

Appendix 1. Sociocultural Adaptation Scale (SCAS)

Living in a different culture often involves learning new skills and behaviors. Thinking about life in Russia, please rate your competence at each the following behaviours from 1 (not at all competent) to 5 (extremely competent).

1. Building and maintaining relationships	1	2	3	4	5
2. Managing my academic/work responsibilities	1	2	3	4	5
3. Interacting at social events	1	2	3	4	5
4. Maintaining my hobbies and interests	1	2	3	4	5
5. Adapting to the noise level in my neighborhood	1	2	3	4	5
6. Accurately interpreting and responding to other people's gestures and facial expressions	1	2	3	4	5
7. Working effectively with other students/work colleagues	1	2	3	4	5
8. Obtaining community services I require	1	2	3	4	5
9. Adapting to the population density	1	2	3	4	5
10. Understanding and speaking Russian	1	2	3	4	5
11. Varying the rate of my speaking in a culturally appropriate manner	1	2	3	4	5
12. Gaining feedback from other students/work colleagues to help improve my performance	1	2	3	4	5
13. Accurately interpreting and responding to other people's emotions	1	2	3	4	5
14. Attending or participating in community activities	1	2	3	4	5
15. Finding my way around	1	2	3	4	5
16. Interacting with members of the opposite sex	1	2	3	4	5
17. Expressing my ideas to other students/work colleagues in a culturally appropriate manner	1	2	3	4	5
18. Dealing with the bureaucracy	1	2	3	4	5
19. Adapting to the pace of life	1	2	3	4	5
20. Reading and writing in Russian	1	2	3	4	5
21. Changing my behavior to suit social norms, rules, beliefs, and customs	1	2	3	4	5