

Some Ethnoracial Groups are More Likely Than Others to Experience Impacts from Microaggressions

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ABSTRACT

This study examined whether certain ethnoracial groups (i.e., African American, Asian American, Indigenous American, Hispanic/Latinx, mixed race/ethnicity, White) were more likely than others to experience impacts from microaggressions. The results demonstrated that African American participants reported more impacts from racial microaggressions than participants from other ethnoracial groups.

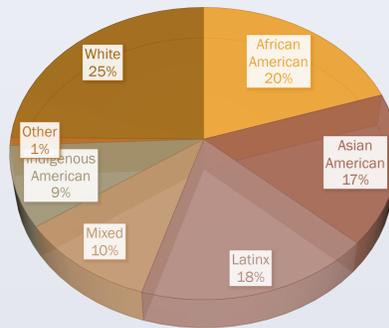
INTRODUCTION

- ❖ Individuals from marginalized groups are subjected to microaggressions on a regular basis because they belong to a particular group (Sue et al., 2007).
- ❖ This is significant because microaggressions can negatively impact an individual's mental health (Nadal et al., 2014).
- ❖ Prior research has demonstrated that microaggressions are associated with depression, anxiety, suicidal ideation, and low self-esteem (Nadal et al., 2014; O'Keefe et al., 2015).
- ❖ However, previous studies have not examined whether certain ethnoracial groups are more impacted by microaggressions when compared to other groups.
- ❖ Our research helped fill this gap by examining impacts from racial microaggressions among African American, Asian American, Indigenous American, Hispanic/Latinx, mixed race/ethnicity, and White American adults.
- ❖ We hypothesized that African Americans would be most impacted by microaggressions.

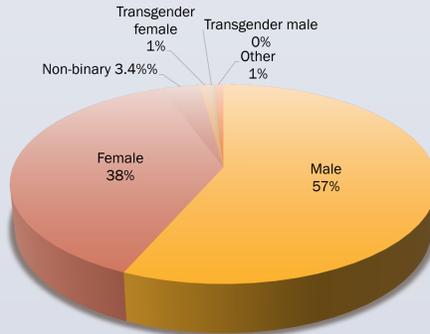
METHOD

- ❖ $N = 322$
- ❖ Age: $M = 33.8, SD = 12.0$
- ❖ Recruited from across the U.S. to complete an online study including the Racial Microaggression Scale (RMAS; Torres-Harding et al., 2012).

RACE/ETHNICITY



GENDER IDENTITY



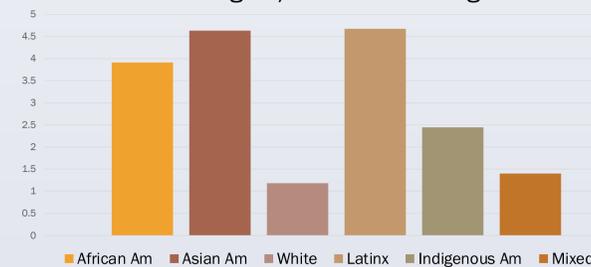
RESULTS

- ❖ MANOVA was conducted with ethnoracial group as IV and impacts from five types of racial microaggressions as DVs.
- ❖ There was a significant multivariate main effect, $F(25, 390) = 2.30, p < .0001$, and four significant between-subjects effects.
- ❖ Ethnoracial identity explained 13% of the variance in impacts from racial microaggressions, partial $N^2 = .13$.

RESULTS

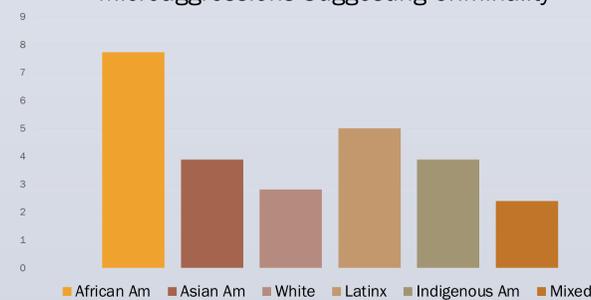
- ❖ Asian American, Hispanic, and African American participants reported more impacts from microaggressions suggesting the person is a foreigner or does not belong, compared to other groups, $F(5, 78) = 4.68, p = .001$, partial $N^2 = .23$.

Main Effect of Race/Ethnicity on Impacts of Microaggressions Suggesting Foreigner/Does Not Belong



- ❖ Compared to other groups, African American participants experienced significantly more impacts from microaggressions suggesting the person is a criminal, $F(5, 78) = 4.62, p = .001$, partial $N^2 = .23$.

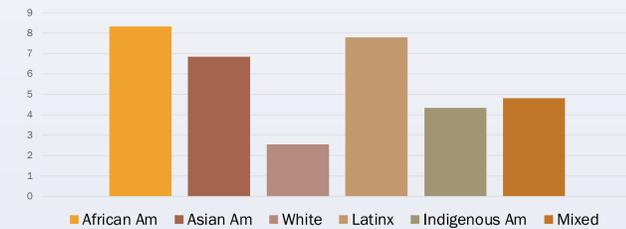
Main Effect of Race/Ethnicity on Impacts of Microaggressions Suggesting Criminality



- ❖ Compared to White participants, African American, Hispanic, and Asian American participants experienced more impacts from not seeing people like them in work, school, and entertainment environments, $F(5, 78) = 3.61, p = .005$, partial $N^2 = .19$.

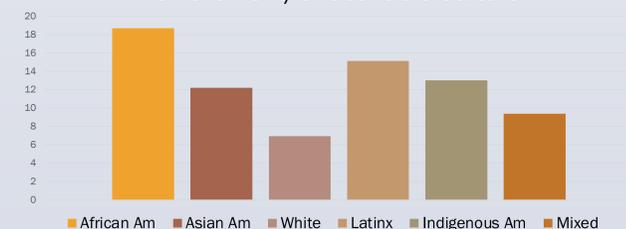
RESULTS

Main Effect of Race/Ethnicity on Impacts of Microaggressions about Environmental Invalidations



- ❖ African American participants reported more impacts from microaggressions suggesting the person is part of a low achieving and undesirable culture, compared to Asian American, Indigenous American, mixed ethnoracial identity, and White participants; Hispanic participants experienced more impacts than White participants, $F(5, 78) = 4.12, p = .002$, partial $N^2 = .21$.

Main Effect of Race/Ethnicity on Impacts of Microaggressions Suggesting Low Achievement/Undesirable Culture



DISCUSSION

- ❖ As predicted, the results indicate that African American individuals are more likely to experience the impacts of several types of racial microaggressions.
- ❖ The findings suggest that microaggressions are harmful to many ethnoracial groups and especially impact the well-being of African Americans.
- ❖ The results highlight the need to create trainings and other mechanisms that can help individuals identify and reduce microaggressions to decrease their impacts.