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# Time to Stop Worrying:

*A Correlational Study on Individualist Versus  
Collectivist Time Perspectives and Anxiety*



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## VARIABLES DEFINED

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**1 IN 13 PEOPLE GLOBALLY  
SUFFER FROM ANXIETY** (WHO)

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*Anxiety*

Anxiety is characterized by a  
persistent state of worry or fear  
(Wu et al., 2019)

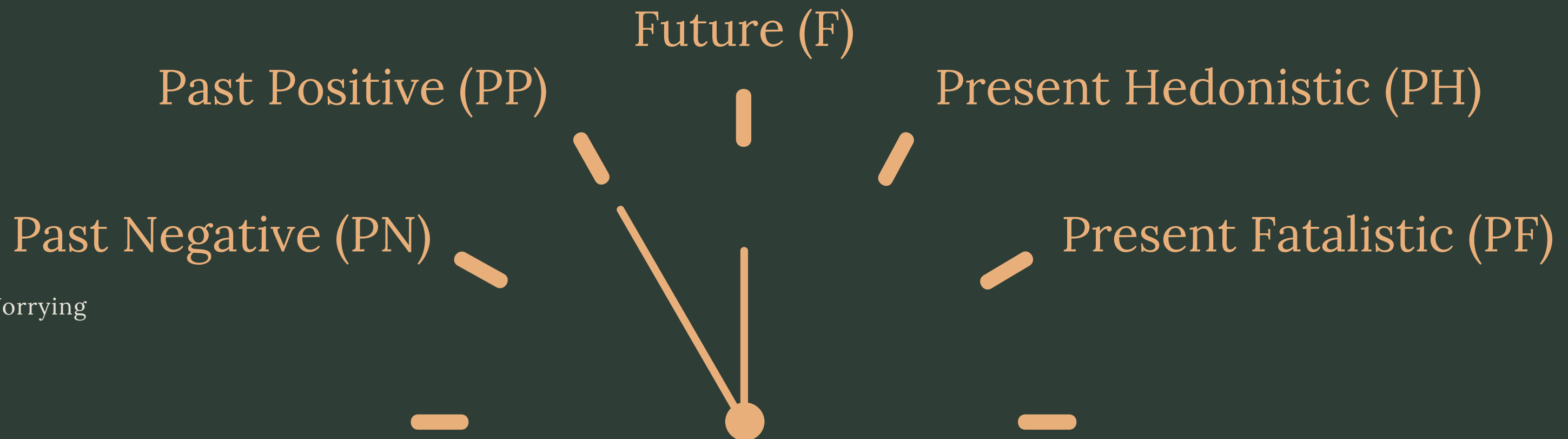
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## VARIABLES DEFINED

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# *Time Perspective*

Time Perspective focuses on whether one views life in terms of the past, present or future and how this may impact daily functioning (Zimbardo & Boyd, 1999)



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## VARIABLES DEFINED

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*Individualism/Collectivism*

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## CONTEXT

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# *Time Perspective & Individualism/Collectivism*

INDIVIDUALISM & COLLECTIVISM  
play a role in a person's orientation towards the past,  
present, or future

WESTERN, INDIVIDUALIST CULTURES  
Future Time Perspective (Shirai & Beresneviciene, 2005)

ASIAN, COLLECTIVIST CULTURES  
Past and Present Time Perspective (Brislin & Kim, 2003)

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## CONTEXT

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# *Time Perspective & Anxiety*

PAST NEGATIVE & PRESENT FATALISTIC  
correlated negatively with well-being and positively  
with anxiety (Drake et al., 2008)(Sobol-Kwapinska, 2016)  
(Papastamatelou, Athanasiadou, & Unger, 2015)

PAST POSITIVE, PRESENT HEDONISTIC, &  
FUTURE  
found to be positively associated with Emotional  
Intelligence (Wu et al., 2018)





## REPRESENTATION & GENERALIZATION

In order to have reliable and valid results in a study of this nature, it is crucial that the population samples are well-rounded.



## TIME PERSPECTIVE THERAPY (TPT)

ZTPI has been found to be effective for diagnosis and intervention of psychopathological disorders



## USA - INDIVIDUALISTIC

What is our culture doing to our mental health?

# Why Should I Care?

**RQ1: DO  
INDIVIDUALIST/COLLECTIVIST  
PS HAVE ONE PREDOMINANT TP?**

H1: Individualist PS will have a future time perspective

H2: Collectivist PS will have a past time perspective

**RQ2: DOES  
INDIVIDUALISM/COLLECTIVISM  
CORRELATE WITH ANXIETY?**

H3: PS with a tendency towards individualism will display a higher level of anxiety than PS with a tendency towards collectivism

### **RQ3: DO DIFFERENT TIME PERSPECTIVES CORRELATE WITH LEVELS OF ANXIETY?**

H4: Anxiety will be positively correlated with past negative time perspective.

H5: Anxiety will be negatively correlated with present hedonistic time perspective.

H6: Anxiety will be negatively correlated with future time perspective.

H7: Anxiety will be negatively correlated with past positive time perspective.

H8: Anxiety will be positively correlated with present fatalistic time perspective.

# METHODOLOGY

\*All participants  
obtained through  
Amazon Mechanical  
Turk and  
compensated \$.40  
upon completion



SAMPLE: 525 English speaking adults\*  
SEX: 47.9% Female, 52.1% Male  
AGE: M = 34.6, SD = 11.5



PLACE OF ORIGIN:  
US N = 361, India N = 125, Brazil N = 9,  
Canada N = 9, UK N = 4,  
Other N = 17



ETHNICITY: 2.3% American  
Indian/Alaskan Native, 30.9% Asian,  
5.0% Black or African American, 5.2%  
Hispanic, Latino or Spanish Origin, 0.2%  
Middle Eastern or North African, 55.2%  
White

*Demographics*  
*Participant*

METHODOLOGY



ZTPI

56 items; 5-point scale  
(1 = untrue to 5 = very true)

"I believe that a person's day  
should be planned ahead  
each morning"

"I do things impulsively"



INDCOL

16 items; 9-point scale  
(1 = never to 5 = always)

"It is important that I do my  
job better than others"

"To me, pleasure is spending  
time with others"



16PF

10 items; 5-point scale  
(1 = strongly disagree to 5 =  
strongly agree)

"I am afraid that I will do the  
wrong thing"



DEMOGRAPHICS

5 items  
Including:  
Age  
Gender  
Race/Ethnicity  
Current Country of  
Residence  
Other countries lived in for  
6+ months

Measures

Table 1: *Descriptive Statistics and Correlations*

Variable	M	SD	Alpha	1	2	3	4	5	6	7
1. Individualism	48.90	9.25	0.73	—						
2. Collectivism	52.10	10.40	0.77	0.23***	—					
3. Past Negative	3.37	0.78	0.90	0.25***	-0.03	—				
4. Present Hedonistic	3.37	0.61	0.86	0.49***	0.29***	0.40***	—			
5. Future	3.59	0.46	0.75	0.12**	0.29***	-0.17***	-0.25***	—		
6. Past Positive	3.55	0.60	0.78	0.15***	0.45***	-0.30***	0.12**	0.24***	—	
7. Present Fatalistic	2.94	0.80	0.88	0.36***	0.11**	0.60***	0.63***	-0.34***	-0.13**	—
8. Anxiety	3.18	0.62	0.74	0.23***	0.07	0.58***	0.29***	-0.08*	-0.12**	0.43***

Note. \* $p < 0.05$ , \*\* $p < 0.01$ , \*\*\* $p < 0.001$ , one-tailed

Results

Table 1: *Descriptive Statistics and Correlations*

Variable	M	SD	Alpha	1	2	3	4	5	6	7
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RQ1: DO  
INDIVIDUALIST/COLLECTIVIST  
PS HAVE ONE PREDOMINANT TP?

Time to Stop Worrying

H1: Individualist PS will have a future  
time perspective **(not supported)**

H2: Collectivist PS will have a past time  
perspective **(partially supported)**

Table 1: *Descriptive Statistics and Correlations*

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1. Individualism	48.90	9.25	0.73	—						
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RQ2: DOES  
INDIVIDUALISM/COLLECTIVISM  
CORRELATE WITH ANXIETY?

H3: PS with a tendency towards individualism will display a higher level of anxiety than PS with a tendency towards collectivism (supported)

Table 1: *Descriptive Statistics and Correlations*

Variable	M	SD	Alpha	1	2	3	4	5	6	7
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Note. \* $p < 0.05$ , \*\* $p < 0.01$ , \*\*\* $p < 0.001$ , one-tailed

RQ3: DO DIFFERENT TIME PERSPECTIVES CORRELATE WITH LEVELS OF ANXIETY?

Time to Stop Worrying

H4: Anxiety will be positively correlated with past negative time perspective. **(supported)**

H5: Anxiety will be negatively correlated with present hedonistic time perspective. **(not supported)**

H6: Anxiety will be negatively correlated with future time perspective. **(supported)**

H7: Anxiety will be negatively correlated with past positive time perspective. **(supported)**

H8: Anxiety will be positively correlated with present fatalistic time perspective. **(supported)**



## REPRESENTATION & GENERALIZATION

Increased through this study's global participation



## TIME PERSPECTIVE THERAPY (TPT)

An individual's Time Perspective impacts their likelihood for Anxiety.



## USA - INDIVIDUALISTIC

Individualism, Present Hedonistic TP and Present Fatalistic TP were all positively correlated with Anxiety

# Conclusion

## REPRESENTATION

Representation within individual countries lacking

## LIMITED TO ENGLISH SPEAKERS

Barrier for participants from different countries

## INDCOL VALIDITY

Hofstede (2010) notes individualism is often measured on a spectrum and not dichotomously

## CORRELATIONAL

The nature of the study limits it's ability to imply causation



**INCREASE REPRESENTATION**

**EXPLORE OTHER ASSESSMENTS OF  
INDIVIDUALISM**

**ROLE OF MULTIPLE COUNTRIES OF  
RESIDENCE**

**EXPLORE RELATIONSHIP BETWEEN  
PRESENT HEDONISTIC TIME  
PERSPECTIVE & ANXIETY**

**BALANCED TIME PERSPECTIVE (BTP)**



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