

Abstract

The present study investigated the social cognitive antecedents based on the Theory of Planned Behavior (Ajzen & Fishbein, 1980) and process of acculturation. One hundred and eighty mainland Chinese university students studying in Hong Kong completed 3 sets of questionnaire every 2 months for half a year. Findings of path analysis (GFI= 0.953, CFI= 0.984, NNFI= 0.975, RMSEA= 0.048) confirmed the explanatory power of TPB on acculturation. The effect of acculturation on psychological distress was mediated by the sociocultural adaptation and acculturative stress. The results highlighted the importance of sociocultural adjustment in the course of acculturation and confirmed acculturation as an identifier of risk rather than a direct predictor of psychological distress. Practical implications for promoting better adjustment among international students were suggested.