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!