









ORIGINAL ARTICLE

Validity of the Epistemic Trust, Mistrust, and Credulity Questionnaire and its correlation with personality traits and psychological distress in a sample of brazilian immigrants living in Germany

Validade do Questionário de Confiança Epistêmica, Desconfiança e Credulidade e sua correlação com traços de personalidade e sofrimento psicológico em uma amostra de imigrantes brasileiros que vivem na Alemanha

Validez del Cuestionario de Confianza, Desconfianza y Credulidad Epistémicas y su correlación con rasgos de personalidad y malestar psicológico en una muestra de inmigrantes brasileños residentes en Alemania

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Abstract

Epistemic trust, a concept recently emphasized in mentalization theory, is vital for efficiently processing and assimilating shared knowledge, which is particularly important for immigrants striving to adapt. The Epistemic Trust, Mistrust, and Credulity Questionnaire (ETMCQ) is a self-report tool aimed at assessing this construct. This study validates the Brazilian Portuguese version of the ETMCQ and explores its correlation with personality traits and psychological distress among 487 Brazilian immigrants in Germany. The ETMCQ demonstrated good reliability and fit in Confirmatory Factor Analysis. The most robust ($r > 0.20$) positive correlations were identified between trust, agreeableness, and extraversion, as well as between mistrust/credulity and neuroticism/distress. Conversely, negative correlations were evident between distrust, agreeableness, and extraversion, and between credulity and conscientiousness. Besides validating the ETMCQ, these findings underscore the

significance of epistemic trust in shaping individuals' adaptation to new environments, highlighting its interplay with personality traits and mental well-being among Brazilian immigrants in Germany.

Keywords: Cultural psychology; Immigration/migration; Interpersonal relationships; Personality; Emigrants and immigrants; Mentalization; Epistemic trust; Measurement/statistics

Resumo

A confiança epistêmica, um conceito recentemente enfatizado na teoria da mentalização, é vital para o processamento e a assimilação eficientes do conhecimento compartilhado, o que é particularmente importante para os imigrantes que se esforçam para se adaptar. O Epistemic Trust, Mistrust, and Credulity Questionnaire (ETMCQ) é um instrumento de autorrelato destinado a avaliar esse construto. Este estudo valida a versão em português brasileiro do ETMCQ e explora sua correlação com traços de personalidade e sofrimento psicológico entre 487 imigrantes brasileiros na Alemanha. O ETMCQ demonstrou boa confiabilidade e ajuste na análise fatorial confirmatória. As correlações positivas mais robustas ($r > 0,20$) foram identificadas entre confiança, agradabilidade e extroversão, bem como entre desconfiança/credulidade e neuroticismo/estresse. Por outro lado, foram evidenciadas correlações negativas entre desconfiança, agradabilidade e extroversão, e entre credulidade e conscienciosidade. Além de validar o ETMCQ, esses resultados ressaltam a importância da confiança epistêmica na formação da adaptação dos indivíduos a novos ambientes, destacando sua interação com traços de personalidade e bem-estar mental entre os imigrantes brasileiros na Alemanha.

Palavras-chave: Psicologia cultural; Emigração/imigração; Relações interpessoais; Personalidade; Emigrantes e imigrantes; Mentalização; Confiança epistêmica; Medição/estatística

Resumen

La confianza epistémica, un concepto recientemente enfatizado en la teoría de la mentalización, es vital para el procesamiento y la asimilación eficientes del conocimiento compartido, lo cual es particularmente importante para los inmigrantes que se esfuerzan por adaptarse. El Epistemic Trust, Mistrust, and Credulity Questionnaire (ETMCQ) es un instrumento de autoinforme diseñado para evaluar este constructo. Este estudio valida la versión en portugués brasileño del ETMCQ y explora su correlación con rasgos de personalidad y sufrimiento psicológico entre 487 inmigrantes brasileños en Alemania. El ETMCQ demostró buena fiabilidad y ajuste en el análisis factorial confirmatorio. Las correlaciones positivas más sólidas ($r > 0,20$) se identificaron entre confianza, amabilidad y extraversión, así como entre desconfianza/credulidad y neuroticismo/estrés. Por otro lado, se evidenciaron correlaciones negativas entre desconfianza, amabilidad y extraversión, y entre credulidad y escrupulosidad. Además de validar el ETMCQ, estos resultados resaltan la importancia de la confianza epistémica en la formación de la adaptación de los individuos a nuevos entornos, destacando su interacción con rasgos de personalidad y bienestar mental entre los inmigrantes brasileños en Alemania.

Palabras clave: Psicología cultural; Inmigración/migración; Relaciones interpersonales; Personalidad; Emigrantes e inmigrantes; Mentalización; Confianza epistémica; Medición/estadísticas

Introduction

Epistemic trust (ET) is defined as the openness to receiving social knowledge that is considered personally relevant and of generalizable meaning^{1,2,3}. In essence, it underscores the social and emotional importance of trusting information about the world provided by others. This encompasses the depth and way we regard social knowledge as authentic and personally meaningful, while discarding irrelevant information and effectively learning from novel experiences⁴. Such adaptive and resilient learning is especially crucial during the adaptation to diverse contexts, as experienced by immigrants worldwide.

The concept of ET emerges as a recent addition to the evolving landscape of mentalization theory. Historically, mentalization theory has engaged in the debate surrounding innate versus learned origins of psychopathology, highlighting the pivotal role of early relationships in mental health. As a developmental approach, it posits that the development of mentalization abilities is contingent upon the quality of the social learning environment, familial relationships, and notably, early attachments. These early bonds are indicative of the extent to which a child's subjective experiences were accurately reflected by a caregiver^{5,6}. Successful dyadic regulation of affect between infants and caregivers later translates into the development of adult affect regulation abilities. Key to this success is the caregiver's communication regarding the child's emotions, rather than solely reacting to their expressive cues. In essence, through this dyadic communication, caregivers facilitate the organization of connections between emotional triggers, experiences, their significance for the child, and the resulting behavioral expressions.

Communication "marked" by recognizing the child as an intentional agent increases the likelihood of its relevance and generalizability^{7,8}. Early sensitive responses to a child's demands foster ET, which relies on secure attachment⁵. Trauma history may hinder ET development, leading to suspicion towards new knowledge and resistance to modifying dysfunctional patterns⁹. This breakdown in ET can contribute to psychopathology, hindering treatment adherence^{5,10,11,12}. On the other hand, when early experiences with caregivers are positive, resilience and adaptability to challenging situations are enhanced, fostering good mental health, improved quality of interpersonal relations and social networks, as well as a broader range of coping strategies and more favorable personality traits^{13,14}. Additionally, reinstating sufficient levels of ET may lie at the core of all effective psychotherapeutic interventions^{15,16,17}.

To evaluate the ET construct, Campbell et al.¹ developed and validated the Epistemic Trust, Mistrust, and Credulity Questionnaire (ETMCQ), a self-reported questionnaire. They proposed three dimensions for social communication: epistemic trust, epistemic mistrust (where individuals view any information source as unreliable to avoid external influence), and epistemic credulity (the tendency to accept any communication as reliable, regardless of its source). This latter concept indicates a lack of vigilance, potentially leading to harm in clarity of position, vulnerability, misinformation, and risks of exploitation. Indeed, the rationale for a three-factor model, which was confirmed in validation studies, as opposed to a two or one-factor model (trust/mistrust), derives from an understanding of the adaptiveness of epistemic vigilance to protect oneself from misinformation⁴. The psychometric properties of the ETMCQ were initially assessed in two separate studies. In

the first study¹, 500 individuals completed the questionnaire online. In the second study, designed to replicate the structure of the first, 750 individuals responded to the ETMCQ. The factor structure underwent evaluation through Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA), while reliability and test-retest reliability were also tested in the samples. Additionally, the data allowed for examining the relationships between adverse childhood experiences, attachment, mentalization, symptoms of mental health, and general self-efficacy with the ETMCQ subscales¹.

From this data¹, different attachment styles were found to be associated with varying epistemic stances. Insecure attachment showed strong positive relationships with credulity and mistrust, and a negative correlation with trust. Avoidant attachment was particularly linked with mistrust, suggesting a tendency to avoid trusting others. Additionally, the studies indicated that difficulties in understanding mental states and insecure attachment styles were positively associated with mistrust and credulity. Trust was not linked with lower levels of mental health symptoms, nor did it moderate the impact of childhood adversity. However, mistrust and credulity were found to partially mediate the relationship between early adversities and psychopathology. These findings underscore the reliability and validity of the ETMCQ. As a result, the authors provide a tangible and easily applicable method to quantify a previously only theoretical concept, thereby paving the way for new research directions and advancements.

The ETMCQ was recently validated in an Italian population¹⁸, demonstrating good psychometric properties within this group and revealing associations between Epistemic Trust (ET) and psychological well-being, as well as between epistemic disruptions and higher levels of psychological suffering. Additionally, both Mistrust and Credulity were significantly associated with the presence of childhood traumatic experiences, attachment avoidance and anxiety, lower levels of mentalization, reduced emotional regulation abilities, and higher levels of psychopathological symptoms. However, although the Italian study confirmed the three-factor structure of the ETMCQ, one item was not included in the final model, and another item loaded onto mistrust instead of credulity, diverging from the findings of the original studies. The authors emphasize the probable influence of cultural differences, which may contribute to specificities in ET across different contexts¹⁸. Therefore, further research is warranted to gain a deeper understanding of the phenomenon and to validate the scale more extensively.

In fact, the concept of ET enhances our understanding of the transmission of cultural and relational knowledge, emphasizing the importance of its operationalization from theoretical, clinical, and empirical perspectives. Hence, empirical research on the validity of this construct and its measurement is imperative for advancing research in this field and its empirical application. Furthermore, its substantial cultural component prompts investigation into the potential impact of cultural factors on the development of this psychological dimension. This necessitates exploration in diverse contexts and cultural backgrounds, exemplified by immigrants striving to adapt to a new culture, as observed with Brazilians living in Germany.

As previously mentioned, ET plays a crucial role in efficiently processing and assimilating shared knowledge, which is of particular importance for immigrants striving to adapt to new environments worldwide. A

breakdown in ET can contribute to the development of psychopathology. Conversely, positive early experiences with caregivers leading to a balanced ET stance can foster resilience, adaptability, and mental well-being, resulting in improved interpersonal relationships, stronger social networks, coping strategies, and more favorable personality traits. However, despite the importance of the construct and its significant potential for application at both individual and societal levels, empirical research on the topic remains very limited. Moreover, ET is closely linked to culture as it is related to the way knowledge is transmitted in interpersonal contexts. Therefore, understanding its role in adapting to a new culture is crucial. Therefore, the objective of this study was to validate the Brazilian Portuguese version of the ETMCQ and evaluate its correlation with personality traits and clinical symptoms in Brazilian immigrants residing in Germany.

Methods

Sample

The study involved Brazilians aged 18 and above residing in Germany, recruited through a snowball sampling method. Over a period of 2 months (May and June 2022), participants were recruited through social media platforms (Facebook and Instagram) using sponsored boosting mechanisms, considering the reach of these tools among the specific target audience of the study. Additionally, email and WhatsApp were used to send convenience invitations through the researchers' network of contacts, as well as through representative institutions of Brazilian residents in Germany.

Considering that the ETMCQ has 15 items and an ideal sample size of 5 to 10 participants per item, in addition to the originally proposed three-factor model for CFA, a minimum sample size of 200 to 300 participants was initially estimated. This sample size is suitable for CFA with a moderate number of parameters to be estimated and is considered sufficient to ensure that the results of the CFA are robust and generalizable, allowing for a more precise estimation of the model parameters and a more reliable assessment of the model's fit to the observed data.

Out of the initial 754 respondents from the original survey, which employed randomized questionnaires, 487 Brazilians provided comprehensive responses to the ETMCQ. There were no exclusion criteria other than completing the ETMCQ. The number of participants in the analysis involving other instruments in the study depended on the number of respondents for each specific instrument.

Data collection

The questionnaire was administered using SurveyMonkey, a widely used platform for research purposes, which ensures the anonymity of participants. To manage the number of instruments to be completed, we utilized a randomization feature provided by the SurveyMonkey platform. This feature allowed the questionnaire pages to be displayed in random order for each new respondent.

Cultural Adaptation Process

For the cultural adaptation and translation of the ETMCQ into Brazilian Portuguese, we followed a standardized process to ensure high-quality standards. All steps were conducted in compliance with the International Society for Pharmacoeconomics and Outcomes Research (ISPOR) Task Force's Principles of Good Practice for the Translation and Cultural Adaptation Process for Patient Reported Outcomes and the European Regulatory Issues on Quality-of-Life Assessment Group (ERIQ-A)'s advice for a multistep approach. Additionally, we included extra steps (such as expert group discussions, etc.) beyond those described in the aforementioned protocols due to the lack of evidence favoring a specific method^{19,20,21}.

Measures

Sociodemographic Questionnaire: This questionnaire was designed to collect general information about the participants, including gender, age, educational level, income, marital status, and occupation. It also included questions pertaining to the context (language, climate, cultural differences, etc.) and health habits.

Epistemic Trust, Mistrust, and Credulity Questionnaire (ETMCQ): The ETMCQ is a scale comprising 15 items divided into three dimensions: Trust (ETMCQ-T), Mistrust (ETMCQ-M), and Credulity (ETMCQ-Cr). Participants respond on a 7-point Likert scale ranging from "strongly disagree" (=1) to "strongly agree" (= 7), with "neither agree nor disagree" in the center (= 4). The validity of the original tool has been confirmed through reliability and test-retest measures¹. Exploratory and confirmatory analyses using the Italian version of the ETMCQ also confirmed the psychometric properties of this instrument¹⁸.

Big Five Inventory Short Version (BFI-20): The BFI-20 is a self-report instrument consisting of 20 items developed to measure personality traits in the Five-Factor Model (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism). Each factor comprises 4 items, where individuals must indicate their level of agreement or disagreement with each statement on a 5-point Likert scale. The Brazilian version of the BFI-20 demonstrated adequate psychometric evidence, confirming the 5-factor structure and proving suitable for use in research contexts²².

Clinical Outcome Routine Evaluation 10 (CORE-10): The CORE-10 is a self-report instrument designed to measure the psychological well-being of adults versus psychological distress. The short version used in this study comprises 10 out of the total 34 items of the CORE-OM and serves as a brief measure for screening and clinical review. The 34 items of the CORE-OM were formulated to cover a range of intensities, including experiences of high psychological discomfort or suffering, as well as relatively common situations in the general population. Responses were based on the frequency with which the individual experienced the described experiences in the last week, ranging from NEVER to ALL OF THE TIME. A higher score indicates greater psychological suffering. The cross-cultural adaptation into Brazilian Portuguese followed the guidelines of the CORE System Trust for translating instruments from this group^{23,24}.

Ethical aspects

The study was approved by the Bioethics Committee of the Hospital de Clínicas de Porto Alegre (CAAE: 51582321.8.0000.5327). The participants provided their informed consent online. The investigation was carried out following the latest version of the Declaration of Helsinki and complies with Resolution 466/2012 of the National Health Council. We report all manipulations, measures, and exclusions in the study.

Statistical analysis

Data normality was assessed through histograms and QQ-plots. A Confirmatory Factor Analysis (CFA) was performed to evaluate the fit of the proposed three-factor structure outlined in the original study¹. All items were treated as ordinal, and parameters were estimated using Diagonally Weighted Least Squares (DWLS) with a full-weight matrix to compute robust standard errors. Model fit was assessed using various indices, including the Comparative Fit Index (CFI) (considered adequate when $CFI \geq 0.90$), Goodness of Fit Index (GFI), and Adjusted Goodness of Fit Index (AGFI) (considered adequate when $GFI \geq 0.95$ and $AGFI \geq 0.90$), Tucker Lewis Index (TLI) (considered adequate when $TLI \geq 0.95$), Root Mean Square Error of Approximation (RMSEA) (considered adequate when RMSEA 0.05-0.08), and Standardized Root Mean Square Residuals (SRMR) (deemed acceptable when $SRMR < 0.08$). Scale reliability was assessed using Ordinal Alpha (α), McDonald's omega (ω), and Spearman-Brown (rSB) coefficients. Furthermore, ETMCQ scores were correlated with personality traits and psychological distress versus well-being, as measured by the BFI-20 and CORE-10, respectively, using Pearson correlation coefficients. All analyses were conducted using the R software, with the psych version 2.3.3 and lavaan version 0.6.12 packages²⁵. The criterion for significance was set at $p = 0.05$ for all analyses.

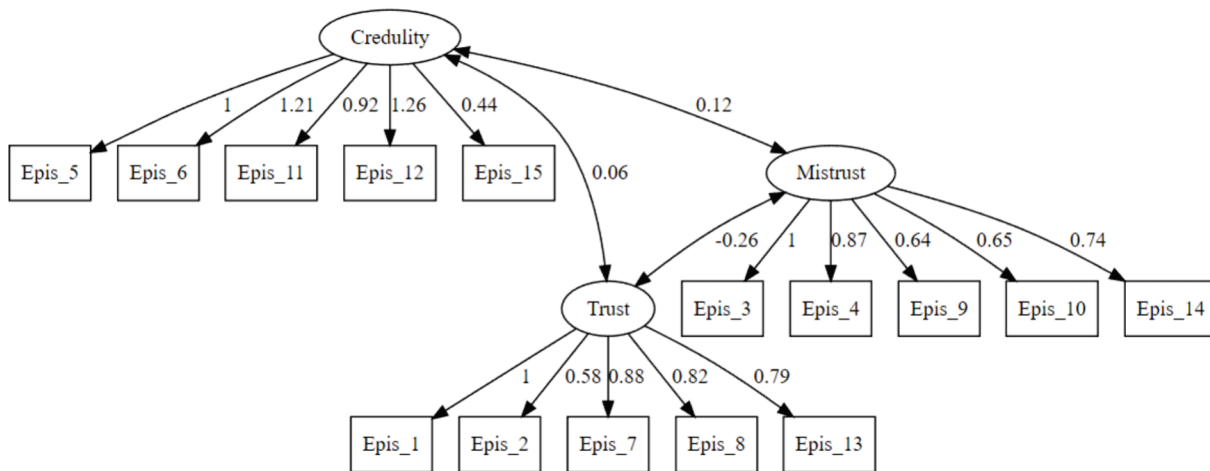
The database and additional information about this research can be obtained via email to the corresponding author upon reasonable request.

Results

Most individuals included in the study sample identified as women (397, 81.5%) and white (344, 70.6%); with a mean age of 37.7 years (SD 9.6). Additionally, the majority had completed higher education and/or post-graduate studies (427, 87.7%). Regarding monthly family income, 23 (4.7%) participants reported an income of up to 1,000 euros, 119 (24.4%) between 1,000 and 3,000 euros, 171 (35.1%) between 3,000 and 5,000 euros, 149 (30.6%) between 5,000 and 10,000 euros, and 25 (5.1%) above 10,000 euros.

Concerning the reliability of the ETMCQ, the rSB predictive formula demonstrated strong reliability across all three ETMCQ subscales (ETMCQ-T = 0.82; ETMCQ-M = 0.73; ETMCQ-Cr = 0.84). Additional tests showed higher reliability for the ETMCQ-T ($\alpha = 0.73$; $\omega = 0.71$) and ETMCQ-Cr ($\alpha = 0.76$; $\omega = 0.76$) compared to ETMCQ-M ($\alpha = 0.58$; $\omega = 0.56$). Figure 1 presents the results of the three-factor CFA for our sample.

Figure 1. Confirmatory factor analysis result of the three-factor model.



The CFA provided a statistically significant model, as presented in Table 1. Additionally, comparisons between the CFA parameters in our study and those of the comparative sample (n=250) from the original study (Campbell et al., 2021) are also included in Table 1.

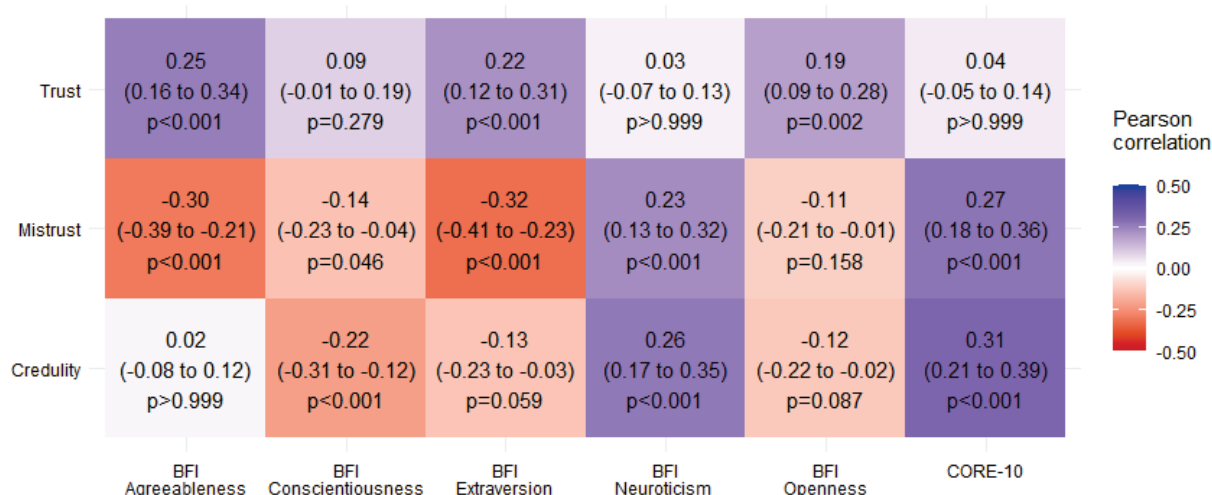
Table 1. Confirmatory Factor Analysis (CFA) parameters

| CFA parameters and their acceptable values | Campbell (2021) N=250 | Brazilian Sample N=487 |
|--|--|--|
| Scaled chi-square | $S - \chi^2_{347} = 2030 \rightarrow p < 0,00$ | $S - \chi^2_{87} = 391 \rightarrow p < 0,00$ |
| Comparative Fit Index (≥ 0.90) | 0.95 | 0.91 |
| Tucker-Lewis Index (≥ 0.95) | 0.94 | 0.89 |
| RMSEA (0.05-0.09) | 0.21 | 0.09 |
| P-value H ₀ : RMSEA ≤ 0.05 | - | < 0.001 |
| P-value H ₀ : RMSEA ≥ 0.08 | - | > 0.99 |
| SRMR (<0.08) | 0.05 | 0.08 |
| GFI (≥ 0.95) | - | 0.97 |
| AGFI (≥ 0.90) | - | 0.94 |

Comparative Fit Index (CFI); Goodness of Fit Index (GFI); Adjusted Goodness of Fit Index (AGFI); Tucker Lewis Index (TLI); Root Mean Square Error of Approximation (RMSEA); and Standardized Root Mean Square Residuals (SRMR).

The correlations between the ETMCQ subscales and the BFI-20 and CORE-10 scores are presented in Figure 2. The strongest correlations were observed between the ETMCQ-T and BFI-20 agreeableness ($r=0.25$) and extraversion ($r=0.22$); between the ETMCQ-M and BFI-20 agreeableness ($r=-0.30$), extraversion ($r=-0.32$), and neuroticism ($r=0.23$), as well as CORE-10 ($r=0.27$); and between the ETMCQ-Cr and BFI-20 conscientiousness ($r=-0.22$) and neuroticism ($r=0.26$), as well as CORE-10 ($r=0.31$).

Figure 2. Pearson correlations, 95% confidence intervals, and p values of ETMCQ with BIF-20 and CORE-10 scores.



Discussion

The Brazilian Portuguese version of the ETMCQ showed overall good to excellent reliability (values > 0.70) across various parameters, except for lower alpha and omega values ($\alpha = 0.58$; $\omega = 0.56$) for the ETMCQ-M in our sample. This finding differed from the original study, where alpha values were >0.70 for all three subscales. This suggests potential variations in measurement consistency between the two studies and may be attributed to the context in which it was conducted—Brazilian immigrants living in Germany. This discrepancy may reflect both cultural differences and language difficulties, since the German language is recognized as being difficult to learn and German culture is also known for being more closed. These factors could lead study subjects to prefer seeking knowledge outside of interpersonal relationships, such as on the internet, for example. This underscores the need to explore the concept of ET in the context of immigrant populations and in different cultural settings, pointing to an interesting field of research and potential interventions to aid in the integration of individuals seeking to assimilate into diverse contexts.

Moreover, similar to the Italian study¹⁸, the CFA generally indicated a good fit for the 3-factor model proposed by the original authors¹. While only some fit measures reached the ideal cutoff point, most of them approached closely enough, still indicating reasonable results. Unlike the Italian study, where one item was excluded and another loaded onto a different subscale than proposed in the original study, all items were retained and loaded on the same subscale as in the original study, reinforcing the consistency of the three-factor model. This model, unlike the two-factor model (trust and mistrust), emphasizes the importance of epistemic vigilance to protect oneself from misinformation and foster adaptiveness. As the original authors emphasize, it is as important to absorb and learn from interpersonal transmitted knowledge that is reliable and relevant as it is to identify knowledge and communications that are neither reliable nor relevant, especially in new and diverse contexts.

Adding to the findings of previous studies^{1,18} that evaluated the association between ETMCQ

dimensions, attachment styles, mentalization, psychopathology, history of trauma, emotional regulation, and sociodemographic characteristics, our study examined personality traits (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) in conjunction with well-being versus distress, revealing interesting results. Trust was found to be positively associated with Openness, Extraversion, and Agreeableness, while Mistrust was negatively associated with Conscientiousness, Extraversion, and Agreeableness, and positively associated with Neuroticism and psychological distress (CORE-10). Additionally, Credulity was negatively associated with Openness, Conscientiousness, and Extraversion, and positively associated with Neuroticism and psychological distress. These findings contribute to the validity of the ET construct as assessed by the ETMCQ. They demonstrate that Trust was associated with favorable personality traits that are particularly important for adaptation in interpersonal contexts. On the other hand, Mistrust and Credulity were linked with less favorable traits, including Neuroticism, as well as psychological distress. Thus, reinforcing the importance of ET in understanding psychological functioning and mental health in general, as well as in the context of immigration in particular.

In line with the Italian study¹⁸, despite the general findings consistently support the ETMCQ psychometric properties and the three-factor model, some differences were observed from the original study. As hypothesized by Liotti et al.¹⁸ there is probably an influence of culture on the ET stance to some degree. Also, the fact that mistrust showed less similarity compared to the findings of previous studies may reflect the choice of the population to be studied. In this sense, it is hypothesized to be a consequence of the trajectory of individuals who underwent the migration process, as the adverse socio-cultural context may demand an adaptation of mistrust levels²⁶. Further studies are needed to investigate the influence of immigration on the results, as well as to provide important insights for approaches targeted towards this population and to reinforce the clinical potential of the scale.

It is also important to mention that findings from the European Social Survey demonstrate significant variation among countries in the correlation between education and trust/tolerance, with responses to diversity playing a central role²⁷. This underscores the importance of ET and the potential impact of interventions at public and educational levels aimed at cultivating adequate levels of ET from an early stage. Beyond enhancing adjustment, quality of interpersonal relations, and resilience, such interventions can expand individuals' capacities and foster a more flexible and empathic understanding of others, particularly crucial in the context of immigrants. Thus, promoting a more empathic and adaptable society.

Taken together, our findings indicate good to optimal validity of the Brazilian version of the ETMCQ, both in terms of psychometric and construct validity. Thus, providing a tool that can be highly beneficial for advancing recent developments in the research field related to an important theoretical and empirical framework in developmental theory. Moreover, the consistency of the ET stance in understanding individuals and relationships within society, as well as in an immigration context, was reinforced by our results. This underscores the need for further studies to deepen our understanding of this phenomenon and to inform specific interventions at both individual and public health and education levels. However, this study has limitations, primarily due to

the online administration of self-report questionnaires within a specific population. Also, test-retest reliability was not assessed, nor was an analysis conducted to examine variance based on age and gender. Therefore, further studies with diverse Brazilian Portuguese populations are needed to enhance external validity and develop a more comprehensive understanding of the construct's ability to characterize psychological abilities and impairments.

We believe that our study makes a significant contribution to the literature by validating the ETMCQ in a new cultural context and shedding light on the importance of ET for immigrants' adaptation processes. Furthermore, our findings have implications for clinical practice, emphasizing the need to consider personality traits and ET in interventions aimed at supporting immigrant populations. Additionally, beyond the individual level, interventions at the public and educational levels aimed at cultivating adequate levels of ET from an early stage could lead to substantial societal benefits. Apart from enhancing adjustment, the quality of interpersonal relations, and resilience, such interventions can expand individuals' capacities and foster a more flexible and empathic understanding of others, which is particularly crucial in the context of immigrants. Thus, promoting a more empathic and adaptable society.

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