

# Frequently asked questions

## Why is it important to participate every year?

The NZAVS aims to follow people each year in order to track change in personality, health, wellbeing, attitudes and values. Some people might feel that their opinions do not change from year-to-year. Even if you feel this way, it is still important to fill out the questionnaire each year otherwise we cannot look at why some people might change more than others. Your continued participation will always be helpful in providing valuable information.

## Why are the questions worded in the way that they are?

The NZAVS includes multiple questions worded in different ways. You might also note that some of the questions are worded in one direction while others are worded in the opposite direction. This helps to provide more accurate and reliable measures of attitudes and values.

## How did you get my contact details?

We initially randomly sampled people from the New Zealand Electoral Roll. This is available for research purposes.

## What if I'm too busy this year? What if I skip a year?

We understand if you are too busy to participate. We send out a reminder questionnaire three months after the first one so it would be great if you could complete the reminder questionnaire if you do miss the first one. If you are not able to participate one year, we hope you can continue to participate in future years. Even if you miss a year, your future responses will still provide really valuable information.

## What if I have changed address or moved overseas?

Your continued participation is important to us. If you have changed address then please contact us so we can update your contact details. Your continued participation is valuable even if you have moved overseas. The return envelope we provide with the questionnaire will work from anywhere in the world. Alternatively, you can complete the study online.

## Can I complete the NZAVS online?

A paper version of the NZAVS questionnaire will be sent out soon. However, if you would prefer, you can complete the questionnaire online at:

[www.psych.auckland.ac.nz/NZAVS-survey](http://www.psych.auckland.ac.nz/NZAVS-survey)

## Where are our participants?



The green dots on the map indicate the general regions in which NZAVS participants live. (This map was prepared by Jan Ries).

## Other recent events

Interested in reading more about the NZAVS? Dr. Chris Sibley, the lead investigator for the NZAVS, was recently interviewed about how the study got started. You can read the interview online in The University of Auckland Alumni Magazine: [www.ingenio-magazine.com/all-about-who-we-are](http://www.ingenio-magazine.com/all-about-who-we-are).

Please contact the School of Psychology if you would like information about studying psychology at The University of Auckland, or about careers in psychology.

Phone: +64 9 373 7599 ext 86253

Email: [psych@auckland.ac.nz](mailto:psych@auckland.ac.nz)

Web: [www.psych.auckland.ac.nz](http://www.psych.auckland.ac.nz)

# The New Zealand Attitudes and Values Study



Members of the NZAVS research team present at our annual meeting in Auckland on 30th August 2013. From left to right: Yuthika Girmé, Natalia D'Souza, Tim West-Newman, Yanshu Huang, Rehutai Smith-Iri, Matthew Hammond, Emerald McPhee, Tago Mharapara, Carla Houkamau, Nikhil Sengupta, Taciano Milfont, Chris Sibley, Petar Milojev, Joseph Bulbulia, Danny Osborne, Lara Greaves and Sam Manuela.



# Welcome



Lead Investigator  
DR CHRIS SIBLEY  
School of Psychology

I'm Dr. Chris Sibley, the Lead Investigator for the New Zealand Attitudes and Values Study (or NZAVS). On behalf of the NZAVS research team and myself, I would like to thank you for your continued participation in the study. Your responses are very important, and have already helped to answer a number of research questions about important issues facing New Zealand. We would also like to send our congratulations to the winners of all our prize draws so far.

The NZAVS aims to answer questions about how and why the personality, attitudes, health, and wellbeing of New Zealanders might change over time. The NZAVS started in 2009, and we have grown because of your support and participation. We hope that you can continue to complete the NZAVS questionnaire in future years. Thank you!

This pamphlet summarises some of the main findings from the NZAVS. As a participant in the study, you have helped directly in making this research possible. This is only a snapshot of all the great work that comes out of the NZAVS every year.

The next NZAVS questionnaire will be sent out later this year and early next year. It'll be in a slightly different layout, so please look out for it in your mailbox.

Thanks again for taking part in the study,  
Dr. Chris Sibley

Phone: +64 9 373 7599 ext 87498  
Email: nzavs@auckland.ac.nz  
Website: www.psych.auckland.ac.nz/uoq/NZAVS

## After the quake

What happens in the wake of a natural disaster? The NZAVS was able to capture a glimpse of how the Christchurch earthquakes affected the religious affiliation of Cantabrians.

Across most of New Zealand, there was a decline in religion of about 0.9% per year. However, this trend was reversed in Canterbury, which showed a 3.4% increase in religious affiliation following the Christchurch earthquakes.

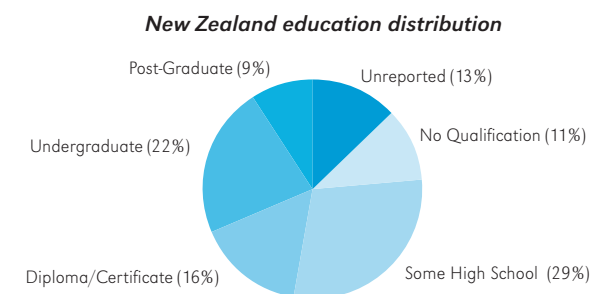
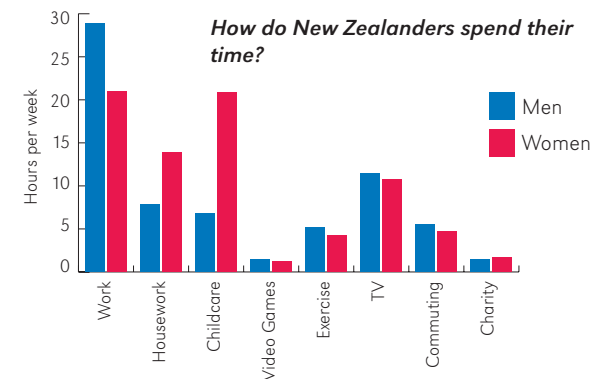
We also measured levels of health and wellbeing each year. This allowed us to look at whether changes in wellbeing and religion were related. People who were personally affected by the earthquake showed similar levels of wellbeing regardless of whether or not they were religious.

The NZAVS team are currently working on research aiming to identify the factors that predict psychological resilience following the Christchurch earthquakes. Our initial findings in this area suggest that having a personality high in emotional stability predicts psychological wellbeing in the years following the earthquakes.

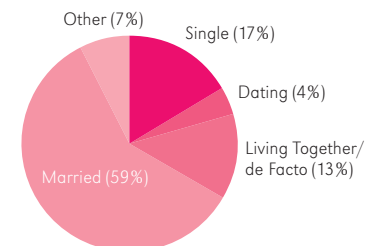
## The meaning of Pākehā

Although some people might think that using the term Pākehā has negative connotations, NZAVS research suggests that it's quite the opposite. The choice by Māori to use the term "Pākehā" to describe New Zealanders of European descent is related to how much they identify with being Māori and not a reflection of their attitudes toward New Zealanders of European descent. In fact, research from the NZAVS indicates that Māori have very positive attitudes towards New Zealanders of European descent.

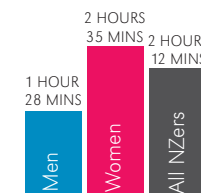
For New Zealanders of European descent, those who were more likely to use the term "Pākehā" to describe themselves had more positive attitudes towards Māori than those who preferred to use other terms such as "New Zealand European".



### Romantic relationships in New Zealand

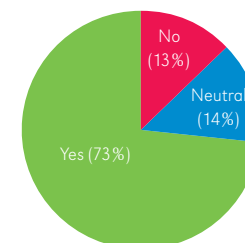


### How many hours per week do New Zealanders spend on Facebook?



### Do New Zealanders think Climate Change...

... is real?



... is caused by humans?

