

Using a Mobile App to Study Microaggressions Debriefing Form

Thank you for being a part of our study! Here's some information about what we did this year. If you have further questions, email Christy Byrd at cmbyrd@ucsc.edu.

- Study goals
 - Investigate the utility of a mobile app for reporting
 - Study effects of microaggressions over time
 - Test a potential intervention by seeing if the app increases feelings of social support and empathy
- Study team
 - Dr. Christy Byrd, principal investigator
 - Michael Liber, study coordinator
 - Marlene Chow, study assistant
 - Research assistants of the Byrd Lab
- Study design
 - Use the app for one academic year
 - Complete four surveys
 - Invited to workshops each quarter
- Participants
 - 294 UCSC undergraduate and graduate students (71% women)
 - 31% Android users, 68% iPhone users
 - About 25% each class year and 6 graduate students
 - 3.4% transgender
 - 18% lesbian, gay, or bisexual
 - 25% Asian American, 5.8% Black, 31% Latino, 27% White, 9% Multiracial
 - 57% first generation college student
 - 14% not born in United States
- As of May 2016, 74% of participants had made at least one report ($M = 1.73$, $SD = 3.23$)
- By Survey 3, how much the microaggressions bother you varied, with the average being 55.52 ($SD = 28.41$) (on a scale of 0 to 100)
- We tested the relation between reports of racial microaggressions in the first survey and outcomes in the third survey and found that microaggressions lead to
 - lower self-esteem
 - lower feelings of competence
 - more depressive symptoms
 - more stress
- We presented about the study to many audiences, including:
 - NASPA Northern California Drive In (student affairs professionals)
 - Berkeley Expanding Potential STEM conference
 - University of California, Merced Health Psychology department
 - UCLA Psychology Undergraduate Conference
 - Stanford University Psychology Conference
 - Microaggressions in the Classroom hosted by the Committee on Career Advising (UCSC faculty workshop)

- Microaggressions: Impact and Resistance hosted by Stevenson College
- Microaggressions 101 hosted by College 9/10
- Culturally Inclusive Classrooms hosted by the Diversity Certificate Program (graduate student workshop)
- A poster about the study will be presented at the conference of the American Psychological Association in August
- Next steps
 - This summer and next year we will work on analyzing the data, including coding the reports
 - We will make improvements to the app and consider releasing it more widely
 - We will continue holding workshops around campus (contact us if you want to see one for your organization or group!)
- Please contact us if you're interested in helping us to analyze the data or would like to participate in a workshop and share your experiences

Thank you!