

Reliability of a Tool to Measure Culture Shock in Medical Trainees:

Project **PRIME**

*Psychosocial Response to International
Medical Electives*

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Global Health Training

Ethics and Best Practice Guidelines for Training Experiences in Global Health

John A. Crump,* and Jeremy Sugarman,* and the Working Group on Ethics Guidelines for Global Health Training (WEIGHT)†



Stage 1: Honeymoon

- Everything is exciting
- See similarities



Stage 2: Rejection (shock)

- Everything feels hard
- See differences



Stage 3: Regression

- Glorification of home; critical of new
- Responses may include seeking out expats & developing a superior attitude



Stage 4: Acceptance/Negotiation

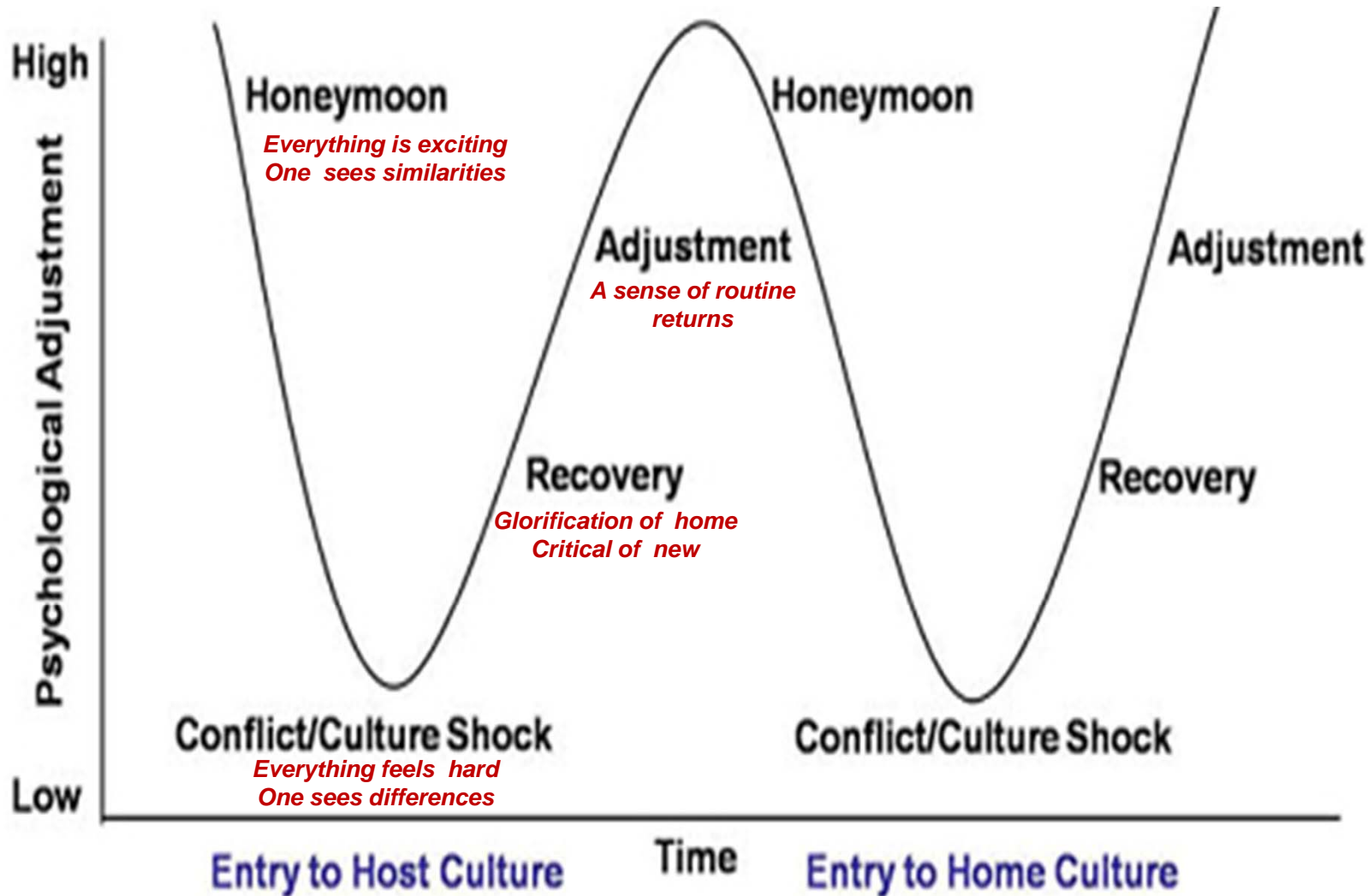
- Develop a routine
- Sense of humor returns



Stage 5: Reentry

- Can experience a reverse culture shock

Culture Shock



Stages Simplified

At first we think it is charming



Then we think it is evil

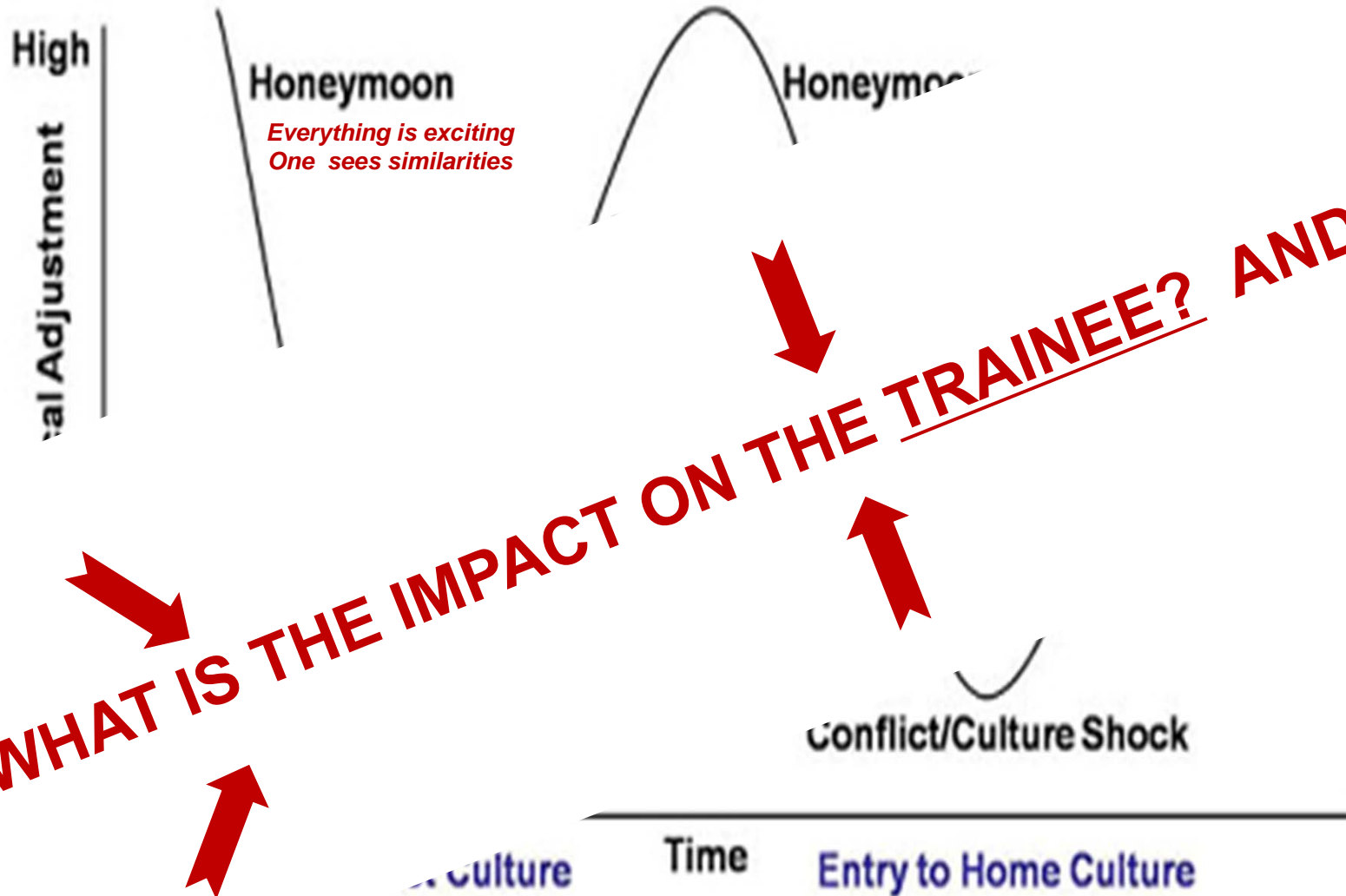


Then we think it is different

*William Drake & Associates,
Managing Culture Shock*

*Based on Oberg (1960) & Gullahorn & Gullahorn (1963)
Image adapted from George Washington University Office for Study Abroad*

Culture Shock



... it is evil



Then we
think it is
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PRIME Pilot Study—Objectives

- Assess the reliability of the Culture Shock Profile (CSP) Questionnaire (*Zapf, Social Work, 1993*) to **quantify the degree of culture shock experienced by medical trainees during short-term GH electives**
- Hypothesis: Measurement of **culture shock severity inversely correlates with resilience assessment**, when culture shock severity is high



PRIME Pilot Study—Methods

- 2015 pilot study participants:
 - 3 residents, 9 medical students
- Pre-departure survey:**
 - (1) **Demographic** questionnaire
 - (2) Connor-Davidson **Resilience** Assessment (CD-RISC-10)
- On-site survey** (every 4 days during GH elective):
Culture Shock Profile Questionnaire (CSP)

Culture Shock Profile Questionnaire

Intensity of each item scored as **none, slight, moderate or great** (some with reverse scoring)
Higher overall score suggestive of higher degree of culture shock

- Enthusiastic
- Impatient
- A desire to leave your current situation
- Happy
- Energetic
- Rejected
- Purposeful
- Pessimistic/hopeless
- Contemptuous of others
- Angry
- A need to complain
- Creative
- Confident
- Ready to cry
- Challenged
- Cynical
- A sense of discovery
- Helpless
- Optimistic
- Inadequate
- Isolated
- Irritable
- I need to “get out”
- Disoriented
- Excited
- Accepted
- A sense of loss
- Overwhelmed
- Fearful
- Depressed
- Frustrated
- Exhausted
- Apathetic



PRIME Pilot Study—Results

On-site questionnaires:

- 33% completed 7/7; 67% completed at least 6/7; and 100% completed $\geq 3/7$

Resilience Assessments and Culture Shock Profile Scores demonstrated **good-to-excellent reliability as assessment tools**

Pearson correlations showed a **significant inverse relationship between resilience and culture shock** for days **6** ($R=0.77$) and **22** ($R=0.83$)



PRIME Pilot Study—Results continued

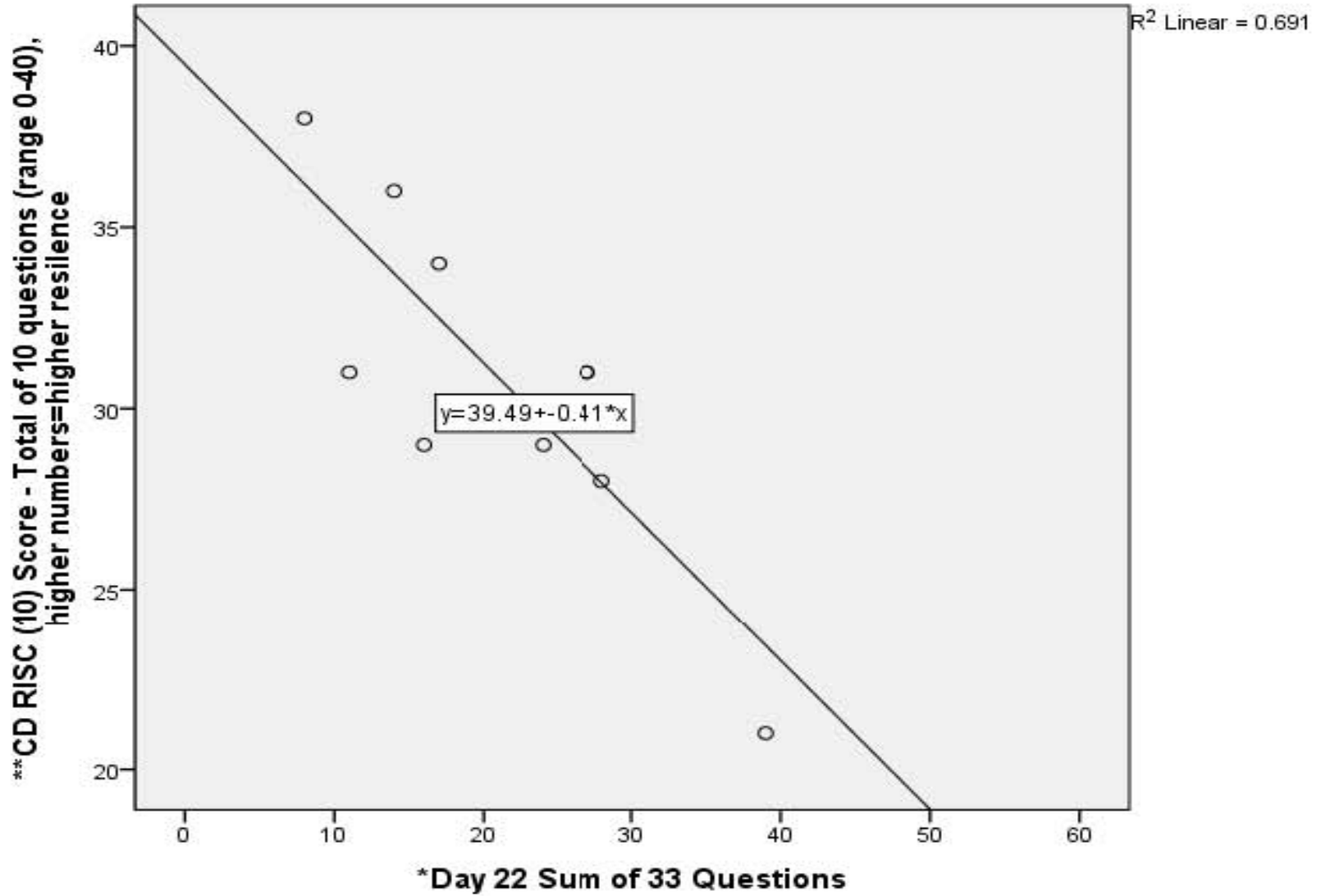
Table 1. Resilience Scores (max 40) and Culture Shock Profile Scores (max 99)

CD-RISC Resilience Score		
	Median (range)	Cronbach's Alpha
Pre-travel	30 (21-38)	0.909
Culture Shock Profile Score*		
Elective Day	Median (range)	Cronbach's Alpha
2	23 (6-52)	0.919
6	22 (12-37)	0.808
10	20 (14-41)	0.887
14	26 (14-44)	0.873
18	28 (11-49)	0.940
22	21 (8-39)	0.877
26	23 (10-57)	0.942

** higher CSP Score reflects greater degree culture shock*

RESILIENCE

Day 22



CULTURE SHOCK SCORE

PRIME Pilot Study—Conclusions

The pilot study:

- Demonstrated good reliability of the assessment tools for medical trainees during short-term GH electives
- Supported an inverse relationship between trainee resilience and culture shock severity
- Demonstrated feasibility of the assessment tools prior to and during GH electives

Multi-Institutional PRIME Study—Next Steps

Midwest Consortium of Global Child Health Educators
Post-pilot additions in green. REDCap platform.

- **PRE-DEPARTURE**: Demographics + CD-RISC 10 + **Culture Shock Profile Questionnaire (CSP)**
- **ON-SITE**: (every 5 days) **Training conditions** + CSP + **Perceived Stress Scale**
- **POST-RETURN**: survey to assess impact of culture shock & reentry shock



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