

# Relationships Between Discrimination, Valued Living, and Mental Health Outcomes

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## INTRODUCTION

- Between 50% and 75% of Black, Indigenous, and People of Color (BIPOC) individuals in the US report discriminatory treatment (Lee et al., 2019).
- Experiences of racism and discrimination are associated with negative mental health outcomes (Carter et al. 2017).
- Attending to, and making choices based on, one's values may act as a buffer against the experiences of discrimination and promote positive mental health outcomes (Graham et al., 2015; Wilson & Murrell, 2004).

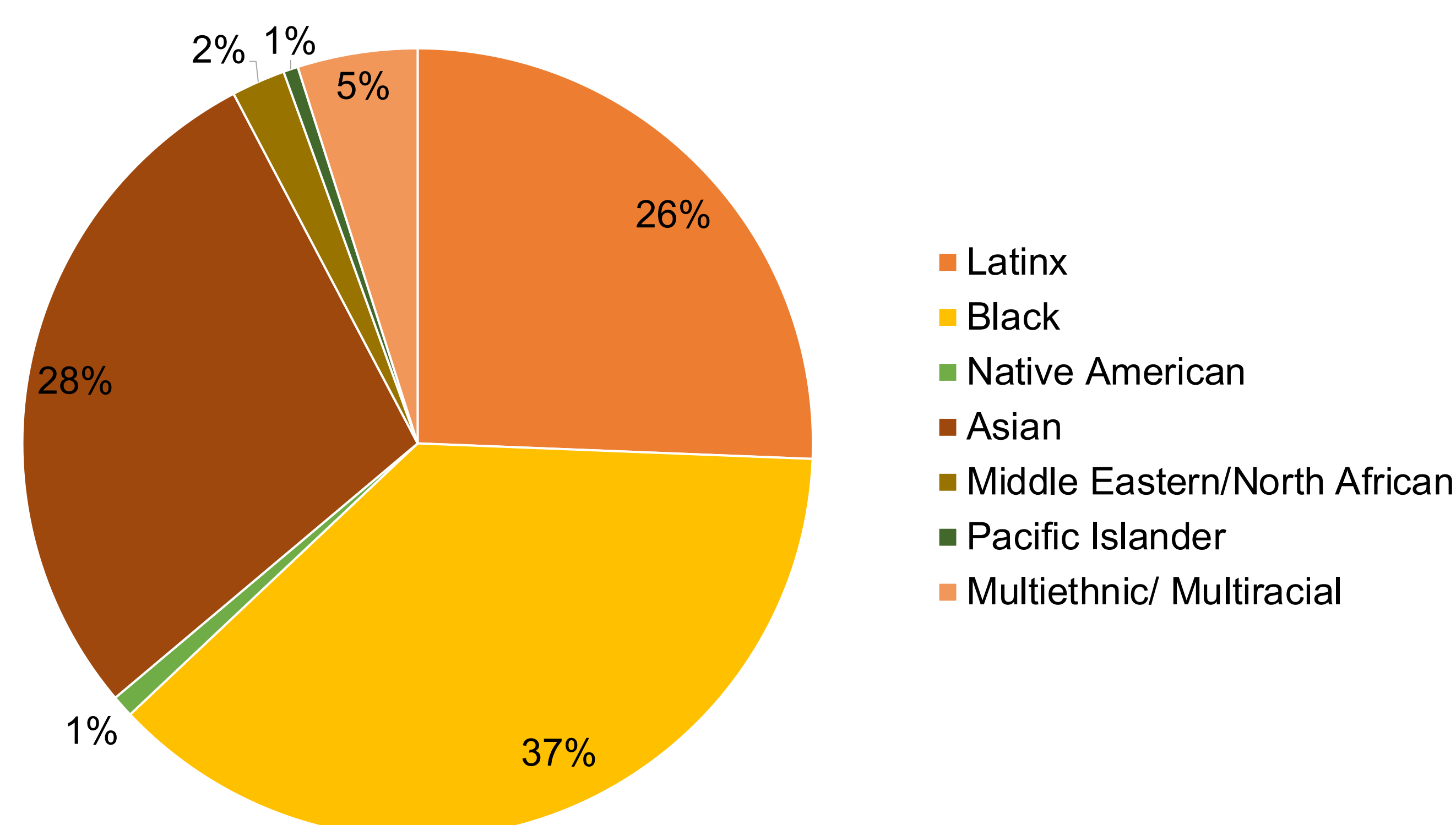
### Research Aims and Hypothesis:

- The present study examines relationships between the experience of discrimination, engagement in valued-living, and symptoms of anxiety and depression.
- We hypothesize that: (1) the experience of discrimination will be positively associated with symptoms of anxiety and depression; (2) that engagement with valued living will be negatively associated with symptoms of anxiety and depression, and (3) that engagement in valued living will buffer against the negative impacts of discrimination.

## METHOD

- 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



## METHODS (CONT'D)

### 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.
- **Engaged Living Scale - 9 (ELS-9; Trindade et al., 2016):** 9-item self-report measuring knowledge of values and values consistent living, with higher scores indicating higher levels of values engaged living.
- **The Brief Symptom Inventory 18 (Derogatis & Savitz, 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.

### Data Analysis

- Multiple regression analyses were conducted to examine the association between the experience of discrimination, values-based living, and symptoms of depression and anxiety controlling for participant age, gender, and race.
- Values-based living was examined as moderators of the relationship between the experience of discrimination and symptoms of depression and anxiety.

## RESULTS

Table 1. Zero-order correlations for study variables

	10	11	12
10. Depression	-		
11. Anxiety	.868**	-	
12. Discrimination	.330**	.408**	-

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

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## RESULTS (CONT'D)

Table 2. Predictors of Anxiety and Depression

	Beta	p-value
<b>Anxiety</b>		
Age	-0.12	0.219
Gender (Male Ref)	0.11	0.273
Race (Black Ref)		
Asian	-0.06	0.587
Latinx	-0.08	0.489
Middle Eastern/North African	0.12	0.244
<b>Discrimination</b>	<b>0.25</b>	<b>0.016</b>
<b>Discrimination</b>	<b>0.22</b>	<b>0.047</b>
<b>Engaged Living</b>	<b>-0.11</b>	<b>0.329</b>
Discrimination x Valued Living	-0.35	0.541
<b>Depression</b>		
Age	-0.03	0.782
Gender (Male Ref)	0.14	0.165
Race (Black Ref)		
Asian	0.07	0.501
Latinx	-0.03	0.77
Middle Eastern/North African		
African	0.07	0.497
<b>Discrimination</b>	<b>0.28</b>	<b>0.01</b>
Discrimination	0.19	0.078
<b>Engaged Living</b>	<b>-0.28</b>	<b>0.012</b>
Discrimination x Valued Living	0.15	0.791

## DISCUSSION

- The present study provides additional evidence highlighting that the experience of discrimination is associated with both symptoms of anxiety and depression.
- Interestingly, when engaged living was added to the model, it became the only significant predictor of depression, but was not significantly associated with anxiety.
- Surprisingly, no significant interaction between the experience of discrimination and engaged living on mental health outcomes emerged.
- Results highlight the need for additional research on the role of values-based living in the context of experiences of discrimination.

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