

# Anxiety and Avoidance of Intercultural Contact: The Mediating Role of Psychological Flexibility

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## INTRO

- Intercultural contact (IC) leads to positive outcomes (e.g., ↑ social cohesion & ↓ prejudice)<sup>1</sup>.
- IC anxiety linked to avoidance of IC<sup>2,3</sup>.
- **What are the mechanisms that underlie this relationship?**
- Psychological flexibility (PF)<sup>4</sup> as a potential mediator.

## METHODS

### Participants:

- 215 university students in Quebec ( $M_{age} = 27.17, SD = 7.72$ ).
- 156 women, 55 men, 4 prefer not to answer.
- 67% born in Canada; 61% white.

### Measures:

- Motivation and Interest to Participate in Intercultural Twinning.
- Personal Report of Intercultural Communication Apprehension (PRICA)<sup>5</sup>.
- Multidimensional Psychological Flexibility Inventory (MPFI)<sup>6</sup>.
- Big Five Inventory (BFI-S)<sup>7</sup>.
- Revised Ethnocentrism Scale (RES)<sup>8</sup>.

### Procedure:

- Online self-report questionnaires.

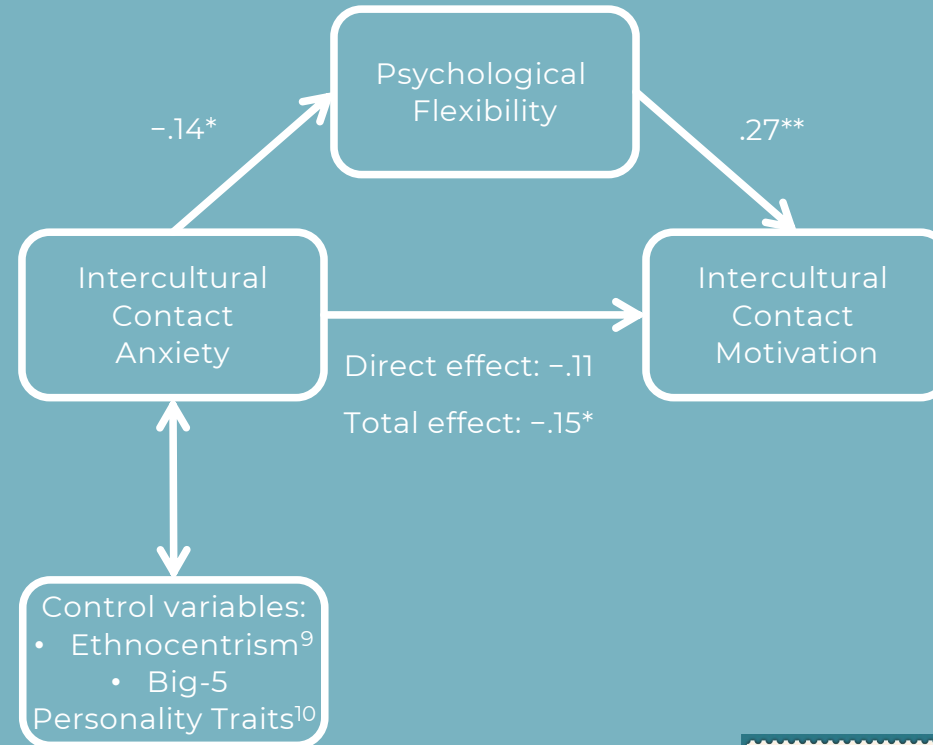
### Statistical Test:

- Mediation analysis.

## RESULTS

The relationship between **intercultural contact anxiety** and **intercultural contact motivation** is mediated by **psychological flexibility**.

That is, lower **intercultural contact anxiety** leads to increase **psychological flexibility**, which in turn leads to increase **motivation to engage in intercultural contact**.



Note. Standardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ .

# UQÀM

## IMPLICATIONS & FUTURE DIRECTIONS

- Insights into the factors that underlie the relationship between IC anxiety and IC avoidance.
- PF may be an important facilitator of intercultural contact.
- PF is malleable<sup>11</sup> – investigate how this malleability may be used to increase IC motivation.
- Replicate findings in community sample.
- Investigate potential differences in predictors of IC motivation in participants born outside of Canada and of ethnocultural minorities.

## REFERENCES



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