 (low openness) to 7 (high openness)

var	tw	name	num	rev	type	values
hxO03	5	personality: openness to experience	3		likert	1 (low openness) to 7 (high openness)
hxO04	5	personality: openness to experience	4	yes	likert	1 (low openness) to 7 (high openness)
hxO05	5	personality: openness to experience	5		likert	1 (low openness) to 7 (high openness)
hxO06	5	personality: openness to experience	6	yes	likert	1 (low openness) to 7 (high openness)
hxO07	5	personality: openness to experience	7		likert	1 (low openness) to 7 (high openness)
hxO08	5	personality: openness to experience	8		likert	1 (low openness) to 7 (high openness)
hxO09	5	personality: openness to experience	9	yes	likert	1 (low openness) to 7 (high openness)
hxO10	5	personality: openness to experience	10	yes	likert	1 (low openness) to 7 (high openness)
hxX01	5	personality: extraversion	1		likert	1 (low extraversion) to 7 (high extraversion)
hxX02	5	personality: extraversion	2	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX03	5	personality: extraversion	3		likert	1 (low extraversion) to 7 (high extraversion)
hxX04	5	personality: extraversion	4		likert	1 (low extraversion) to 7 (high extraversion)
hxX05	5	personality: extraversion	5	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX06	5	personality: extraversion	6		likert	1 (low extraversion) to 7 (high extraversion)
hxX07	5	personality: extraversion	7		likert	1 (low extraversion) to 7 (high extraversion)
hxX08	5	personality: extraversion	8	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX09	5	personality: extraversion	9	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX10	5	personality: extraversion	10		likert	1 (low extraversion) to 7 (high extraversion)
pcd01	5	cultural distance	1		likert	1 (similar) to 7 (different)
pcd02	5	cultural distance	2		likert	1 (similar) to 7 (different)
pcd03	5	cultural distance	3		likert	1 (similar) to 7 (different)
pcd04	5	cultural distance	4		likert	1 (similar) to 7 (different)
pcd05	5	cultural distance	5		likert	1 (similar) to 7 (different)
pcd06	5	cultural distance	6		likert	1 (similar) to 7 (different)
pcd07	5	cultural distance	7		likert	1 (similar) to 7 (different)
pcd08	5	cultural distance	8		likert	1 (similar) to 7 (different)
pcd09	5	cultural distance	9		likert	1 (similar) to 7 (different)
pcd10	5	cultural distance	10		likert	1 (similar) to 7 (different)
pcd11	5	cultural distance	11		likert	1 (similar) to 7 (different)
pcd12	5	cultural distance	12		likert	1 (similar) to 7 (different)
psa01	5	adaptation: psychological adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)

var	tw	name	num	rev	type	values
psa02	5	adaptation: psychological adaptation	2	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa03	5	adaptation: psychological adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
psa04	5	adaptation: psychological adaptation	4	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa05	5	adaptation: psychological adaptation	5	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa06	5	adaptation: psychological adaptation	6	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa07	5	adaptation: psychological adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
psa08	5	adaptation: psychological adaptation	8	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa09	5	adaptation: psychological adaptation	9	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa10	5	adaptation: psychological adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
pss01	5	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	5	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	5	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	5	perceived stress	4		likert	1 (low stress) to 7 (high stress)
pts01	5	perspective taking	1	yes	likert	1 (low perspective taking) to 7 (high perspective taking)
pts02	5	perspective taking	2		likert	1 (low perspective taking) to 7 (high perspective taking)
pts03	5	perspective taking	3		likert	1 (low perspective taking) to 7 (high perspective taking)
pts04	5	perspective taking	4	yes	likert	1 (low perspective taking) to 7 (high perspective taking)
pts05	5	perspective taking	5		likert	1 (low perspective taking) to 7 (high perspective taking)
pts06	5	perspective taking	6		likert	1 (low perspective taking) to 7 (high perspective taking)
pts07	5	perspective taking	7		likert	1 (low perspective taking) to 7 (high perspective taking)
ris01	5	relational-interdependence self construal	1		likert	1 (low interdependence) to 7 (high interdependence)
ris02	5	relational-interdependence self construal	2		likert	1 (low interdependence) to 7 (high interdependence)
ris03	5	relational-interdependence self construal	3		likert	1 (low interdependence) to 7 (high interdependence)
ris04	5	relational-interdependence self construal	4		likert	1 (low interdependence) to 7 (high interdependence)
ris05	5	relational-interdependence self construal	5		likert	1 (low interdependence) to 7 (high interdependence)
ris06	5	relational-interdependence self construal	6		likert	1 (low interdependence) to 7 (high interdependence)
ris07	5	relational-interdependence self construal	7		likert	1 (low interdependence) to 7 (high interdependence)
ris08	5	relational-interdependence self construal	8	yes	likert	1 (low interdependence) to 7 (high interdependence)
ris09	5	relational-interdependence self construal	9	yes	likert	1 (low interdependence) to 7 (high interdependence)

var	tw	name	num	rev	type	values
ris10	5	relational-interdependence self construal	10		likert	1 (low interdependence) to 7 (high interdependence)
ris11	5	relational-interdependence self construal	11		likert	1 (low interdependence) to 7 (high interdependence)
sca01	5	adaptation: sociocultural adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
sca02	5	adaptation: sociocultural adaptation	2		likert	1 (low adaptation) to 7 (high adaptation)
sca03	5	adaptation: sociocultural adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
sca04	5	adaptation: sociocultural adaptation	4		likert	1 (low adaptation) to 7 (high adaptation)
sca05	5	adaptation: sociocultural adaptation	5		likert	1 (low adaptation) to 7 (high adaptation)
sca06	5	adaptation: sociocultural adaptation	6		likert	1 (low adaptation) to 7 (high adaptation)
sca07	5	adaptation: sociocultural adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
sca08	5	adaptation: sociocultural adaptation	8		likert	1 (low adaptation) to 7 (high adaptation)
sca09	5	adaptation: sociocultural adaptation	9		likert	1 (low adaptation) to 7 (high adaptation)
sca10	5	adaptation: sociocultural adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
sca11	5	adaptation: sociocultural adaptation	11		likert	1 (low adaptation) to 7 (high adaptation)
sca12	5	adaptation: sociocultural adaptation	12		likert	1 (low adaptation) to 7 (high adaptation)
ses01	5	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	5	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	5	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	5	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	5	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	5	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	5	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	5	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	5	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	5	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	5	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	5	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	5	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	5	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	5	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	5	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
ach01	6	acculturation orientation host	1		likert	1 (weak orientation) to 7 (strong orientation)

var	tw	name	num	rev	type	values
acH02	6	acculturation orientation host	2		likert	1 (weak orientation) to 7 (strong orientation)
acH03	6	acculturation orientation host	3		likert	1 (weak orientation) to 7 (strong orientation)
acH04	6	acculturation orientation host	4		likert	1 (weak orientation) to 7 (strong orientation)
acV01	6	acculturation orientation home	1		likert	1 (weak orientation) to 7 (strong orientation)
acV02	6	acculturation orientation home	2		likert	1 (weak orientation) to 7 (strong orientation)
acV03	6	acculturation orientation home	3		likert	1 (weak orientation) to 7 (strong orientation)
acV04	6	acculturation orientation home	4		likert	1 (weak orientation) to 7 (strong orientation)
cfH01	6	intergroup contact: frequency home	1		average days / week	0 to 7
cfO01	6	intergroup contact: frequency other	1		average days / week	0 to 7
cfV01	6	intergroup contact: frequency host	1		average days / week	0 to 7
cqH01	6	intergroup contact: quality home	1	yes	likert	1 (low quality) to 7 (high quality)
cqH02	6	intergroup contact: quality home	2	yes	likert	1 (low quality) to 7 (high quality)
cqH03	6	intergroup contact: quality home	3	yes	likert	1 (low quality) to 7 (high quality)
cqO01	6	intergroup contact: quality other	1	yes	likert	1 (low quality) to 7 (high quality)
cqO02	6	intergroup contact: quality other	2	yes	likert	1 (low quality) to 7 (high quality)
cqO03	6	intergroup contact: quality other	3	yes	likert	1 (low quality) to 7 (high quality)
cqV01	6	intergroup contact: quality host	1	yes	likert	1 (low quality) to 7 (high quality)
cqV02	6	intergroup contact: quality host	2	yes	likert	1 (low quality) to 7 (high quality)
cqV03	6	intergroup contact: quality host	3	yes	likert	1 (low quality) to 7 (high quality)
idH01	6	identity home	1		likert	1 (weak identification) to 7 (strong identification)
idH02	6	identity home	2		likert	1 (weak identification) to 7 (strong identification)
idH03	6	identity home	3		likert	1 (weak identification) to 7 (strong identification)
idH04	6	identity home	4		likert	1 (weak identification) to 7 (strong identification)
idH05	6	identity home	5		likert	1 (weak identification) to 7 (strong identification)
idV01	6	identity host	1		likert	1 (weak identification) to 7 (strong identification)
idV02	6	identity host	2		likert	1 (weak identification) to 7 (strong identification)
idV03	6	identity host	3		likert	1 (weak identification) to 7 (strong identification)
idV04	6	identity host	4		likert	1 (weak identification) to 7 (strong identification)
idV05	6	identity host	5		likert	1 (weak identification) to 7 (strong identification)
iif01	6	inter-personal closeness family	1		likert	1 (distant) to 7 (close)
iif02	6	inter-personal closeness family	2		likert	1 (distant) to 7 (close)

var	tw	name	num	rev	type	values
iif03	6	inter-personal closeness family	3		likert	1 (distant) to 7 (close)
iif04	6	inter-personal closeness family	4		likert	1 (distant) to 7 (close)
iim01	6	inter-personal closeness friends	1		likert	1 (distant) to 7 (close)
iim02	6	inter-personal closeness friends	2		likert	1 (distant) to 7 (close)
iim03	6	inter-personal closeness friends	3		likert	1 (distant) to 7 (close)
iim04	6	inter-personal closeness friends	4		likert	1 (distant) to 7 (close)
liL01	6	language: listening	1	yes	yes/no	1 (yes) or 2 (no)
liL02	6	language: listening	2	yes	yes/no	1 (yes) or 2 (no)
liL03	6	language: listening	3	yes	yes/no	1 (yes) or 2 (no)
liL04	6	language: listening	4	yes	yes/no	1 (yes) or 2 (no)
liL05	6	language: listening	5	yes	yes/no	1 (yes) or 2 (no)
liL06	6	language: listening	6	yes	yes/no	1 (yes) or 2 (no)
liR01	6	language: reading	1	yes	yes/no	1 (yes) or 2 (no)
liR02	6	language: reading	2	yes	yes/no	1 (yes) or 2 (no)
liR03	6	language: reading	3	yes	yes/no	1 (yes) or 2 (no)
liR04	6	language: reading	4	yes	yes/no	1 (yes) or 2 (no)
liR05	6	language: reading	5	yes	yes/no	1 (yes) or 2 (no)
liR06	6	language: reading	6	yes	yes/no	1 (yes) or 2 (no)
liS01	6	language: speaking	1	yes	yes/no	1 (yes) or 2 (no)
liS02	6	language: speaking	2	yes	yes/no	1 (yes) or 2 (no)
liS03	6	language: speaking	3	yes	yes/no	1 (yes) or 2 (no)
liS04	6	language: speaking	4	yes	yes/no	1 (yes) or 2 (no)
liS05	6	language: speaking	5	yes	yes/no	1 (yes) or 2 (no)
liS06	6	language: speaking	6	yes	yes/no	1 (yes) or 2 (no)
liW01	6	language: writing	1	yes	yes/no	1 (yes) or 2 (no)
liW02	6	language: writing	2	yes	yes/no	1 (yes) or 2 (no)
liW03	6	language: writing	3	yes	yes/no	1 (yes) or 2 (no)
liW04	6	language: writing	4	yes	yes/no	1 (yes) or 2 (no)
liW05	6	language: writing	5	yes	yes/no	1 (yes) or 2 (no)
liW06	6	language: writing	6	yes	yes/no	1 (yes) or 2 (no)
pcd01	6	cultural distance	1		likert	1 (similar) to 7 (different)

var	tw	name	num	rev	type	values
pcd02	6	cultural distance	2		likert	1 (similar) to 7 (different)
pcd03	6	cultural distance	3		likert	1 (similar) to 7 (different)
pcd04	6	cultural distance	4		likert	1 (similar) to 7 (different)
pcd05	6	cultural distance	5		likert	1 (similar) to 7 (different)
pcd06	6	cultural distance	6		likert	1 (similar) to 7 (different)
pcd07	6	cultural distance	7		likert	1 (similar) to 7 (different)
pcd08	6	cultural distance	8		likert	1 (similar) to 7 (different)
pcd09	6	cultural distance	9		likert	1 (similar) to 7 (different)
pcd10	6	cultural distance	10		likert	1 (similar) to 7 (different)
pcd11	6	cultural distance	11		likert	1 (similar) to 7 (different)
pcd12	6	cultural distance	12		likert	1 (similar) to 7 (different)
psa01	6	adaptation: psychological adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
psa02	6	adaptation: psychological adaptation	2	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa03	6	adaptation: psychological adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
psa04	6	adaptation: psychological adaptation	4	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa05	6	adaptation: psychological adaptation	5	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa06	6	adaptation: psychological adaptation	6	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa07	6	adaptation: psychological adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
psa08	6	adaptation: psychological adaptation	8	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa09	6	adaptation: psychological adaptation	9	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa10	6	adaptation: psychological adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
pss01	6	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	6	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	6	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	6	perceived stress	4		likert	1 (low stress) to 7 (high stress)
sca01	6	adaptation: sociocultural adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
sca02	6	adaptation: sociocultural adaptation	2		likert	1 (low adaptation) to 7 (high adaptation)
sca03	6	adaptation: sociocultural adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
sca04	6	adaptation: sociocultural adaptation	4		likert	1 (low adaptation) to 7 (high adaptation)
sca05	6	adaptation: sociocultural adaptation	5		likert	1 (low adaptation) to 7 (high adaptation)
sca06	6	adaptation: sociocultural adaptation	6		likert	1 (low adaptation) to 7 (high adaptation)

var	tw	name	num	rev	type	values
sca07	6	adaptation: sociocultural adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
sca08	6	adaptation: sociocultural adaptation	8		likert	1 (low adaptation) to 7 (high adaptation)
sca09	6	adaptation: sociocultural adaptation	9		likert	1 (low adaptation) to 7 (high adaptation)
sca10	6	adaptation: sociocultural adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
sca11	6	adaptation: sociocultural adaptation	11		likert	1 (low adaptation) to 7 (high adaptation)
sca12	6	adaptation: sociocultural adaptation	12		likert	1 (low adaptation) to 7 (high adaptation)
scC01	6	self-categorization: home vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
sch01	6	self-categorization: self vs home	1		likert	1 (weak overlap) to 7 (strong overlap)
scV01	6	self-categorization: self vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
ses01	6	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	6	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	6	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	6	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	6	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	6	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	6	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	6	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	6	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	6	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	6	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	6	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	6	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	6	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	6	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	6	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
pcd01	7	cultural distance	1		likert	1 (similar) to 7 (different)
pcd02	7	cultural distance	2		likert	1 (similar) to 7 (different)
pcd03	7	cultural distance	3		likert	1 (similar) to 7 (different)
pcd04	7	cultural distance	4		likert	1 (similar) to 7 (different)
pcd05	7	cultural distance	5		likert	1 (similar) to 7 (different)
pcd06	7	cultural distance	6		likert	1 (similar) to 7 (different)

var	tw	name	num	rev	type	values
pcd07	7	cultural distance	7		likert	1 (similar) to 7 (different)
pcd08	7	cultural distance	8		likert	1 (similar) to 7 (different)
pcd09	7	cultural distance	9		likert	1 (similar) to 7 (different)
pcd10	7	cultural distance	10		likert	1 (similar) to 7 (different)
pcd11	7	cultural distance	11		likert	1 (similar) to 7 (different)
pcd12	7	cultural distance	12		likert	1 (similar) to 7 (different)
psa01	7	adaptation: psychological adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
psa02	7	adaptation: psychological adaptation	2	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa03	7	adaptation: psychological adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
psa04	7	adaptation: psychological adaptation	4	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa05	7	adaptation: psychological adaptation	5	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa06	7	adaptation: psychological adaptation	6	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa07	7	adaptation: psychological adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
psa08	7	adaptation: psychological adaptation	8	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa09	7	adaptation: psychological adaptation	9	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa10	7	adaptation: psychological adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
pss01	7	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	7	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	7	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	7	perceived stress	4		likert	1 (low stress) to 7 (high stress)
sca01	7	adaptation: sociocultural adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
sca02	7	adaptation: sociocultural adaptation	2		likert	1 (low adaptation) to 7 (high adaptation)
sca03	7	adaptation: sociocultural adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
sca04	7	adaptation: sociocultural adaptation	4		likert	1 (low adaptation) to 7 (high adaptation)
sca05	7	adaptation: sociocultural adaptation	5		likert	1 (low adaptation) to 7 (high adaptation)
sca06	7	adaptation: sociocultural adaptation	6		likert	1 (low adaptation) to 7 (high adaptation)
sca07	7	adaptation: sociocultural adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
sca08	7	adaptation: sociocultural adaptation	8		likert	1 (low adaptation) to 7 (high adaptation)
sca09	7	adaptation: sociocultural adaptation	9		likert	1 (low adaptation) to 7 (high adaptation)
sca10	7	adaptation: sociocultural adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
sca11	7	adaptation: sociocultural adaptation	11		likert	1 (low adaptation) to 7 (high adaptation)

var	tw	name	num	rev	type	values
sca12	7	adaptation: sociocultural adaptation	12		likert	1 (low adaptation) to 7 (high adaptation)
ses01	7	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	7	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	7	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	7	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	7	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	7	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	7	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	7	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	7	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	7	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	7	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	7	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	7	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	7	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	7	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	7	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
ach01	8	acculturation orientation host	1		likert	1 (weak orientation) to 7 (strong orientation)
ach02	8	acculturation orientation host	2		likert	1 (weak orientation) to 7 (strong orientation)
ach03	8	acculturation orientation host	3		likert	1 (weak orientation) to 7 (strong orientation)
ach04	8	acculturation orientation host	4		likert	1 (weak orientation) to 7 (strong orientation)
acv01	8	acculturation orientation home	1		likert	1 (weak orientation) to 7 (strong orientation)
acv02	8	acculturation orientation home	2		likert	1 (weak orientation) to 7 (strong orientation)
acv03	8	acculturation orientation home	3		likert	1 (weak orientation) to 7 (strong orientation)
acv04	8	acculturation orientation home	4		likert	1 (weak orientation) to 7 (strong orientation)
bch01	8	bi-cultural knowledge home	1		likert	1 (low knowledge) to 7 (high knowledge)
bch02	8	bi-cultural knowledge home	2		likert	1 (low knowledge) to 7 (high knowledge)
bch03	8	bi-cultural knowledge home	3		likert	1 (low knowledge) to 7 (high knowledge)
bch04	8	bi-cultural knowledge home	4		likert	1 (low knowledge) to 7 (high knowledge)
bch05	8	bi-cultural knowledge home	5		likert	1 (low knowledge) to 7 (high knowledge)
bch06	8	bi-cultural knowledge home	6		likert	1 (low knowledge) to 7 (high knowledge)

var	tw	name	num	rev	type	values
bcH07	8	bi-cultural knowledge home	7		likert	1 (low knowledge) to 7 (high knowledge)
bcH08	8	bi-cultural knowledge home	8		likert	1 (low knowledge) to 7 (high knowledge)
bcH09	8	bi-cultural knowledge home	9		likert	1 (low knowledge) to 7 (high knowledge)
bcH10	8	bi-cultural knowledge home	10		likert	1 (low knowledge) to 7 (high knowledge)
bcV01	8	bi-cultural knowledge host	1		likert	1 (low knowledge) to 7 (high knowledge)
bcV02	8	bi-cultural knowledge host	2		likert	1 (low knowledge) to 7 (high knowledge)
bcV03	8	bi-cultural knowledge host	3		likert	1 (low knowledge) to 7 (high knowledge)
bcV04	8	bi-cultural knowledge host	4		likert	1 (low knowledge) to 7 (high knowledge)
bcV05	8	bi-cultural knowledge host	5		likert	1 (low knowledge) to 7 (high knowledge)
bcV06	8	bi-cultural knowledge host	6		likert	1 (low knowledge) to 7 (high knowledge)
bcV07	8	bi-cultural knowledge host	7		likert	1 (low knowledge) to 7 (high knowledge)
bcV08	8	bi-cultural knowledge host	8		likert	1 (low knowledge) to 7 (high knowledge)
bcV09	8	bi-cultural knowledge host	9		likert	1 (low knowledge) to 7 (high knowledge)
bcV10	8	bi-cultural knowledge host	10		likert	1 (low knowledge) to 7 (high knowledge)
cfH01	8	intergroup contact: frequency home	1		average days / week	0 to 7
cfO01	8	intergroup contact: frequency other	1		average days / week	0 to 7
cfV01	8	intergroup contact: frequency host	1		average days / week	0 to 7
cqH01	8	intergroup contact: quality home	1	yes	likert	1 (low quality) to 7 (high quality)
cqH02	8	intergroup contact: quality home	2	yes	likert	1 (low quality) to 7 (high quality)
cqH03	8	intergroup contact: quality home	3	yes	likert	1 (low quality) to 7 (high quality)
cqO01	8	intergroup contact: quality other	1	yes	likert	1 (low quality) to 7 (high quality)
cqO02	8	intergroup contact: quality other	2	yes	likert	1 (low quality) to 7 (high quality)
cqO03	8	intergroup contact: quality other	3	yes	likert	1 (low quality) to 7 (high quality)
cqV01	8	intergroup contact: quality host	1	yes	likert	1 (low quality) to 7 (high quality)
cqV02	8	intergroup contact: quality host	2	yes	likert	1 (low quality) to 7 (high quality)
cqV03	8	intergroup contact: quality host	3	yes	likert	1 (low quality) to 7 (high quality)
icc01	8	cross-cultural competence	1		likert	1 (low competence) to 7 (high competence)
icc02	8	cross-cultural competence	2		likert	1 (low competence) to 7 (high competence)
icc03	8	cross-cultural competence	3		likert	1 (low competence) to 7 (high competence)
icc04	8	cross-cultural competence	4		likert	1 (low competence) to 7 (high competence)
icc05	8	cross-cultural competence	5		likert	1 (low competence) to 7 (high competence)

var	tw	name	num	rev	type	values
icc06	8	cross-cultural competence	6		likert	1 (low competence) to 7 (high competence)
icc07	8	cross-cultural competence	7		likert	1 (low competence) to 7 (high competence)
icc08	8	cross-cultural competence	8		likert	1 (low competence) to 7 (high competence)
icc09	8	cross-cultural competence	9		likert	1 (low competence) to 7 (high competence)
icc10	8	cross-cultural competence	10		likert	1 (low competence) to 7 (high competence)
idH01	8	identity home	1		likert	1 (weak identification) to 7 (strong identification)
idH02	8	identity home	2		likert	1 (weak identification) to 7 (strong identification)
idH03	8	identity home	3		likert	1 (weak identification) to 7 (strong identification)
idH04	8	identity home	4		likert	1 (weak identification) to 7 (strong identification)
idH05	8	identity home	5		likert	1 (weak identification) to 7 (strong identification)
idV01	8	identity host	1		likert	1 (weak identification) to 7 (strong identification)
idV02	8	identity host	2		likert	1 (weak identification) to 7 (strong identification)
idV03	8	identity host	3		likert	1 (weak identification) to 7 (strong identification)
idV04	8	identity host	4		likert	1 (weak identification) to 7 (strong identification)
idV05	8	identity host	5		likert	1 (weak identification) to 7 (strong identification)
iif01	8	inter-personal closeness family	1		likert	1 (distant) to 7 (close)
iif02	8	inter-personal closeness family	2		likert	1 (distant) to 7 (close)
iif03	8	inter-personal closeness family	3		likert	1 (distant) to 7 (close)
iif04	8	inter-personal closeness family	4		likert	1 (distant) to 7 (close)
iim01	8	inter-personal closeness friends	1		likert	1 (distant) to 7 (close)
iim02	8	inter-personal closeness friends	2		likert	1 (distant) to 7 (close)
iim03	8	inter-personal closeness friends	3		likert	1 (distant) to 7 (close)
iim04	8	inter-personal closeness friends	4		likert	1 (distant) to 7 (close)
liL01	8	language: listening	1	yes	yes/no	1 (yes) or 2 (no)
liL02	8	language: listening	2	yes	yes/no	1 (yes) or 2 (no)
liL03	8	language: listening	3	yes	yes/no	1 (yes) or 2 (no)
liL04	8	language: listening	4	yes	yes/no	1 (yes) or 2 (no)
liL05	8	language: listening	5	yes	yes/no	1 (yes) or 2 (no)
liL06	8	language: listening	6	yes	yes/no	1 (yes) or 2 (no)
liR01	8	language: reading	1	yes	yes/no	1 (yes) or 2 (no)
liR02	8	language: reading	2	yes	yes/no	1 (yes) or 2 (no)

var	tw	name	num	rev	type	values
liR03	8	language: reading	3	yes	yes/no	1 (yes) or 2 (no)
liR04	8	language: reading	4	yes	yes/no	1 (yes) or 2 (no)
liR05	8	language: reading	5	yes	yes/no	1 (yes) or 2 (no)
liR06	8	language: reading	6	yes	yes/no	1 (yes) or 2 (no)
liS01	8	language: speaking	1	yes	yes/no	1 (yes) or 2 (no)
liS02	8	language: speaking	2	yes	yes/no	1 (yes) or 2 (no)
liS03	8	language: speaking	3	yes	yes/no	1 (yes) or 2 (no)
liS04	8	language: speaking	4	yes	yes/no	1 (yes) or 2 (no)
liS05	8	language: speaking	5	yes	yes/no	1 (yes) or 2 (no)
liS06	8	language: speaking	6	yes	yes/no	1 (yes) or 2 (no)
liW01	8	language: writing	1	yes	yes/no	1 (yes) or 2 (no)
liW02	8	language: writing	2	yes	yes/no	1 (yes) or 2 (no)
liW03	8	language: writing	3	yes	yes/no	1 (yes) or 2 (no)
liW04	8	language: writing	4	yes	yes/no	1 (yes) or 2 (no)
liW05	8	language: writing	5	yes	yes/no	1 (yes) or 2 (no)
liW06	8	language: writing	6	yes	yes/no	1 (yes) or 2 (no)
pss01	8	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	8	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	8	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	8	perceived stress	4		likert	1 (low stress) to 7 (high stress)
scC01	8	self-categorization: home vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
scH01	8	self-categorization: self vs home	1		likert	1 (weak overlap) to 7 (strong overlap)
scV01	8	self-categorization: self vs host	1		likert	1 (weak overlap) to 7 (strong overlap)
ses01	8	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	8	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	8	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	8	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	8	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	8	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta02	8	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	8	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)

var	tw	name	num	rev	type	values
sta04	8	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	8	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	8	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	8	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	8	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	8	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	8	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	8	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)
xac01	8	coping: acceptance	1		likert	1 (never use) to 7 (always use)
xac02	8	coping: acceptance	2		likert	1 (never use) to 7 (always use)
xcp01	8	coping: active coping	1		likert	1 (never use) to 7 (always use)
xcp02	8	coping: active coping	2		likert	1 (never use) to 7 (always use)
xdg01	8	coping: disengagement	1		likert	1 (never use) to 7 (always use)
xdg02	8	coping: disengagement	2		likert	1 (never use) to 7 (always use)
xdn01	8	coping: denial	1		likert	1 (never use) to 7 (always use)
xdn02	8	coping: denial	2		likert	1 (never use) to 7 (always use)
xds01	8	coping: distraction	1		likert	1 (never use) to 7 (always use)
xds02	8	coping: distraction	2		likert	1 (never use) to 7 (always use)
xec01	8	coping: emotion support close	1		likert	1 (never use) to 7 (always use)
xec02	8	coping: emotion support close	2		likert	1 (never use) to 7 (always use)
xed01	8	coping: emotion support distant	1		likert	1 (never use) to 7 (always use)
xed02	8	coping: emotion support distant	2		likert	1 (never use) to 7 (always use)
xeg01	8	coping: emotion support general	1		likert	1 (never use) to 7 (always use)
xeg02	8	coping: emotion support general	2		likert	1 (never use) to 7 (always use)
xhm01	8	coping: humour	1		likert	1 (never use) to 7 (always use)
xhm02	8	coping: humour	2		likert	1 (never use) to 7 (always use)
xic01	8	coping: instrumental support close	1		likert	1 (never use) to 7 (always use)
xic02	8	coping: instrumental support close	2		likert	1 (never use) to 7 (always use)
xid01	8	coping: instrumental support distant	1		likert	1 (never use) to 7 (always use)
xid02	8	coping: instrumental support distant	2		likert	1 (never use) to 7 (always use)
xig01	8	coping: instrumental support general	1		likert	1 (never use) to 7 (always use)

var	tw	name	num	rev	type	values
xig02	8	coping: instrumental support general	2		likert	1 (never use) to 7 (always use)
xn	8	coping: internet use	1		likert	1 (never use) to 7 (always use)
xn	8	coping: internet use	2		likert	1 (never use) to 7 (always use)
xpl01	8	coping: planning	1		likert	1 (never use) to 7 (always use)
xpl02	8	coping: planning	2		likert	1 (never use) to 7 (always use)
xrf01	8	coping: reframing	1		likert	1 (never use) to 7 (always use)
xrf02	8	coping: reframing	2		likert	1 (never use) to 7 (always use)
xrl01	8	coping: religion	1		likert	1 (never use) to 7 (always use)
xrl02	8	coping: religion	2		likert	1 (never use) to 7 (always use)
xsa01	8	coping: substance abuse	1		likert	1 (never use) to 7 (always use)
xsa02	8	coping: substance abuse	2		likert	1 (never use) to 7 (always use)
xs01	8	coping: self-blame	1		likert	1 (never use) to 7 (always use)
xs02	8	coping: self-blame	2		likert	1 (never use) to 7 (always use)
xv	8	coping: venting	1		likert	1 (never use) to 7 (always use)
xv	8	coping: venting	2		likert	1 (never use) to 7 (always use)
aHc01	9	intergroup affect: competence home nationals	1		feeling thermometer	0 to 100
aHc02	9	intergroup affect: competence home nationals	2		feeling thermometer	0 to 100
aHw01	9	intergroup affect: warmth home nationals	1		feeling thermometer	0 to 100
aHw02	9	intergroup affect: warmth home nationals	2		feeling thermometer	0 to 100
anx01	9	intergroup anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)
anx02	9	intergroup anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
anx03	9	intergroup anxiety	3	yes	likert	1 (low anxiety) to 7 (high anxiety)
anx04	9	intergroup anxiety	4		likert	1 (low anxiety) to 7 (high anxiety)
anx05	9	intergroup anxiety	5		likert	1 (low anxiety) to 7 (high anxiety)
anx06	9	intergroup anxiety	6	yes	likert	1 (low anxiety) to 7 (high anxiety)
aVc01	9	intergroup affect: competence host nationals	1		feeling thermometer	0 to 100
aVc02	9	intergroup affect: competence host nationals	2		feeling thermometer	0 to 100
aVw01	9	intergroup affect: warmth host nationals	1		feeling thermometer	0 to 100
aVw02	9	intergroup affect: warmth host nationals	2		feeling thermometer	0 to 100
cHc01	9	intergroup cognition: competence home nationals	1		percentage	0 to 100
cHc02	9	intergroup cognition: competence home nationals	2		percentage	0 to 100

var	tw	name	num	rev	type	values
cHw01	9	intergroup cognition: warmth home nationals	1		percentage	0 to 100
cHw02	9	intergroup cognition: warmth home nationals	2		percentage	0 to 100
cVc01	9	intergroup cognition: competence host nationals	1		percentage	0 to 100
cVc02	9	intergroup cognition: competence host nationals	2		percentage	0 to 100
cVw01	9	intergroup cognition: warmth host nationals	1		percentage	0 to 100
cVw02	9	intergroup cognition: warmth host nationals	2		percentage	0 to 100
ecs01	9	empathetic concern	1		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs02	9	empathetic concern	2	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs03	9	empathetic concern	3		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs04	9	empathetic concern	4	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs05	9	empathetic concern	5	yes	likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs06	9	empathetic concern	6		likert	1 (low empathetic concern) to 7 (high empathetic concern)
ecs07	9	empathetic concern	7		likert	1 (low empathetic concern) to 7 (high empathetic concern)
evC01	9	evaluation: cultural	1		likert	1 (negative evaluation) to 7 (positive evaluation)
evC02	9	evaluation: cultural	2		likert	1 (negative evaluation) to 7 (positive evaluation)
evC03	9	evaluation: cultural	3		likert	1 (negative evaluation) to 7 (positive evaluation)
evC04	9	evaluation: cultural	4		likert	1 (negative evaluation) to 7 (positive evaluation)
evG01	9	evaluation: general	1		likert	1 (negative evaluation) to 7 (positive evaluation)
evG02	9	evaluation: general	2	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG03	9	evaluation: general	3		likert	1 (negative evaluation) to 7 (positive evaluation)
evG04	9	evaluation: general	4	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG05	9	evaluation: general	5		likert	1 (negative evaluation) to 7 (positive evaluation)
evG06	9	evaluation: general	6		likert	1 (negative evaluation) to 7 (positive evaluation)
evG07	9	evaluation: general	7	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
evG08	9	evaluation: general	8		likert	1 (negative evaluation) to 7 (positive evaluation)
evG09	9	evaluation: general	9	yes	likert	1 (negative evaluation) to 7 (positive evaluation)
hxA01	9	personality: agreeableness	1		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA02	9	personality: agreeableness	2	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA03	9	personality: agreeableness	3	yes	likert	1 (low agreeableness) to 7 (high agreeableness)

var	tw	name	num	rev	type	values
hxA04	9	personality: agreeableness	4	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxA05	9	personality: agreeableness	5		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA06	9	personality: agreeableness	6		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA07	9	personality: agreeableness	7		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA08	9	personality: agreeableness	8		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA09	9	personality: agreeableness	9		likert	1 (low agreeableness) to 7 (high agreeableness)
hxA10	9	personality: agreeableness	10	yes	likert	1 (low agreeableness) to 7 (high agreeableness)
hxC01	9	personality: conscientiousness	1		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC02	9	personality: conscientiousness	2		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC03	9	personality: conscientiousness	3	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC04	9	personality: conscientiousness	4	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC05	9	personality: conscientiousness	5	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC06	9	personality: conscientiousness	6	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC07	9	personality: conscientiousness	7		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC08	9	personality: conscientiousness	8	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC09	9	personality: conscientiousness	9		likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxC10	9	personality: conscientiousness	10	yes	likert	1 (low conscientiousness) to 7 (high conscientiousness)
hxE01	9	personality: emotionality	1		likert	1 (low emotionality) to 7 (high emotioality)
hxE02	9	personality: emotionality	2		likert	1 (low emotionality) to 7 (high emotioality)
hxE03	9	personality: emotionality	3		likert	1 (low emotionality) to 7 (high emotioality)
hxE04	9	personality: emotionality	4		likert	1 (low emotionality) to 7 (high emotioality)
hxE05	9	personality: emotionality	5		likert	1 (low emotionality) to 7 (high emotioality)
hxE06	9	personality: emotionality	6	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE07	9	personality: emotionality	7	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE08	9	personality: emotionality	8		likert	1 (low emotionality) to 7 (high emotioality)
hxE09	9	personality: emotionality	9	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxE10	9	personality: emotionality	10	yes	likert	1 (low emotionality) to 7 (high emotioality)
hxH01	9	personality: honesty-humility	1		likert	1 (low honesty-humility) to 7 (high honesty-humility)

var	tw	name	num	rev	type	values
hxH02	9	personality: honesty-humility	2	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH03	9	personality: honesty-humility	3		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH04	9	personality: honesty-humility	4	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH05	9	personality: honesty-humility	5	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH06	9	personality: honesty-humility	6		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH07	9	personality: honesty-humility	7	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH08	9	personality: honesty-humility	8	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH09	9	personality: honesty-humility	9		likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxH10	9	personality: honesty-humility	10	yes	likert	1 (low honesty-humility) to 7 (high honesty-humility)
hxO01	9	personality: openness to experience	1	yes	likert	1 (low openness) to 7 (high openness)
hxO02	9	personality: openness to experience	2		likert	1 (low openness) to 7 (high openness)
hxO03	9	personality: openness to experience	3		likert	1 (low openness) to 7 (high openness)
hxO04	9	personality: openness to experience	4	yes	likert	1 (low openness) to 7 (high openness)
hxO05	9	personality: openness to experience	5		likert	1 (low openness) to 7 (high openness)
hxO06	9	personality: openness to experience	6	yes	likert	1 (low openness) to 7 (high openness)
hxO07	9	personality: openness to experience	7		likert	1 (low openness) to 7 (high openness)
hxO08	9	personality: openness to experience	8		likert	1 (low openness) to 7 (high openness)
hxO09	9	personality: openness to experience	9	yes	likert	1 (low openness) to 7 (high openness)
hxO10	9	personality: openness to experience	10	yes	likert	1 (low openness) to 7 (high openness)
hxX01	9	personality: extraversion	1		likert	1 (low extraversion) to 7 (high extraversion)
hxX02	9	personality: extraversion	2	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX03	9	personality: extraversion	3		likert	1 (low extraversion) to 7 (high extraversion)
hxX04	9	personality: extraversion	4		likert	1 (low extraversion) to 7 (high extraversion)
hxX05	9	personality: extraversion	5	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX06	9	personality: extraversion	6		likert	1 (low extraversion) to 7 (high extraversion)
hxX07	9	personality: extraversion	7		likert	1 (low extraversion) to 7 (high extraversion)
hxX08	9	personality: extraversion	8	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX09	9	personality: extraversion	9	yes	likert	1 (low extraversion) to 7 (high extraversion)
hxX10	9	personality: extraversion	10		likert	1 (low extraversion) to 7 (high extraversion)
pcd01	9	cultural distance	1		likert	1 (similar) to 7 (different)
pcd02	9	cultural distance	2		likert	1 (similar) to 7 (different)

var	tw	name	num	rev	type	values
pcd03	9	cultural distance	3		likert	1 (similar) to 7 (different)
pcd04	9	cultural distance	4		likert	1 (similar) to 7 (different)
pcd05	9	cultural distance	5		likert	1 (similar) to 7 (different)
pcd06	9	cultural distance	6		likert	1 (similar) to 7 (different)
pcd07	9	cultural distance	7		likert	1 (similar) to 7 (different)
pcd08	9	cultural distance	8		likert	1 (similar) to 7 (different)
pcd09	9	cultural distance	9		likert	1 (similar) to 7 (different)
pcd10	9	cultural distance	10		likert	1 (similar) to 7 (different)
pcd11	9	cultural distance	11		likert	1 (similar) to 7 (different)
pcd12	9	cultural distance	12		likert	1 (similar) to 7 (different)
psa01	9	adaptation: psychological adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
psa02	9	adaptation: psychological adaptation	2	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa03	9	adaptation: psychological adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
psa04	9	adaptation: psychological adaptation	4	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa05	9	adaptation: psychological adaptation	5	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa06	9	adaptation: psychological adaptation	6	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa07	9	adaptation: psychological adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
psa08	9	adaptation: psychological adaptation	8	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa09	9	adaptation: psychological adaptation	9	yes	likert	1 (low adaptation) to 7 (high adaptation)
psa10	9	adaptation: psychological adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
pss01	9	perceived stress	1		likert	1 (low stress) to 7 (high stress)
pss02	9	perceived stress	2	yes	likert	1 (low stress) to 7 (high stress)
pss03	9	perceived stress	3	yes	likert	1 (low stress) to 7 (high stress)
pss04	9	perceived stress	4		likert	1 (low stress) to 7 (high stress)
pts01	9	perspective taking	1	yes	likert	1 (low perspective taking) to 7 (high perspective taking)
pts02	9	perspective taking	2		likert	1 (low perspective taking) to 7 (high perspective taking)
pts03	9	perspective taking	3		likert	1 (low perspective taking) to 7 (high perspective taking)
pts04	9	perspective taking	4	yes	likert	1 (low perspective taking) to 7 (high perspective taking)
pts05	9	perspective taking	5		likert	1 (low perspective taking) to 7 (high perspective taking)
pts06	9	perspective taking	6		likert	1 (low perspective taking) to 7 (high perspective taking)

var	tw	name	num	rev	type	values
						taking)
pts07	9	perspective taking	7		likert	1 (low perspective taking) to 7 (high perspective taking)
ris01	9	relational-interdependence self construal	1		likert	1 (low interdependence) to 7 (high interdependence)
ris02	9	relational-interdependence self construal	2		likert	1 (low interdependence) to 7 (high interdependence)
ris03	9	relational-interdependence self construal	3		likert	1 (low interdependence) to 7 (high interdependence)
ris04	9	relational-interdependence self construal	4		likert	1 (low interdependence) to 7 (high interdependence)
ris05	9	relational-interdependence self construal	5		likert	1 (low interdependence) to 7 (high interdependence)
ris06	9	relational-interdependence self construal	6		likert	1 (low interdependence) to 7 (high interdependence)
ris07	9	relational-interdependence self construal	7		likert	1 (low interdependence) to 7 (high interdependence)
ris08	9	relational-interdependence self construal	8	yes	likert	1 (low interdependence) to 7 (high interdependence)
ris09	9	relational-interdependence self construal	9	yes	likert	1 (low interdependence) to 7 (high interdependence)
ris10	9	relational-interdependence self construal	10		likert	1 (low interdependence) to 7 (high interdependence)
ris11	9	relational-interdependence self construal	11		likert	1 (low interdependence) to 7 (high interdependence)
sca01	9	adaptation: sociocultural adaptation	1		likert	1 (low adaptation) to 7 (high adaptation)
sca02	9	adaptation: sociocultural adaptation	2		likert	1 (low adaptation) to 7 (high adaptation)
sca03	9	adaptation: sociocultural adaptation	3		likert	1 (low adaptation) to 7 (high adaptation)
sca04	9	adaptation: sociocultural adaptation	4		likert	1 (low adaptation) to 7 (high adaptation)
sca05	9	adaptation: sociocultural adaptation	5		likert	1 (low adaptation) to 7 (high adaptation)
sca06	9	adaptation: sociocultural adaptation	6		likert	1 (low adaptation) to 7 (high adaptation)
sca07	9	adaptation: sociocultural adaptation	7		likert	1 (low adaptation) to 7 (high adaptation)
sca08	9	adaptation: sociocultural adaptation	8		likert	1 (low adaptation) to 7 (high adaptation)
sca09	9	adaptation: sociocultural adaptation	9		likert	1 (low adaptation) to 7 (high adaptation)
sca10	9	adaptation: sociocultural adaptation	10		likert	1 (low adaptation) to 7 (high adaptation)
sca11	9	adaptation: sociocultural adaptation	11		likert	1 (low adaptation) to 7 (high adaptation)
sca12	9	adaptation: sociocultural adaptation	12		likert	1 (low adaptation) to 7 (high adaptation)
ses01	9	self-esteem	1		likert	1 (low self-esteem) to 7 (high self-esteem)
ses02	9	self-esteem	2	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses03	9	self-esteem	3	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
ses04	9	self-esteem	4		likert	1 (low self-esteem) to 7 (high self-esteem)
ses05	9	self-esteem	5	yes	likert	1 (low self-esteem) to 7 (high self-esteem)
sta01	9	state anxiety	1	yes	likert	1 (low anxiety) to 7 (high anxiety)

var	tw	name	num	rev	type	values
sta02	9	state anxiety	2		likert	1 (low anxiety) to 7 (high anxiety)
sta03	9	state anxiety	3		likert	1 (low anxiety) to 7 (high anxiety)
sta04	9	state anxiety	4	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta05	9	state anxiety	5	yes	likert	1 (low anxiety) to 7 (high anxiety)
sta06	9	state anxiety	6		likert	1 (low anxiety) to 7 (high anxiety)
swl01	9	satisfaction with life	1		likert	1 (low satisfaction) to 7 (high satisfaction)
swl02	9	satisfaction with life	2		likert	1 (low satisfaction) to 7 (high satisfaction)
swl03	9	satisfaction with life	3		likert	1 (low satisfaction) to 7 (high satisfaction)
swl04	9	satisfaction with life	4		likert	1 (low satisfaction) to 7 (high satisfaction)
swl05	9	satisfaction with life	5		likert	1 (low satisfaction) to 7 (high satisfaction)