Introduction
Researchers have found that cultural variables may influence the development of psychopathology (Hong & Woody, 2007).

Method
In the current study we examined several indicators of psychopathology (social anxiety, body dissatisfaction, trait anxiety, depression) and their relation with interdependence, independence, individualism, and collectivism.

Results/Discussion
Our results suggest that independent self-construal may protect against social anxiety and body image disorders and that individualism may protect against depression and body image disorders.

Hypotheses
- Higher levels of independent self-construal and individualism would predict lower levels of psychological symptoms because these are the dominant values of the USA
- Higher levels of interdependent self-construal and collectivism would predict higher levels of psychological symptoms

Participants
Participants were 155 adult students
- Mostly women (n = 102; 66%)
- Caucasian (n = 91, 59.1%), Asian/Asian American (n = 46, 29.9%), African-American (n = 10, 6.5%), Multiracial (n = 6, 0.6%)
- Median age was 19.82 (SD = 1.74)
- Most (n = 132, 85%) were U.S. citizens
- Ranged in generational status from first to fifth or more generations
- Mean generational status of 3.19 generations (SD = 1.52)
- English as the primary language spoken in home (n = 121, 78%)
- Chinese (n = 15, 9.7%), Korean (n = 14, 9.1%), and other (n = 4, 2.6%) as the primary language

Psychopathology Measures

Social Interaction Anxiety Scale (SIAS; Mattick & Clarke, 1998)
- Describes anxiety-related reactions to a variety of social situations
- Good to excellent reliability, and good construct and convergent validity (Heimberg & Turk, 2002, for a review)
- For analyses, the reverse-scored items are dropped

Beck Depression Inventory 2 (BDI-II; Beck, Steer, & Brown, 1996)
- 20-item measure of depression
- Validated in psychiatric and non-psychiatric samples (Beck, Ball, & Ranieri, 1996)

Multidimensional Body-Self Relations Questionnaire (MBSRQ; Cash, 2000)
- 89-item measure that assesses body-image attitudes
- Current study used the 7-item appearance evaluation (AE) scale and 9-item body areas satisfaction scale (BS)
- Higher scores suggest satisfaction with physical attractiveness and body image

State-Trait Anxiety Inventory (STAI; Spielberger et al., 1998)
- 7-item measure of trait anxiety

Cultural Value Measures

Revised Self-Construal Scale (SCS; Kwan, Bond, & Singelis, 1997)
- 30 item measure on a 7 point scale
- Two 15-item subscales: Independent & Interdependent
- Measure has been shown to be adequately reliable and valid (Moscovitch, Hofmann, & Litz, 2005)

Individualism/Collectivism Scale (ICS; Triandis & Gelfand, 1998)
- 16 item measure of individualism and collectivism
- 4 subscales: Vertical/Horizontal Individualism, Vertical/Horizontal Collectivism
- Has shown good convergent/discriminant validity

Results

Table 1. Zero-order correlations: The relationship between cultural values, social anxiety, trait anxiety, depression, and body dissatisfaction

<table>
<thead>
<tr>
<th></th>
<th>Social Anxiety</th>
<th>Depress-</th>
<th>Trait Anxiety</th>
<th>Appearance Eval</th>
<th>Body Area Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independence (.46**</td>
<td>-.11</td>
<td>-.25**</td>
<td>.25**</td>
<td>.21*</td>
<td></td>
</tr>
<tr>
<td>Interdependence (.22*)</td>
<td>.10</td>
<td>.08</td>
<td>-.15</td>
<td>-.15</td>
<td></td>
</tr>
<tr>
<td>Horizontal (.03)</td>
<td>.17*</td>
<td>.04</td>
<td>.17*</td>
<td>.15</td>
<td></td>
</tr>
<tr>
<td>Vertical Individualism</td>
<td>.10</td>
<td>.09</td>
<td>.18*</td>
<td>-.01</td>
<td>-.10</td>
</tr>
<tr>
<td>Horizontal Collectivism</td>
<td>-.14</td>
<td>-.18*</td>
<td>.22*</td>
<td>.06</td>
<td>.01</td>
</tr>
<tr>
<td>Vertical Collectivism</td>
<td>.16*</td>
<td>.02</td>
<td>.01</td>
<td>-.16*</td>
<td>-.10</td>
</tr>
</tbody>
</table>

Note. Appear Eval = Appearance Evaluation; Body Area Sat = Body Area Satisfaction; Items in bold are in support of hypothesis; items in red are against hypothesis; * = p < .05; ** = p < .001

Discussion

Multiple Regression Analyses:
- Both independence (part r = -.39, p < .001) and interdependence (part r = -.17, p = .043) predicted social interaction anxiety over and above trait anxiety (part r = .42, p < .001)
- Independence (part r = .19, p = .028) predicted appearance evaluation over and above trait anxiety (part r = -.24, p = .004)
- Horizontal individualism (part r = .17, p = .045) and vertical collectivism (part r = -.19, p = .025) predicted appearance evaluation over and above depression (part r = -.07, p = .417) and trait anxiety (part r = -.16, p = .058)

- Independent self-construal may be important in protecting against psychopathology, such as social anxiety and body image disorders
- Interdependent self-construal and vertical collectivism may contribute to the development of social anxiety and body image disorders
- Results for depression were against hypothesis
- Higher levels of horizontal individualism was related to higher levels of depression and vice versa for horizontal collectivism
- Triandis & Gelfand (1998) have suggested that it is vertical individualism that is consistent with American culture
- Trait anxiety results were also against hypothesis
- It may be that depression and trait anxiety operate differently than social anxiety and body image disorders
- Future research should explore why these differences exist
- Additionally, future research should explore how these results change in an interdependent/collectivist culture