

IB DP Psychology
Higher level
Paper 3 – resource booklet

The sources in this examination have been collated to assess the claim that culture influences health and wellbeing.

Source 2

A sample of 60 adults aged 18–45 from two different cultural contexts took part in a study examining the relationship between culture and obesity-related wellbeing. There were 30 participants in each group.

Participants completed a health and wellbeing questionnaire designed to measure physical and psychological wellbeing related to lifestyle and weight management. The maximum possible score was 40, with higher scores indicating better wellbeing.

At the end of the study, wellbeing scores were compared between the two cultural groups.

The table shows mean wellbeing scores in relation to cultural context.

Table 1: Health and wellbeing scores by cultural context

Cultural context	Mean	Median	SD	Min	Max
Individualistic	22.8	23	5.6	12	35
Collectivist	28.9	29	4.2	18	38

Source 3

A researcher conducted focus groups with adults from individualistic and collectivist backgrounds to explore attitudes toward diet, body weight, and obesity. The focus groups were analysed using thematic analysis. The following themes were identified:

- Food choices were often described as individual responsibility in individualistic cultures
- Shared meals and family expectations influenced eating behaviour in collectivist cultures
- Participants from collectivist cultures reported greater social pressure to conform to group eating norms
- Some participants felt it was difficult to challenge unhealthy traditional food practices

Source 4

A cross-cultural study examined the relationship between cultural values (individualism and collectivism) and body mass index (BMI) across 40 countries. National scores for individualism and collectivism were obtained using a standardised cultural values index. Mean national BMI scores were taken from public health records.

Pearson's correlation coefficients were calculated to examine the relationship between cultural values and BMI. All correlations reported were statistically significant at $p < 0.05$. The results are shown in **Table 2**.

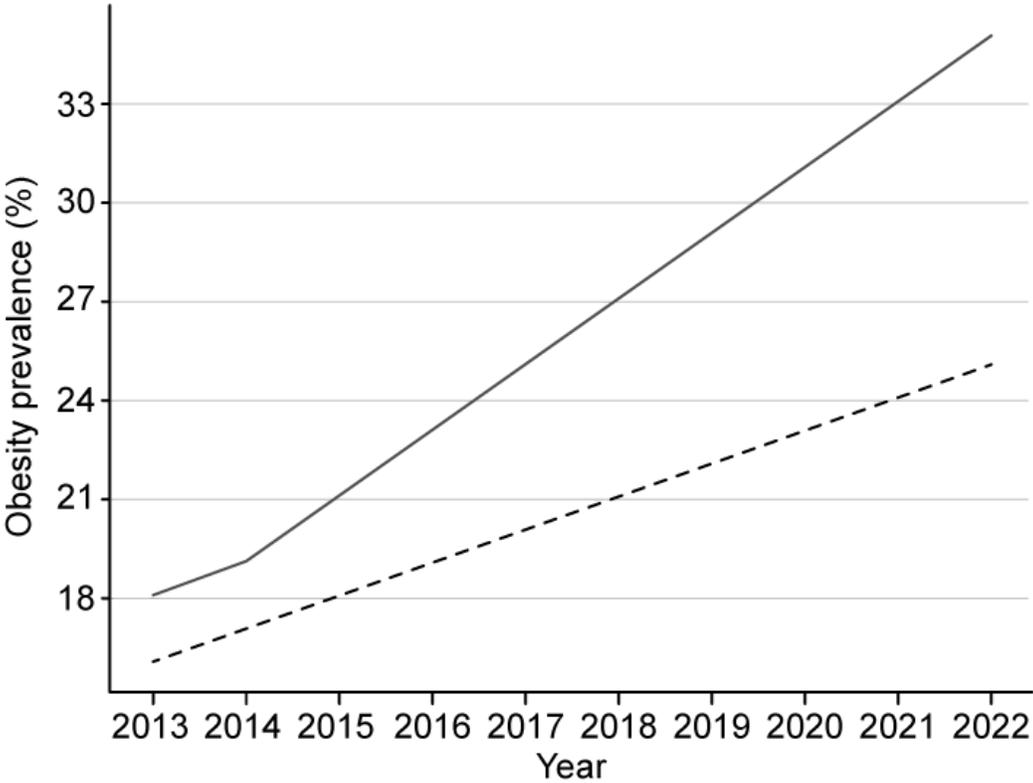
Table 2: Correlation coefficients between cultural variables and BMI

Variable	Correlation with BMI
Individualism score	0.68
Collectivism score	-0.59
Urbanisation	0.44

Source 5

Figure 2 shows obesity prevalence over a 10-year period in two cultural contexts: one predominantly individualistic and one predominantly collectivist. Higher values indicate a greater prevalence of obesity.

Figure 2: Obesity prevalence over time by cultural context



Key: — = Individualistic culture - - - - - = Collectivist culture