



PS 311 CROSS-CULTURAL PSYCHOLOGY
IES Abroad Cape Town

DESCRIPTION:

The main aim of this course is to provide students with an overview of established and contemporary knowledge in the areas of social and cultural psychology while highlighting the traditionally ethnocentric nature of western psychology and pointing towards recent developments. The course covers selected topics within several key areas of psychology (e.g., social psychology, emotions, mental health), each viewed through a cultural lens. A further component focuses on an applied area—intergroup relations in South Africa—to provide students with an opportunity to apply their acquired knowledge within a current cultural context in South Africa. The approach taken in this course will ideally complement and enrich the students' experience while living and studying in a new culture, on both academic and personal levels.

CREDITS: 3

CONTACT HOURS: 45

LANGUAGE OF INSTRUCTION: English

PREREQUISITES: None

ADDITIONAL COST: None

METHOD OF PRESENTATION:

- Lectures
- Class discussions
- Student presentations

REQUIRED WORK AND FORM OF ASSESSMENT:

- Active Class Participation - 10%
- Report - 20%
- Session Moodle Posts - 10%
- Mid-term Exam - 20%
- Presentation - 20%
- Final Exam - 20%

Active Class Participation

Students are required to attend all classes and to actively participate in discussions and in-class assignments. The grade for participation is based on active involvement in class discussions (with the acknowledgement that some need encouragement to express their views or raise questions) and knowledge of the assigned literature.

Report

Students will analyse a movie or a commercial of their own choice. The analysis will be through the lens of the topics discussed in class in relation to stereotypes, prejudice, and discrimination.

Weekly Moodle Posts

Students will be asked to post at least two discussion questions about the weekly readings.

Mid-term Exam

The mid-term will be a written exam composed of short-essay questions and will cover the material from the first half of the course.



Presentation

Students will pick from among the topics we covered during the lectures and discuss their real-life applications. Examples where culture and psychology intersect are all around us, allowing students to choose from current societal issues (e.g., migration crisis; international and intergroup relations), from the arts (e.g., fiction, films), or from their personal life experiences (e.g., their own cross-cultural encounters). During class presentations, students will elaborate on the reasons why they chose the topic, place this topic in the context of cross-cultural psychology and identify the ways in which concepts and theories that we discussed in class have affected their viewpoint.

Final Exam

The final exam will be a written exam composed of short-essay questions and will cover the material from the second half of the course.

LEARNING OUTCOMES:

By the end of the course, students will be able to:

- Outline and discuss psychological concepts and theories of cross-cultural psychology.
- Apply psychological concepts and theories of social and cross-cultural psychology to their own experience of cultural adaptation and awareness.
- Appraise the relevance and applicability of psychological theories developed in European and American culture to different cultural contexts.
- Debate the relevance and applicability of Western approaches to diagnosis and treatment of mental health problems in other cultural contexts
- Apply their knowledge from the course to a current socio-cultural context in the Cape Town.

ATTENDANCE POLICY:

Attendance is mandatory for all IES Abroad Cape Town classes, including all course related trips. Excused absences are permitted in the cases of documented illness, a family emergency or when class is held on a recognized religious holiday traditionally observed by a particular student. In this case, an IES Abroad Excused Absence Form and supporting documents must be submitted to the Academic Manager at least 24 hours before the class. For illness, the Excused Absence Form must be submitted to the Academic Manager within 24 hours after the class with a doctor's note.

More than two unexcused absences will result in two percentage points (2%) being deducted from the final grade for every additional unexcused absence thereafter. Any exams, tests, presentations, or other work missed due to student absences can only be rescheduled in cases of documented medical emergencies or family emergencies. If a test is missed during an unexcused absence they cannot be made up. It is the student's responsibility to contact the lecturer and request information on the missed class as well as any relevant reading or homework information.

CONTENT:

Week	Topic	Readings
Week 1	Introduction to the Course	<ul style="list-style-type: none">• Bring some curiosity! Introduction Video on Guidebook

Week	Topic	Readings
Week 2	Understanding Social Categorization and Stereotypes in South African Context <ul style="list-style-type: none"> What is Social Categorization? Defining stereotyping Race, identity, ethnicity and gender The relationship between social categorization, discrimination and stereotype in South Africa 	<ul style="list-style-type: none"> Fiske, S. T., Cuddy, A. M., Glick, P., & Xu, J. (2002). A model of (often mixed) stereotype content: Competence and warmth respectively follow from perceived status and competition. <i>Journal of Personality and Social Psychology</i>, 82, 878-902. Steele, C. M. (1997). A threat in the air: How stereotypes shape intellectual identity and performance. <i>American Psychologist</i>, 52(6), 613-629. Booyesen, L. (2007). Societal power shifts and changing social identities in South Africa: Workplace implications. <i>South African Journal of Economic and Management Sciences</i>, 10(1), 1-20. Rhodes, M., & Baron, A. (2019). The development of social categorization. <i>Annual review of developmental psychology</i>, 1(1), 359-386. Bornman, E., Harvey, J., van Vuuren, H. J., Kekana, B., Matuludi, M. F., Mdakane, M., & Ramphela, L. (2024). Intergroup relations among "Born Frees" in a rapidly changing South Africa: A qualitative study. <i>International Journal of Intercultural Relations</i>, 98, 101925.
Week 3	Prejudice and Discrimination in South Africa <ul style="list-style-type: none"> What is prejudice? What is discrimination? The relationship between prejudice and discrimination. 	<ul style="list-style-type: none"> Pettigrew, T. F., & Tropp, L. R. (2006). A meta-analytic test of intergroup contact theory. <i>Journal of Personality and Social Psychology</i>, 90(5), 751-783. Simpson, G. E., & Yinger, J. M. (2013). <i>Racial and cultural minorities: An analysis of prejudice and discrimination</i>. Springer Science & Business Media. Reicher, S. (2007). Rethinking the paradigm of prejudice. <i>South African Journal of Psychology</i>, 37(4), 820-834.

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Week 4	Intergroup Relations in South Africa	<ul style="list-style-type: none"> • Coenders, M., Lubbers, M., Scheepers, P., & Verkuyten, M. (2008). More than two decades of changing ethnic attitudes in the Netherlands. <i>Journal of Social Issues</i>, 64, 269-285. • Finchilescu, G., & Tredoux, C. (2010). The changing landscape of intergroup relations in South Africa. <i>Journal of Social Issues</i>, 66(2), 223-236. • Bornman, E. (2011). Patterns of intergroup attitudes in South Africa after 1994. <i>International Journal of Intercultural Relations</i>, 35(6), 729-748. • Velasco González, K., Verkuyten, M., Weesie, J., & Poppe, E. (2008). Prejudice towards Muslims in the Netherlands: Testing Integrated Threat Theory. <i>British Journal of Social Psychology</i>, 47, 667-685. • Verkuyten, M., & Slooter, L. (2007). Tolerance of Muslim beliefs and practices: Age related differences and context effects. <i>International Journal of Behavioral Development</i>, 31, 467-477
Week 5	Culture and Psychological Universality of Mental Disorders	<ul style="list-style-type: none"> • Brown, D. E. (2004). Human universals, human nature & human culture. <i>Daedalus</i>, 133(4), 47-54 • Daniels, A. L., & Isaacs, D. (2023). Cultural constructions of the mentally ill in South Africa: A discourse analysis, part one. <i>Culture & Psychology</i>, 29(1), 45-66. • Canino G, Alegría M. Psychiatric diagnosis - is it universal or relative to culture? <i>J Child Psychol Psychiatry</i>. 2008 Mar;49(3):237-50. doi: 10.1111/j.1469-7610.2007.01854.x. PMID: 18333929; PMCID: PMC3104469. • Norenzayan, A., & Heine, S. J. (2005). Psychological universals: What are they and how can we know? <i>Psychological Bulletin</i>, 135, 763-784

Week	Topic	Readings
Week 6	Culture and the Self in South Africa What is the self? <ul style="list-style-type: none"> • The self's main jobs • Who makes the self: The individual or society? • True or real self? • Culture and interdependence Self-Awareness <ul style="list-style-type: none"> • Self-awareness • Self-knowledge • Looking outside • Looking inside • Looking at others • Self-perception • The self and information processing • Self-esteem, self-deception and positive illusions • Self-presentation 	<ul style="list-style-type: none"> • Kashima, Y., Yamaguchi, S., Kim, U., Choi, S. C., Gelfand, M. J., & Yuki, M. (1995). Culture, gender, and self: A perspective from individualism- collectivism research. <i>Journal of Personality and Social Psychology</i>, 69(5), 925-937. • Markus, H. R., & Kitayama, S. (2010). Cultures and selves: A cycle of mutual constitution. <i>Perspectives on psychological science</i>, 5(4), 420-430. • Vignoles, V. L., Owe, E., Becker, M., Smith, P. B., Easterbrook, M. J., Brown, R., González, R., Didier, N., Carrasco, D., Cadena, M. P., Lay, S., Schwartz, S. J., Des Rosiers, S. E., Villamar, J. A., Gavreliuc, A., Zinkeng, M., Kreuzbauer, R., Baguma, P., Martin, M., . . . Bond, M. H. (2016). Beyond the 'east-west' dichotomy: Global variation in cultural models of selfhood. <i>Journal of Experimental Psychology: General</i>, 145(8), 966-1000. • Eaton, L., & Louw, J. (2000). Culture and self in South Africa: Individualism-collectivism predictions. <i>The Journal of social psychology</i>, 140(2), 210-217. • Adams, B. G., Van de Vijver, F. J., & De Bruin, G. P. (2012). Identity in South Africa: Examining self-descriptions across ethnic groups. <i>International Journal of Intercultural Relations</i>, 36(3), 377-388.
Week 7	Culture and Cognition/Social Cognition <ul style="list-style-type: none"> • Influences of cultural factors on cognition. • Cultural influences on cognition • origins of cultural differences in cognition • Linking culture with cognition • The self and visual attention • The absence of Africa • Definition of Social Cognition • Attributions and explanations • Heuristics • Flawed vs clever thinking 	<ul style="list-style-type: none"> • Choi, I., Nisbett, R.E., & Norenzayan, A. (1999). Causal attribution across cultures: Variation and universality. <i>Psychological Bulletin</i>, 125, 47- 63 • Nisbett, R.E., Peng, K., Choi, I., & Norenzayan, A. (2001). Culture and systems of thought: Holistic versus analytic cognition. <i>Psychological Review</i>, 108, 291-310. • Ji, L. J., & Yap, S. (2016). Culture and cognition. <i>Current Opinion in Psychology</i>, 8, 105-111. • Janse van Rensburg, G. (2017). Culture, self, and cognition: Adding Africa to the mix.
Week 8	Midterm Exam	

Week	Topic	Readings
Week 9	Culture, Emotion and Affect <ul style="list-style-type: none"> • Definitions of emotion. • Emotional arousal • Some important emotions • Why do we have emotions? • Group differences in emotion <ul style="list-style-type: none"> ○ Are emotions different across cultures? ○ Are women more emotional than men? • Affect regulation 	<ul style="list-style-type: none"> • Mesquita, B. (2001). Emotions in collectivist and individualist contexts. <i>Journal of Personality and Social Psychology</i>, 80(1), 68-74. • De Leersnyder, J., Boiger, M., & Mesquita, B. (2015). Emerging Trends: Cultural Differences in Emotions. <i>Emerging Trends in the Social Sciences</i>, 1-22. • Jackson, J. C., Watts, J., Henry, T. R., List, J.M., Forkel, R., Mucha, P. J., ... & Lindquist, K.A. (2019). Emotion semantics show both cultural variation and universal structure. <i>Science</i>, 366(6472), 1517-1522. • Sekwena, E. K., & Fontaine, J. R. (2018). Redefining and assessing emotional understanding based on the componential emotion approach. <i>South African Journal of Psychology</i>, 48(2), 243-254.
Week 10	Culture and the Brain	<ul style="list-style-type: none"> • Adams, R.B. Jr., Rule, N.O., Franklin, R.G., Jr., Wang, E., Stevenson, M.T., Yoshikawa, S., Nomura, M., Sato, W., Kveraga, K., & Ambady, N. (2009). Cross-cultural reading the mind in the eyes: An fMRI investigation. <i>Journal of Cognitive Neuroscience</i>, 22(1), 97-108. • Cheon, B.K., Im, D.M., Harada, T., Kim, J.S., Mathur, V.A., Scimeca, J. M., Parish, T.B., Park, H.W., & Chiao, J.Y. (2011). Cultural influences on neural basis of intergroup empathy. <i>NeuroImage</i>, 57(2), 642-650.
Week 11	Acculturation	<ul style="list-style-type: none"> • Berry, J. W. (2005). Acculturation: Living successfully in two cultures. <i>International Journal of Intercultural Re- lations</i>, 29, 697-712 • Mesquita, B., De Leersnyder, J., & Jasini, A. (2019). The cultural psychology of acculturation. In Dr. Cohen & S. Kitayama (Eds.), <i>Handbook of Cultural Psychology</i> (pp. 502-535). The Guilford Press.

Week	Topic	Readings
Week 12	Culture and Mental Health <ul style="list-style-type: none"> • Universality and cultural particularity of mental health disorders • WHO reports • Do DSM disorders have cross cultural validity? • Universality and cultural particularity of psych disorders • Culture and influence of psych disorder • Culture and idioms of distress <ul style="list-style-type: none"> ○ Examples and clinical utility ○ Somatization as an idiom of distress • Culture, assessment and diagnosis <ul style="list-style-type: none"> ○ Blind spots for cultures ○ Accounting for cultural differences and similarities in assessment and diagnosis • Interactions between cultures in assessment and diagnosis 	<ul style="list-style-type: none"> • Bhugra, D. (2001). Migration and mental illness. <i>Advances in Psychiatric Treatment</i>, 7(3), 216-222 • Leong, F. T. L., Pickren, W. E., & Tang, L. C. A history of cross-cultural clinical psychology, and its importance to mental health today (2012). <i>Handbook of race and development in mental health</i>. Springer New York • Vollebergh, W. M. A., Have, M., Dekovic, M., Oosterwegel, A., Pels, T., Veenstra, R., Winter, A., Ormel, H., Verhulst, F. (2005). Mental Health in Immigrant Children in the Netherlands. <i>Social Psychiatry and Psychiatric Epidemiology</i>, 40, 6, 489-496
Week 13	Culture and Wellbeing <ul style="list-style-type: none"> • Complementary and alternative management of mental illness • An overview of different types of treatments • Philosophies informing the way we view the world <ul style="list-style-type: none"> ○ Western philosophy ○ Traditional African philosophy ○ Eastern philosophy ○ Indian philosophy ○ Islamic philosophy • Complementary and alternative • Community based treatment approaches 	<ul style="list-style-type: none"> • Ford, B. Q., Dmitrieva, J. O., Heller, D., Chentsova-Dutton, Y., Grossmann, I., Tamir, M., Uchida, Y., Koopmann-Holm, B., Floerke, V. A., Uhrig, M., Bokhan, T., & Mauss, I. B. (2015). Culture shapes whether the pursuit of happiness predicts higher or lower well-being. <i>Journal of Experimental Psychology: General</i>, 144(6), 1053–1062. • Oishi, S., & Schimmack, U. (2010). Culture and Well-Being: A New Inquiry Into the Psychological Wealth of Nations. <i>Perspectives on Psychological Science</i>, 5(4), 463–471. • Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. <i>Nature Human Behaviour</i>, 2(4), 253-260. • Mkabile, S., & Swartz, L. (2022). Traditional healers' explanatory models of intellectual disability in Cape Town. <i>Transcultural psychiatry</i>, 59(3), 263-273.
Week 14	Implications of Culture / Revision Class	
Week 15	Student Presentations and Discussion Lesson Objective(s)	

Week	Topic	Readings
Week 16	Student Presentations and Discussion	
Week 17	Final Exam	

COURSE-RELATED TRIPS:

- One Course-Related Trip – TBC

REQUIRED READINGS:

- Adams, B. G., Van de Vijver, F. J., & De Bruin, G. P. (2012). Identity in South Africa: Examining self-descriptions across ethnic groups. *International Journal of Intercultural Relations*, 36(3), 377-388.
- Adams, R.B. Jr., Rule, N.O., Franklin, R.G., Jr., Wang, E., Stevenson, M.T., Yoshikawa, S., Nomura, M., Sato, W., Kveraga, K., & Ambady, N. (2009). Cross-cultural reading the mind in the eyes: An fMRI investigation. *Journal of Cognitive Neuroscience*, 22(1), 97-108.
- Berry, J. W. (2005). Acculturation: Living successfully in two cultures. *International Journal of Intercultural Relations*, 29, 697- 712
- Bhugra, D. (2001). Migration and mental illness. *Advances in Psychiatric Treatment*, 7(3), 216-222
- Booyesen, L. (2007). Societal power shifts and changing social identities in South Africa: Workplace implications. *South African Journal of Economic and Management Sciences*, 10(1), 1-20.
- Bornman, E. (2011). Patterns of intergroup attitudes in South Africa after 1994. *International Journal of Intercultural Relations*, 35(6), 729-748.
- Bornman, E., Harvey, J., van Vuuren, H. J., Kekana, B., Matuludi, M. F., Mdakane, M., & Ramphela, L. (2024). Intergroup relations among “Born Frees” in a rapidly changing South Africa: A qualitative study. *International Journal of Intercultural Relations*, 98, 101925.
- Brown, D. E. (2004). Human universals, human nature & human culture. *Daedalus*, 133(4), 47-54
- Canino G, Alegría M. Psychiatric diagnosis - is it universal or relative to culture? *J Child Psychol Psychiatry*. 2008 Mar;49(3):237-50. doi: 10.1111/j.1469-7610.2007.01854.x. PMID: 18333929; PMCID: PMC3104469.
- Cheon, B.K., Im, D.M., Harada, T., Kim, J.S., Mathur, V.A., Scimeca, J. M., Parish, T.B., Park, H.W., & Chiao, J.Y. (2011). Cultural influences on neural basis of intergroup empathy. *NeuroImage*, 57(2), 642-650.
- Choi, I., Nisbett, R.E., & Norenzayan, A. (1999). Causal attribution across cultures: Variation and universality. *Psychological Bulletin*, 125, 47- 63
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- Finchilescu, G., & Tredoux, C. (2010). The changing landscape of intergroup relations in South Africa. *Journal of Social issues*, 66(2), 223-236.
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- Leong, F. T. L., Pickren, W. E., & Tang, L. C. A history of cross-cultural clinical psychology, and its importance to mental health today (2012). *Handbook of race and development in mental health*. Springer: New York
- Markus, H. R., & Kitayama, S. (2010). Cultures and selves: A cycle of mutual constitution. *Perspectives on psychological science*, 5(4), 420-430.
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- Velasco González, K., Verkuyten, M., Weesie, J., & Poppe, E. (2008). Prejudice towards Muslims in the Netherlands: Testing Integrated Threat Theory. *British Journal of Social Psychology*, 47, 667-685.
- Verkuyten, M., & Slooter, L. (2007). Tolerance of Muslim beliefs and practices: Age related differences and context effects. *International Journal of Behavioral Development*, 31, 467-477.
- Vignoles, V. L., Owe, E., Becker, M., Smith, P. B., Easterbrook, M. J., Brown, R., González, R., Didier, N., Carrasco, D., Cadena, M. P., Lay, S., Schwartz, S. J., Des Rosiers, S. E., Villamar, J. A., Gavreliuc, A., Zinkeng, M., Kreuzbauer, R., Baguma, P., Martin, M., ... Bond, M. H. (2016). Beyond the 'east-west' dichotomy: Global variation in cultural models of selfhood. *Journal of Experimental Psychology: General*, 145(8), 966–1000.
- Vollebergh, W. M. A., Have, M., Dekovic, M., Oosterwegel, A., Pels, T., Veenstra, R., Winter, A., Ormel, H., Verhulst, F. (2005). Mental Health in Immigrant Children in the Netherlands. *Social Psychiatry and Psychiatric Epidemiology*, 40, 6, 489-496