Description of Accomplishment during a Sabbatical Leave

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Period of Sabbatical: Fall 2013

Below is a description of my accomplishments during my sabbatical semester. I want to express my appreciation to the UH Hilo administrators and my department colleagues for allowing me to have this invaluable time to engage in research, writing, and other scholarly and professional activities.

1. I co-authored an article titled "The Interpersonal Shame Inventory for Asian Americans: Scale Development and Psychometric Properties," which will be published in the Journal of Counseling Psychology in 2014.

Abstract: This article reports the development and psychometric properties of the Interpersonal Shame Inventory (ISI), a culturally salient and clinically relevant measure of interpersonal shame for Asian Americans. Across 4 studies involving Asian American college students, the authors provided evidence for this new measure’s validity and reliability. Exploratory factor analyses and confirmatory factor analyses provided support for a model with 2 correlated factors: external shame (arising from concerns about others’ negative evaluations) and family shame (arising from perceptions that one has brought shame to one’s family), corresponding to 2 subscales: ISI-E and ISI-F, respectively. Evidence for criterion-related, concurrent, discriminant, and incremental validity was demonstrated by testing the associations between external shame and family shame and immigration/international status, generic state shame, face concerns, thwarted belongingness, perceived burdensomeness, self-esteem, depressive symptoms, and suicide ideation. External shame and family shame also exhibited differential relations with other variables. Mediation findings were consistent with a model in which family shame mediated the effects of thwarted belongingness on suicide ideation. Further, the ISI subscales demonstrated high alpha coefficients and test–retest reliability. These findings are discussed in light of the conceptual, methodological, and clinical contributions of the ISI.

2. I co-authored a manuscript titled "Communication Styles, Cultural Values, and Counseling Effectiveness with Asian Americans," which has been submitted for publication in the Journal of Counseling and Development. I am expecting an editorial decision within a month.

Abstract: After viewing a videotape of a counselor employing either culturally congruent or incongruent communication style, Asian American participants rated the session’s effectiveness. Participants rated incongruent styles as more satisfying and credible than congruent styles. Also, factor analysis of the communication styles showed that participants mainly perceived “being direct” and “maintaining harmony” and these perceptions had a positive relationship with effectiveness. Also, there were five interactions between Asian and European values and communication styles on effectiveness.
3. I co-authored a manuscript titled "Korean Adolescents' Experiences in Studying Abroad and Subsequent Readjustment to Life in South Korea," which is in the final stage of preparation before being submitted to a refereed journal.

Abstract: The study examined the experiences of South Korean adolescents who studied in a foreign country and their subsequent re-adjustment experiences after returning to South Korea. Using a qualitative methodology, 10 adolescents (5 males and 5 females) between the ages of 12-years and 17-years who had studied in China, England, Germany, New Zealand, or the Philippines were interviewed. A three-phase coding analysis resulted in information about the participants’ adjustment processes, including their study abroad experiences, the reasons as to why they returned to Korea, the difficulty with returning, and their coping mechanism.

4. I co-authored a paper titled "Acculturation, Enculturation, Perceived Racism, and Mental Health Among Asian Americans," which has been accepted as a refereed presentation at the 2014 American Psychological Association Convention in Washington DC. The convention will be held in August of this year.

Abstract: Relatively little is known about the mental health of Asian Americans. Even less is known about their experiences with racism and how they cope with it. Perceived racism is common and a significant risk factor for mental health of Asian Americans. The present study sought to examine the psychological effects of perceived racism among a sample of 116 Asian Americans. A discussion of the findings, which partially supported our hypothesis, limitations of the study, implications for mental health professionals, and directions for future research will be provided.

5. I finished collecting data from 150 Asian Americans and have begun data analyses for the project titled "Relations among Perceived Enculturation and Acculturation Differences between Young Asian American Adults and Their Parents and Variables Related to Family Dynamics and Mental Health." I plan to submit the manuscript to a refereed journal within the next two months.

Abstract: Perceived differences on levels of adherence to traditional Asian values and behavioral norms and to European American values and behavioral norms between college students and their parents was assessed; the data were gathered from the college students and hence the perceived differences were from the perspective of these students. Possible relations between these cultural gaps and family dynamics and mental health variables were explored. The variables representing family dynamics were family conflict and intergenerational conflict. The variables representing mental health were life satisfaction, depression, and self-esteem. Finally, possible moderating role of cognitive flexibility on these relations also was explored.

6. In terms of professional activities, I was selected as the editor of the Asian American Journal of Psychology, with the term beginning on January 1, 2014. I spent some of my time during the sabbatical period preparing for this role (e.g., interviewing and selecting my associate editors, learning the online submission infrastructure). Also, I am an associate editor of Measurement and Evaluation in Counseling and Development and on the editorial
boards of five other journals. Hence, time also was spent on conducting editorial work for these journals.

7. Although I had proposed to do a study examining the levels of homophobia among college students and their relation to accurate information about homosexuality, this study unfortunately was not yet been completed due to my collaborator resigning from the project.