

Propositions accompanying the dissertation

# **Delving into Real-World Cultural Adaptation**

*Conceptual, Theoretical, and Methodological Advances  
in Dynamic Intercultural Contact*

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1. To understand and support migrants' positive and healthy adaptation, we must weave together insights and approaches from the conceptual, theoretical, and methodological levels of psychological acculturation.

## CONCEPTUAL

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2. Psychological acculturation is a complex experience that can be universally captured as a combination of wanting, thinking, feeling, and doing processes (i.e., affect, behavior, cognition, and desire — forming the ABCD of acculturation; this dissertation).
3. The ABCD framework offers a structured approach to understanding and researching acculturation, providing a systematic method to organize and develop theories, measures, and interventions for psychological acculturation (this dissertation).
4. Most acculturation studies today fail to capture the complex, social dynamics of acculturation, despite their prevalence in theories and resettlement practices (this dissertation).

## THEORETICAL

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5. The psychological mechanisms of what makes an intergroup contact positive are crucial to understanding migrant adaptation (Prati et al., 2022).
6. Situational need fulfillment during intercultural contact offers a flexible psychological explanation for when and why intergroup contacts become positive and lead to better intergroup relations (this dissertation).
7. Compared to pre-defined, universal needs or static optimal contact conditions, the situational need fulfillment approach can dynamically explain positive intergroup interactions (this dissertation).

## METHODOLOGICAL

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8. Experience sampling methods (ESM) — that is extensive longitudinal capturing of real-world experiences — are needed to test psychological acculturation theories about real-world processes (Ward & Szabo, 2019).
  9. We do not always need elaborate model parameters to cluster ESM participants. We can use dynamic features directly to group people's trajectories in psychologically meaningful and interpretable ways (this dissertation).
  10. Relatively simple time series features — like the central tendency, variance, and linear slope — are often sufficient for discerning meaningful groups of acculturation trajectories, even with multi-variate developments (this dissertation).
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11. For meaningful progress in the acculturation field, we ultimately also need to embrace the added complexity of different people, variables, and real-world measurements.
  12. Beyond considering all the psychological complexities of migration experiences, effective cultural adaptation requires active and constructive engagement from both migrants and local cultural groups, highlighting the mutual responsibility in fostering positive intercultural relations.