

Examining the Association Between Microaggressions and Depressive Symptoms in Latina Women Kattie Alvarez, Esmeralda Galvan, Jessica Macias, Rebeca Najarro, Corina De La Torre and Christy M. Byrd, Ph.D University of California, Santa Cruz

Introduction:

 Microaggressions (MAs) are subtle actions that main target marginalized groups. These incidents can either intentional or unintentional but overall have a negative impact.(Ong & Burrow, 2017).

 Previous research tested self-efficacy and ethnic idea which concluded that ethnic MAs were associated wit heightened traumatic stress symptoms, which then ele depression (Torres & Taknint, 2015).

•Furthermore, in an exploratory study conducted by N et. al. (2014), it was found that women were more like report a higher number of MAs in a work or school environment.

•Despite the articles that were gathered, there is still of research on the impact that MAs have on Latinas attending higher education.

Hypothesis:

Latina women who report experiencing microaggres more frequently are more likely to show depressi symptoms.

Research Question:

Is there as association between microaggressions 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 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.

Posults Summary:

	<u>Results Summai</u>
nly	•Linear Regression showed that there was a j
r be	MAs and depressive symptoms.
ve	Those who reported MAs more frequently a
	symptoms. About 23.4% of our sample displ
ntity	 Exoticism/Environmental MAs did not have
th	depression. All other MAs were significant.
evated	Implications:
Vadal, ely to	•Women have different tolerances for microa
	participants could have experienced the same
	two participants rate the experience different
a lack	 Participants could forget to record a microa
	have over recorded microaggressions.
	 Some participants could have had symptom
	experiencing the microaggressions.
	Further Researc
	 Studies on how Latina women cope with de
•	MAs and see which methods help
ssions ive	•With this research we can create a safe spac
	women to go and talk about mental health et
	Latinx community
and	•We can also showcase to the University that
	negatively affect people and try to alleviate
	by creating events that help reduce these disc
	Measures
	•The Center for Epidemiologic Studies Dep
	the ways one might have felt or behaved, d
	range of scores is zero to 60, with the high
	presence of more symptomatology.
h the	The Racial-Ethnic Microaggressions Scale
ald to use	to manura MAs within the next six month

of college students (Nadal, 2011).

positive association between

also reported more depressive layed this pattern.

e a significant effect on

aggressions. For example, two e microaggression, but the tly.

aggression, while others could

ns of depression before

<u>ch:</u>

pressive symptoms from

e on campus for Latina c. with other members in the

t these microaggressions microaggressions on campus criminatory interactions

pression Scale (CES-D), lists luring the past week. Possible er scores indicating the

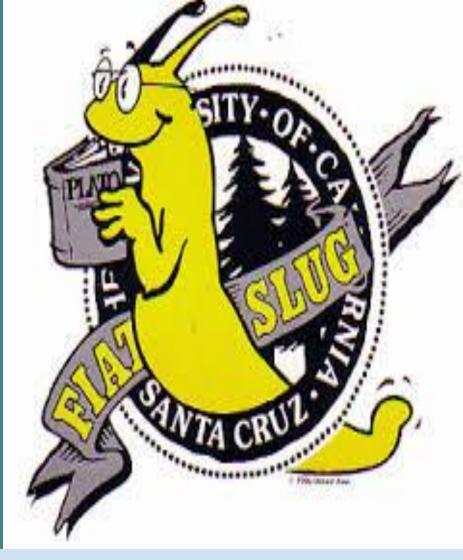
e (REMS) is a scale we used to measure MAs within the past six months in racially diverse samples

	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

Nadal, K. L., Mazzula, S. L., Rivera, D. P., & Fujii-Doe, W (2014). Microaggressions and Latina/o americans: An analysis of nativity, gender, and ethnicity . *Journal of Latina/o Psychology*, 2(2), 67-78.

doi:<u>http://dx.doi.org.oca.ucsc.edu/10.1037/lat0000013</u> •Torres, L., & Taknint, J. T. (2015). Ethnic microaggressions, traumatic stress symptoms, and latino depression: A moderated mediational model. *Journal of Counseling Psychology*, 62(3), 393-401.

doi:<u>http://dx.doi.org/10.1037/cou0000077</u> •Nadal, K. L. (2011). The Racial and Ethnic Microaggressions Scale (REMS): construction, reliability, and validity. Journal of Counseling Psychology, 58(4), 470. •Ong, A. D., & Burrow, A. L. (2017). Microaggressions and daily experience: Depicting life as it is lived. Perspectives on *Psychological Science*, *12*(1), 173-175.



References: