



INTRODUCTION

- Between 50% and 75% of Black, Indigenous, and People of Color (BIPOC) individuals in the US report discriminatory treatment (Lee et al., 2019).
- Research has highlighted the negative impacts of racial and ethnic discrimination on mental health outcomes among racial minorities in the U.S. (Carter et al. 2017).
- Positive aspects of self-compassion (e.g., self-kindness) have been shown to buffer against the impact of discrimination on mental health (Lui et al., 2020).
- However, limited research has examined how the negative aspects of self-compassion (i.e., self-judgement, over-identification, and isolation) may interact with experiences of discrimination.

Research Aims and Hypothesis:

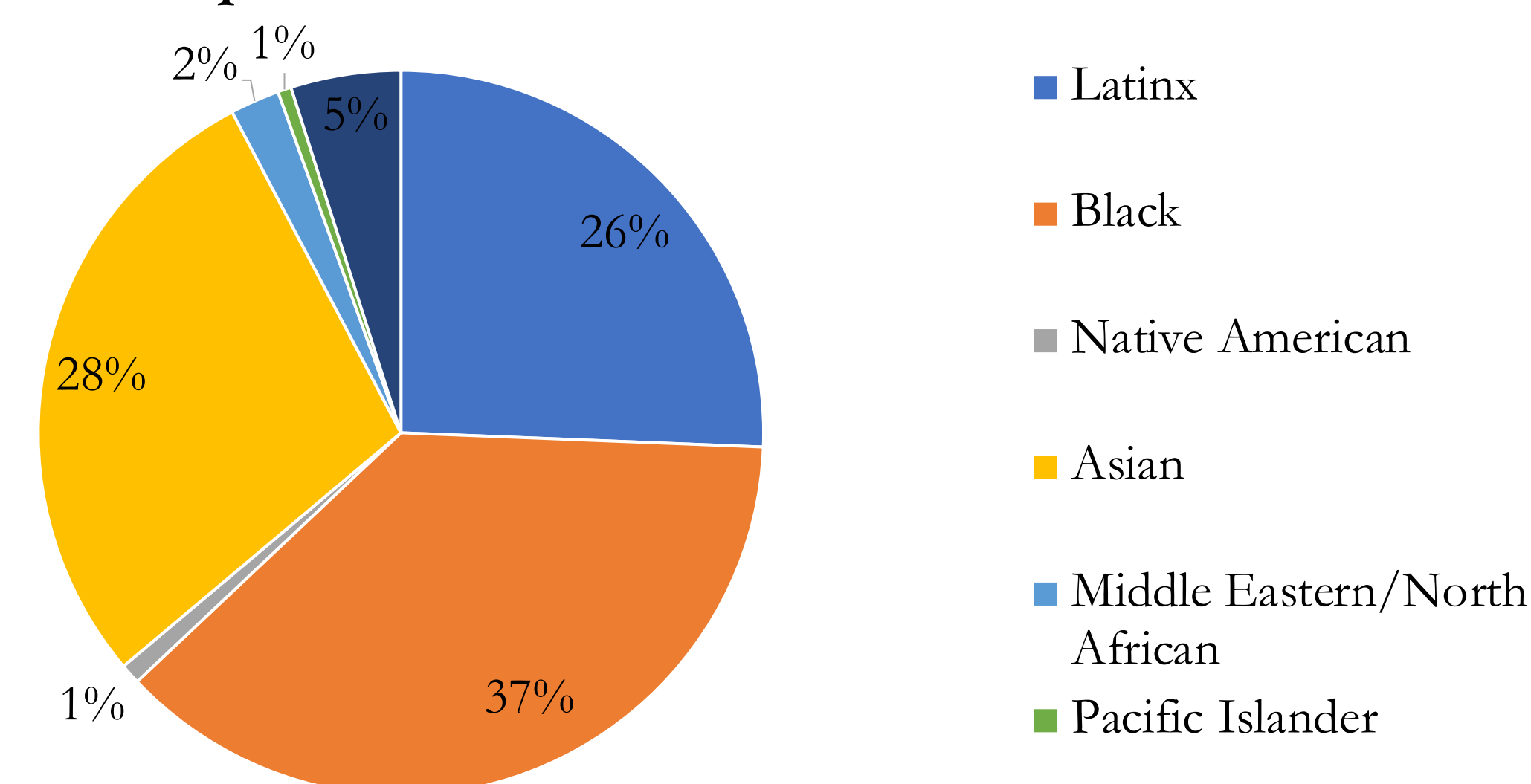
- The present study examines relationships between the experience of discrimination, negative aspects of self-compassion, and symptoms of anxiety.
- We hypothesize that: (1) the experience of discrimination will be positively associated with symptoms of anxiety; (2) negative aspects of self-compassion will be positively associated with symptoms of anxiety, and (3) that there will be a significant interaction between the negative aspects of self-compassion and the experience of discrimination.

METHODS

Participants

- Participants were 348 BIPOC college students recruited from a minority-serving institution.
- Participants were 67.3% female, with a mean age of 22.15 (SD = 5.65) from diverse racial backgrounds (see Figure 1.).

Figure 1. Participant Race



Measures

- **General Ethnic Discrimination Scale (Landrine et al., 2006):** 18-item self-report measuring perceived ethnic discrimination, with higher scores indicating higher levels of perceived discrimination.
- **Self-Compassion Scale- Short Form (Raes, Pommier, Neff, & Van Gucht, 2011):** 12-item self-report measuring the respondent's level of self-compassion. For the purposes of this study, only the negative aspects of self-compassion we examined, with higher scores indicating higher levels of self-judgement, over-identification, and isolation.
- **The Brief Symptom Inventory 18 (Derogatis & Spitzer, 2000):** 18-item self-report intended to screen for psychiatric disorders and psychological distress, consisting of three 6-item subscales: somatization, depression, and anxiety.
- **Demographic Information** about participants was collected via a student self-report survey including information on race, sex, gender, and year in college.

METHODS (CONT'D.)

Data Analyses

- Multiple regression analyses were conducted to examine the association between the experience of discrimination, negative aspects of self-compassion, and symptoms of anxiety controlling for participant age, gender, and race.
- Negative aspects self-compassion were examined as moderators of the relationship between the experience of discrimination and symptoms of anxiety.

RESULTS

- A greater percentage of participants endorsed experiencing discrimination over the past semester than in previous research (see Figure 2.).

Figure 2. Percentage of Participants who Endorse Experiences of Discrimination

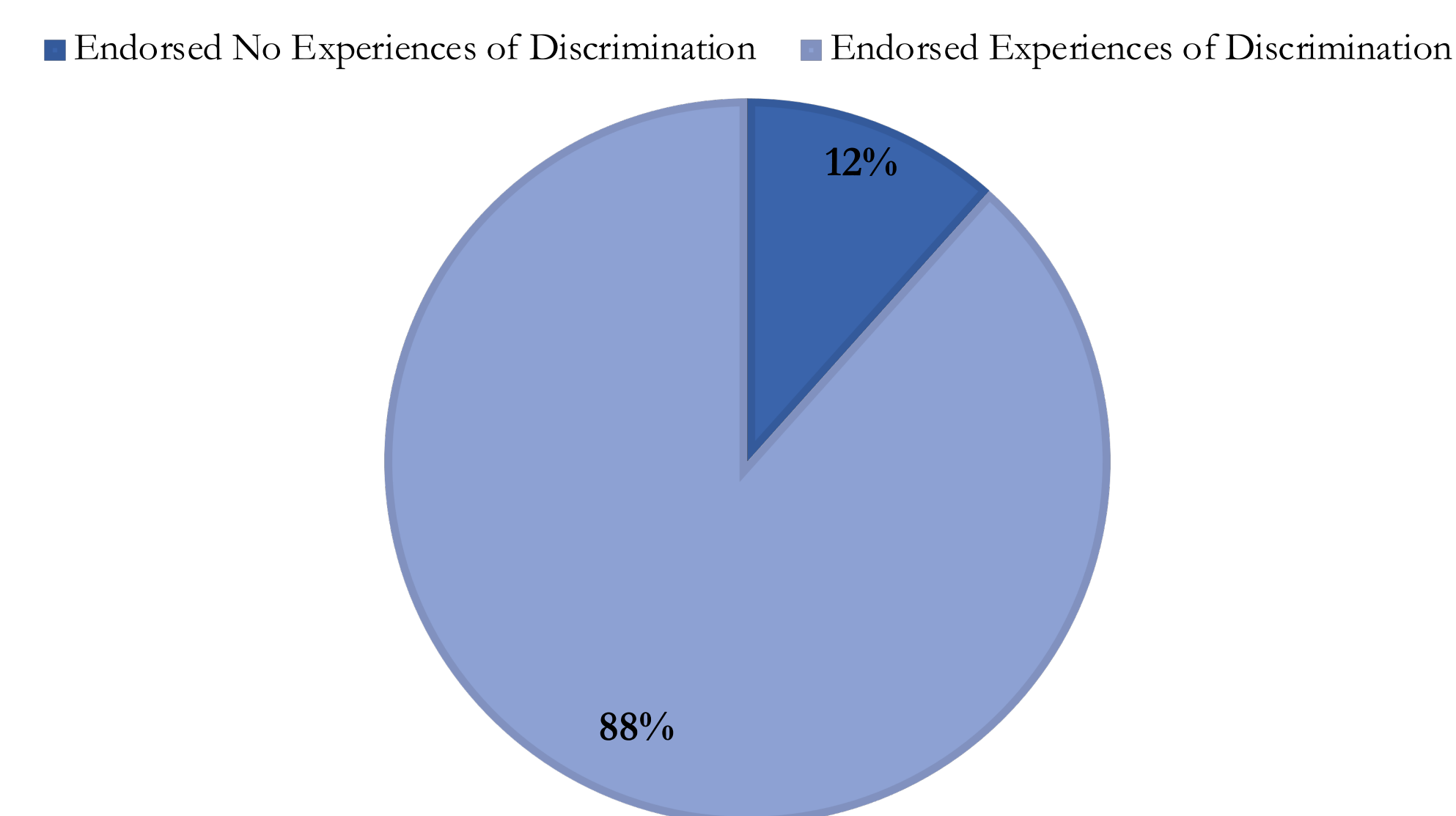


Table 1. Zero-Order Correlations

	1	2	3	4	5
1. Self-Judgement	-				
2. Isolation	.575**	-			
3. Over-Identified	.693**	.688**	-		
4. Anxiety	.389**	.379**	.394**	-	
5. Discrimination	.250*	.200*	.226*	.408**	-

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

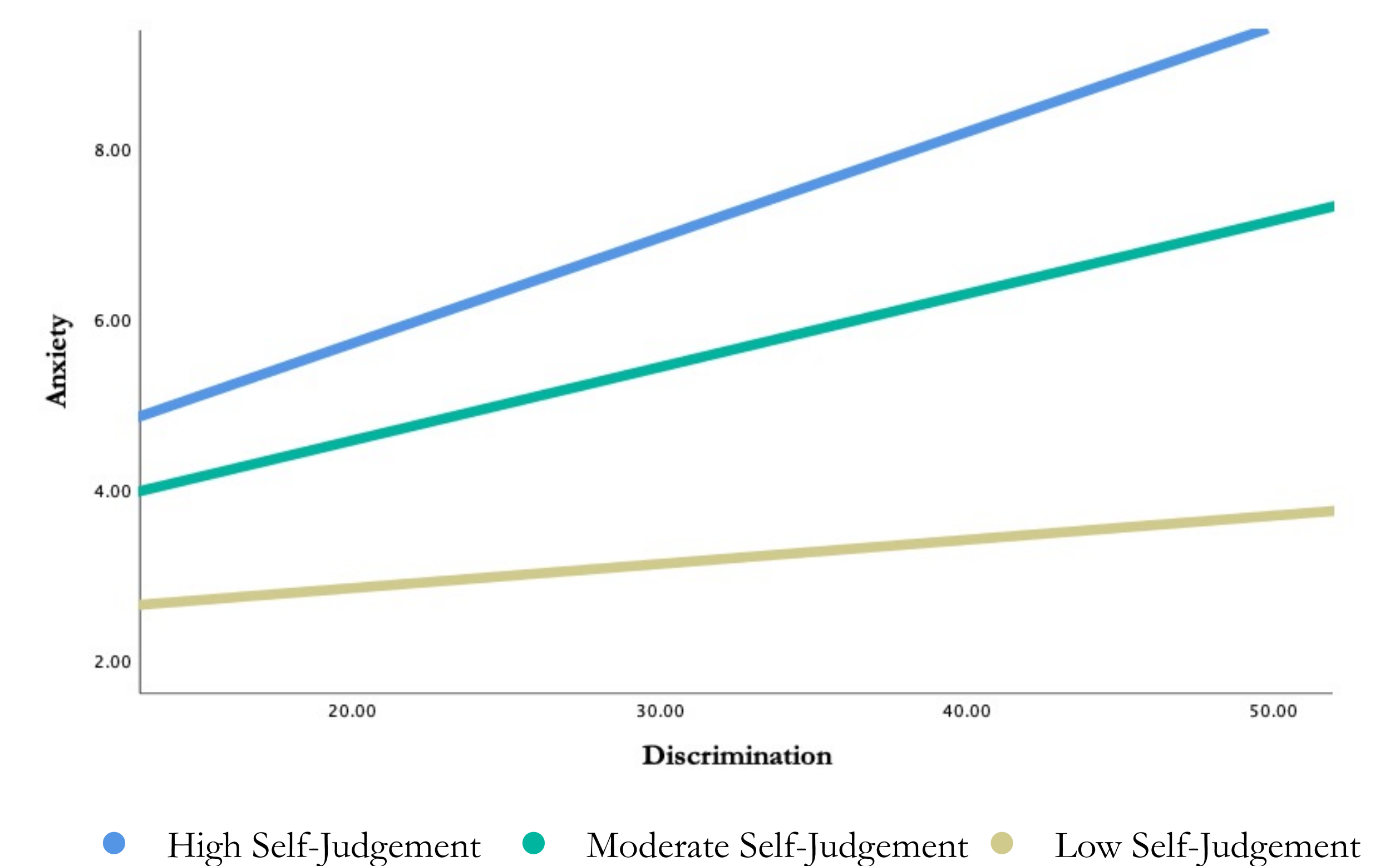
Table 2. Predictors of Anxiety

	Beta	p-value
Age	0.02	0.857
Gender (Male Ref)	0.05	0.612
Race (Black Ref)	0.05	0.625
Asian	-0.02	0.806
Latinx	0.08	0.358
Middle Eastern/North African	0.09	0.268
Discrimination	0.37	<.001
Self-Compassion: Isolation	0.35	<.001
Self-Compassion: Over Identification	0.22	0.014
Self-Compassion: Self-Judgement	0.27	0.004
Isolation x Discrimination	0.61	0.053
Over Identification x Discrimination	0.66	0.147
Self-Judgement x Discrimination	0.68	0.043

- Discrimination and each of the negative aspects were associated with increased symptoms of anxiety. However, only self-judgment moderated the association between the experience of discrimination and symptoms of anxiety (see Table 2.).

RESULTS (CONT'D.)

Figure 3. Moderating Role of Self-Judgement



- Self-judgement plays a moderating role such that the relationship between the experience of discrimination and anxiety symptoms was stronger for individuals who endorsed higher self-judgement.

DISCUSSION

- Experiences of discrimination are associated with increased symptoms of anxiety in BIPOC individuals.
- Findings provide preliminary evidence for the moderating role of self-judgement in the context of experiences of discrimination among BIPOC.
 - Furthermore, result suggest feelings of self-judgement may be an important treatment target for individuals experiencing discrimination.
- Future research should continue to investigate the role of self-compassion in BIPOC individuals struggling with mental health concerns.

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