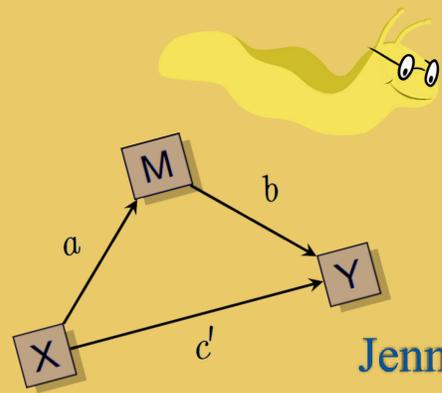


# Comparisons of Microaggressions on Asian Americans, Other People of Color, and White College Students



Jennifer Quan, Nassa Jumholwong, Reynold Samoranos, Sneha Bentley, Jason Dyer & Christy Byrd, PhD.  
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## Introduction

### Arguments justifying our study

- Microaggressions (MA) have been found to be positively associated with negative outcomes, such as psychological health problems (Jones, Peddie, Gilrane, King, & Gray, 2013)
- Stress mediates the relationship between MA and depressive symptoms among African Americans (Torres, Driscoll, & Burrow, 2010) and Latinx Americans (Torres & Taknint, 2015)
- 78% of Asian Americans experience at least one racial microaggression in a 2-week period (Ong, Burrow, Fuller-Rowell, & Sue, 2013)
- Microaggressions have been found to be connected with elevated stress, anxiety, and anger, which may have been connected with elevated depression and sickness in Asian Americans (Huynh, 2012)
- Racial microaggressions was associated with mental health problems, such as depression, in Asian Americans (Nadal, Wong, Griffin, & Fujii-Doe, 2015)

### Research questions

- How do microaggressions affect depression through stress among Asian American college students, other students of color, and how is that different among White American students?

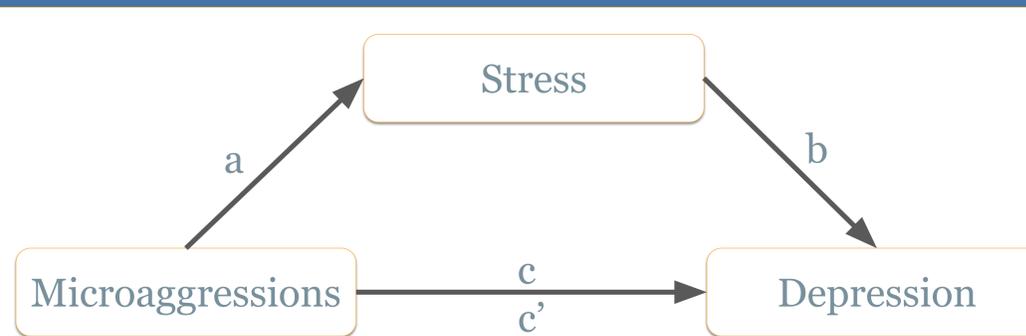
## Hypothesis

- Our first hypothesis is that stress mediates the relationship between MA and depression
- Our second hypothesis is that this relationship is different between racial groups

\*References are available on handouts.

## Results

- Mediation for other POC students was very significant
- Mediation for Asian American students was only marginally significant and, thus, not significant
- Mediation for White students was not significant



### White Students effect of Microaggressions affecting depression through stress

	B	S.E.	Sig.
Path A	.0400 <sup>†</sup>	.0671	p = .55
Path B	.6348***	.0946	p < .001
Path C	.1273 <sup>†</sup>	.0663	p = .059
Path C'	.1019 <sup>†</sup>	.0514	p = .051

These results indicated the indirect coefficient was nonsignificant,  $b = -.0461$ ,  $SE = .0771$ , 95% CI = [-.1035, .2011], the confidence intervals show no directionality. Results of the Sobel test suggest that the association between racial microaggressions and depression is non significantly mediated by stress ( $b = .0254$ ,  $SE = .0432$ ,  $z' = .586$ ,  $p = .56$ ).

### People of Color Students effect of Microaggressions affecting depression through stress

	B	S.E.	Sig.
Path A	.0652***	.0182	p < .001
Path B	.5968***	.0893	p < .001
Path C	.1256***	.0262	p < .001
Path C'	.0867***	.0246	p < .001

These results indicated the indirect coefficient was significant,  $b = .1459$ ,  $SE = .0446$ , 95% CI = [.0677, .2451], two positive lower and upper confidence intervals suggest that there was a mediation. Results of the Sobel test suggest that the association between racial microaggressions and depression is significantly mediated by stress ( $b = .0389$ ,  $SE = .0124$ ,  $z' = 3.135$ ,  $p < .01$ ).

### Asian American Students effect of Microaggressions affecting depression through stress

	B	S.E.	Sig.
Path A	.0636 <sup>†</sup>	.0364	p = .086
Path B	.6967***	.1167	p < .001
Path C	.1182*	.0466	p < .05
Path C'	.0739 <sup>†</sup>	.0377	p = .055

These results indicated the indirect coefficient was nonsignificant,  $b = .1291$ ,  $SE = .0722$ , 95% CI = [-.0105, .2812], the confidence intervals show no directionality. Results of the Sobel test suggest that the association between racial microaggressions and depression is marginally significantly mediated by stress ( $b = .0443$ ,  $SE = .0267$ ,  $z' = 1.657$ ,  $p < .1$ )

Significance values,  $p < .05 = *$ ,  $p < .01 = **$ ,  $p < .001 = ***$ ,  $p > .05 = †$

## Method

- 115 Students of color other than Asian Americans, 57 Asian American students, and 67 White college students
- Ages 17-33, mean age was 20
- 71% female, 29% male
- Data from a longitudinal study that was conducted with students at a university in northern California

### Questionnaires used

- Center for Epidemiological Studies-Depression scale (CES-D)
- Microaggressions Scale from Nadal (2011)
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## Discussion

- Negative effects of MA on psychological well-being can be applied to Asian Americans as well as other POC
- Counseling protocols and social programs can assist Asian Americans and other POC dealing with prejudice and discrimination

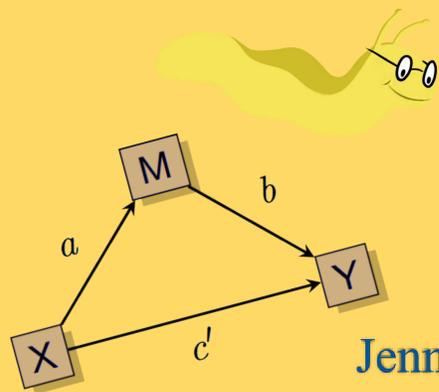
## Limitations

- Our sample was taken from a more liberal school
- The questionnaire may not have had enough questions that encapsulate the Asian American experience
- The sample is a mix of international and domestic Asian American students
- G\*Power indicated that there needed to be a larger sample size to obtain reliable power in the model

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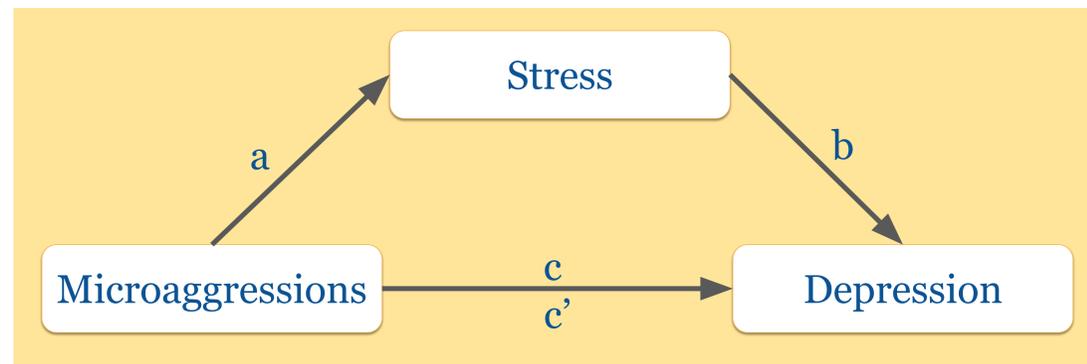
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- The sample is a mix of international and domestic Asian American students
- G\*Power indicated that 110 to 518 participants would be needed for reliable power appropriate for the predicted effect size