



# Examining the Association Between Microaggressions and Depressive Symptoms in Latina Women

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### Introduction:

- Microaggressions (MAs) are subtle actions that mainly target marginalized groups. These incidents can either be intentional or unintentional but overall have a negative impact.(Ong & Burrow, 2017).
- Previous research tested self-efficacy and ethnic identity which concluded that ethnic MAs were associated with heightened traumatic stress symptoms, which then elevated depression (Torres & Taknint, 2015).
- Furthermore, in an exploratory study conducted by Nadal, et. al. (2014), it was found that women were more likely to report a higher number of MAs in a work or school environment.
- Despite the articles that were gathered, there is still a lack of research on the impact that MAs have on Latinas attending higher education.

### Hypothesis:

Latina women who report experiencing microaggressions more frequently are more likely to show depressive symptoms.

### Research Question:

Is there as association between microaggressions and depressive symptoms in Latina women?

### Methods

#### **Participants**

- 66 Student Participants. Ranging in the ages of 18-33 Pursuing either Undergraduate or Graduate Studies

#### **Procedure**

- Students were asked to participate in the study through the University of California, Santa Cruz. They were then told to use an app, MicroReport, in which they could report where they received a MA on campus.

### Results Summary:

- Linear Regression showed that there was a positive association between MAs and depressive symptoms.
- Those who reported MAs more frequently also reported more depressive symptoms. About 23.4% of our sample displayed this pattern.
- Exoticism/Environmental MAs did not have a significant effect on depression. All other MAs were significant.

### Implications:

- Women have different tolerances for microaggressions. For example, two participants could have experienced the same microaggression, but the two participants rate the experience differently.
- Participants could forget to record a microaggression, while others could have over recorded microaggressions.
- Some participants could have had symptoms of depression before experiencing the microaggressions.

### Further Research:

- Studies on how Latina women cope with depressive symptoms from MAs and see which methods help
- With this research we can create a safe space on campus for Latina women to go and talk about mental health etc. with other members in the Latinx community
- We can also showcase to the University that these microaggressions negatively affect people and try to alleviate microaggressions on campus by creating events that help reduce these discriminatory interactions

### **Measures**

- The Center for Epidemiologic Studies Depression Scale (CES-D), lists the ways one might have felt or behaved, during the past week. Possible range of scores is zero to 60, with the higher scores indicating the presence of more symptomatology.
- The Racial-Ethnic Microaggressions Scale (REMS) is a scale we used to measure MAs within the past six months in racially diverse samples of college students (Nadal, 2011).

	Depression			
	B	SE	t	p
MA_ALL	.484	.035	3.984	<.001
Inferiority	.391	.125	3.131	.003
Criminality	.773	.212	3.651	.001
Invalidity	.334	.098	3.404	.001
Exoticism	.188	.149	1.430	.158
Environmental	.059	.278	.435	.665
Work	.473	.246	4.057	<.001

### References:

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