Comparisons of Microaggressions on Asian Americans, Other People of Color, and White College Students
Jennifer Quan, Nassa Jumpholwong, 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)

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

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

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)
- Stress Scale from Perceived Stress Scale (Cohen et al., 1983)

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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- 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 were associated with mental health problems, such as depression, in Asian Americans (Nadal, Wong, Griffin, & Fujii-Doe, 2015)

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*References are available on handouts.

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- The sample is a mix of international and domestic Asian American students
- The sample is needed for reliable power appropriate for the predicted effect size