

From: NZAVS
To: Christopher Sibley
Subject: New Zealand Attitudes and Values Study - Newsletter
Date: Wednesday, 27 September 2017 11:40:45 a.m.
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The New Zealand Attitudes and Values Study 2017 Newsletter



Dear [Participant Name],

My name is Chris Sibley, and I am 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 significant issues facing New Zealand.

This newsletter summarises some of the latest findings from the NZAVS. As a participant in the study, you have directly helped in making this research possible. This newsletter provides a snapshot of some of the great work that comes out of the NZAVS each year.

Thanks again for taking part in the study.

Sincerely,
Professor Chris Sibley
School of Psychology
University of Auckland
Email: nzavs@auckland.ac.nz
Phone: 09-923-7498

Watch Chris Talk About the NZAVS



[Click here to watch the video.](#)

Other Useful Links

Have you moved recently? [Click here](#) to update your contact details.

[Click here](#) to look at our Frequently Asked Questions page

[Click here](#) to see the official NZAVS website.



Loneliness in New Zealand

Hannah Hawkins-Elder talks about her research examining loneliness in the New Zealand population. Her research examined the different ways in which people may experience loneliness.

The research identified four 'types' of people in New Zealand based on their levels of loneliness: a high loneliness group, a low loneliness group, a group who had a few close person relationships but still felt like outsiders (which we refer to as 'appreciated outsiders') and finally a group who felt socially included but lacked meaningful close connections (which we refer to as 'superficially connected').

The four groups all had different levels of wellbeing. Importantly, appreciated outsiders had higher levels of wellbeing than the superficially connected, meaning that having closer relationships with a few people is likely better for your wellbeing than many shallow connections.

[Watch the video](#) to find out more.

(Research led by Hannah Hawkins-Elder, Post-Graduate Student, Victoria University of Wellington)

Are you part of a social group? Making sure you are will improve your health

NZAVS research indicates that being socially connected had a significant impact on people's mental health a year later. The research assessed people's feelings of belonging and social connection with others in their community and found that when a person's level of social connection goes down, they experience poorer mental health a year later. In contrast, people with good mental health were more socially connected a year later, but the effect of social connectedness on mental health was three times stronger than the effect of mental health on social connectedness. This suggests that belonging to social groups, such as family, friends, clubs or community can benefit your life and wellbeing in the future.

[Read our article in The Conversation](#) to find out more.

(Research led by Alexander Saeri, Post-Doctoral Fellow, University of New South Wales)

Personality Change Over the Lifespan

Petar Milojev talks about his research on how personality changes over the lifespan. This research was published in the Journal of Personality and Social Psychology.

Does your personality change over time? NZAVS research suggests that most people's personality changes over time in a predictable way. This change is based on the different social roles and activities people take on as they age. For example, people from around age 20 to 45 increase in Conscientiousness, a trait related to staying on task, being organised and orderly, as they enter the work force and move up the ranks.

[Watch the video](#) to find out more.

(Research led by Petar Milojevic, University of Auckland)



Narcissism and Self-Esteem

Samantha Stronge talks about her research examining the link between narcissism and self-esteem in the New Zealand population. This research was published in the Journal of Research in Personality.

This research identified five different 'types' of people based on their levels of narcissism and self-esteem. The findings indicate that people who are high in narcissism also have high levels of self-esteem, however, this group is a relatively small proportion of the NZ population (around 9%). The largest group in NZ are those with high self-esteem and low narcissism (around 40%).

[Watch the video](#) to find out more.

(Research led by Samantha Stronge, PhD Student, University of Auckland)



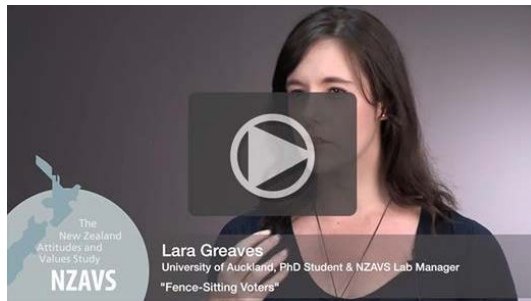
Undecided Voters

Lara Greaves talks about her research on undecided voters, and the demographic and personality characteristics that might make some people less likely to vote relative to others. This research was published in the New Zealand Journal of Psychology and analysed data from the 2009 wave of the NZAVS.

Who are the "fence sitters" in New Zealand? Does this matter? This research looked at the support people had for different political parties, focussing on people who showed no clear preference for any party. The research found that 1/3 of New Zealanders had no strong party ties (so called "fence sitters"), and electorates which had higher proportions of fence sitters had lower voter turnout, suggesting people who are fence sitters are less likely to vote.

[Watch the video](#) to find out more.

(Research led by Lara Greaves, PhD Student, University of Auckland)



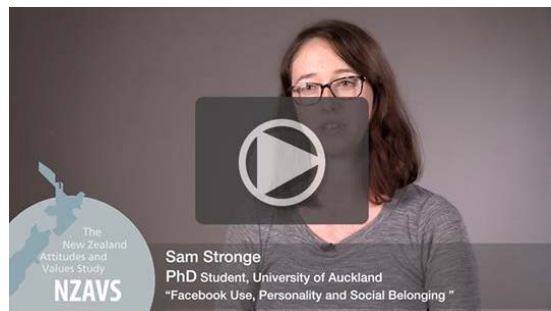
Facebook Use, Personality, and Social Belonging

Samantha Stronge talks about her research on personality and Facebook use. Her research examined how people who are Extraverted or Introverted experience different outcomes from Facebook use. This research was published in the New Zealand Journal of Psychology.

How do extraversion or introversion relate to Facebook use? Does Facebook improve our social belonging? Samantha's research found that introverts who use Facebook tend to report lower levels of social belonging. This effect does not occur for extroverts. This suggests that Facebook use may be linked with lower wellbeing for introverted people.

[Watch the video](#) to find out more.

(Research led by Samantha Stronge, PhD Student, University of Auckland)



Sexual Orientation in New Zealand

Lara Greaves talks about how the NZAVS measures sexual orientation, and our research estimating the proportion of New Zealanders that identify with different sexual orientations. This research was published in the journal, Archives of Sexual Behaviour.

In the NZAVS, we find that around 1.8% of people identified as bisexual and a further 0.6% as bi-curious, 2.6% as gay/lesbian or homosexual, 0.5% as pansexual and 0.3% as asexual.

[Watch the video](#) to find out more.

(Research led by Lara Greaves, PhD Student, University of Auckland)



Proximity to the Coastline is Correlated with Belief in Climate Change

Taciano Milfont talks about his research examining the link between



how close people live to the coastline and their belief in climate change. This research was published in the journal, PLOS One.

The research found that people who live nearer to the sea are likely to believe in climate change and tend to be more willing to support the government in taking action on climate change.

[Watch the video](#) to find out more.

(Research led by Dr. Taciano Milfont, Victoria University of Wellington)

Maori Culture and Wellbeing

Emerald Muriwai talks about her research assessing the buffering or protective function of cultural efficacy for Maori. This research was published in the New Zealand Journal of Psychology.

Does being more engaged in Maori culture help protect Maori from depression? Emerald's research found that Maori who felt more able to engage in the Maori world had higher psychological resilience.

[Watch the video](#) to find out more.

(Research led by Emerald Muriwai McPhee)



Attitudes toward Euthanasia in New Zealand

Carol Lee talks about her research assessing New Zealander's levels of support for euthanasia. This research was published in the New Zealand Medical Journal.

The majority of New Zealanders (around 66%) expressed support for euthanasia, which was assessed by asking "Suppose a person has a painful incurable disease. Do you think that doctors should be allowed by law to end the patient's life if the patient requests it?"

[Watch the video](#) to find out more.

(Research led by Carol Lee, PhD Student)



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Have you changed your contact details?

[Click here](#) to update your contact details.

For more information about the study, please contact:

Phone: 09-923-7498

Email: nzavs@auckland.ac.nz

Website: www.nzavs.auckland.ac.nz