

# Effects of Improving Sensibility in Altruistic Behavior on the Relational Framing Response of Japanese and Chinese People

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The purpose of this study is to investigate the effects of clinical conversation that enhances the sensitivity to altruistic behavior on the relational framing response relating to altruistic behavior and changes in the AAQ-II. In order to investigate the effectiveness of clinical conversation, 2 (Japanese or Chinese)  $\times$  2 (clinical conversation group or control group)  $\times$  2 (PRE or POST) design was used. The IRAP score and the scores of AAQ-II were compared via ANCOVA, adjusting for the pre-test score.

The results showed that the IRAP effect against altruistic behavior in the Japanese intervention group was significantly increased between the pre-test and post-test, in comparison with the control group. However, such change was not found in the Chinese group. The AAQ-II score was significantly decreased after intervention in the Chinese intervention group, in comparison with the Chinese control group. Such a change was not found in the Japanese group. This study suggested that improving sensitivity to the source of influence can affect the IRAP effect and can improve psychological flexibility. This study also suggested that there was a difference between the Japanese and Chinese subjects in relational framing responses relating to altruistic behaviors.