

## Sojourner Adjustment Measure (SAM)

Considering *your entire time abroad*, please indicate how much you agree with each of the following statements. Rate items along the following scale:

Disagree strongly	Disagree moderately	Disagree slightly	Neither disagree nor agree	Agree slightly	Agree moderately	Agree strongly
1	2	3	4	5	6	7

*During my time abroad I...*

	Item	Factor*
1	Missed my family and friends back home	6
2	Felt out of place in my host country	6
3	Felt sad or depressed about being far from home	6
4	Spent a good amount of time meeting and conversing with local people	1
5	Spent a good amount of time meeting and conversing with Americans	5
6	Enhanced my understanding of my host country's culture	2
7	Actively tried to learn more about local customs and traditions in my host country	2
8	Gained insight into the culture of my host country	2
9	Felt anxious or nervous about being far from home	6
10	Developed my own perspective of my host country	2
11	Socialized a good deal with local people from my host country	1
12	Socialized a good deal with other Americans	5
13	Subscribed to the values of my host country	4
14	Increased my understanding of my host country's language (or local dialect/idioms)	3
15	Behaved in ways that are typical of members of my host country	4
16	Actively tried to make American acquaintances	5
17	Felt like once I returned home I would maintain some of the cultural-specific practices and values I learned by living in my host country	4
18	Had deep and meaningful conversations with local people	1
19	Had meaningful social interactions with local people	1
20	Had meaningful social interactions with Americans	5
21	Used my host country's language (or local dialect/idioms) to communicate with local people	3
22	Learned about the local language by communicating with local people in my host country's language (or local dialect/idioms)	3
23	Had long conversations with local people using the host country's language (or local dialect/idioms)	3
24	Subscribed to the religious and/or political beliefs of my host country	4

\**Note.* Inclusion of the "Factor" is for information purposes only. The actual measure does not contain this column, nor does it contain the description of the factors below.

*Factor 1* = social interaction with host nationals, *Factor 2* = cultural understanding and participation, *Factor 3* = language development and use, *Factor 4* = host culture identification, *Factor 5* = social interaction with co-nationals, *Factor 6* = homesickness/feeling out of place

Pedersen, E. R., Neighbors, C., Larimer, M. E., & Lee, C. M. (2011). Measuring Sojourner Adjustment among American students studying abroad. *International Journal of Intercultural Relations*, 35, 881-889.