

Cultural Connectedness

Definition

Cultural connectedness can mean many things depending on the culture one is referring to. For this particular measure, cultural connectedness is defined as the extent to which an Indigenous person is integrated within their Indigenous culture (Snowshoe, 2015). Having a connection to culture has been shown to protect against mental health symptoms and risks associated with cultural loss and discrimination (Whitbeck, Hoyt, McMorris, Chen, & Stubben, 2001).

Special Note

The items in this instrument are specific to Indigenous cultures. This scale was created by authors of this handbook.

Related Indicators

- Indigenous Identity
- Cultural and Linguistic Competency
- Integration of Indigenous Culture and Language

Cultural Connectedness

Please read each statement carefully, and circle your answer based on how much you agree or disagree by using the following scale from:

1 = Strongly Disagree; 2 = Disagree; 3 = Agree; 4 = Strongly Agree

1.	I am interested in learning about my culture, including its history, traditions, and customs.	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
2.	It is important to me that I know about my culture.	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
3.	I take part in cultural activities (e.g., sweats, powwows, or ceremonies).	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
4.	I listen carefully when Elders speak about my culture.	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
5.	Traditional language is one of the most important parts of my culture.	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
6.	There are people in my family/community who teach me about my culture.	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4
7.	Family is an important part of my culture.	Strongly Disagree 1	Disagree 2	Agree 3	Strongly Agree 4