

Examining Hope, Racial Microaggressions, and Anxiety in Black Students attending Predominantly White Institutions

David Frazier, NG Lobe Njok, Schleiden Saint-Jean & Nicholas Reese M.A. | Florida State University | Anne Spencer Daves College of Education, Health, and Human Sciences

Discussion

Data Analysis & Psychological Measurement Score interpretation considerations:

- A significant positive association was found between anxiety and racial microaggressions in our analysis, with the level of perceived racial microaggressions in school-based environments rising as self-appraised anxiety levels rose.
- Hope did not show any significant association with either variable.
- This poster is based on preliminary data (59 total participants); thus, the generalizability of the results should be taken with caution.
- The research study ultimately aims to collect 112 participants, as indicated as significant via a G-Power 3 statistical power analysis.
- This analysis corroborates extant findings in the current literature which postulates a significant positive relationship between anxiety and racial microaggressions.

DASS-42 (Anxiety):

- The mean respondent score of 8.6 for the anxiety DASS subscale denotes a “Mild level of Anxiety” as an average in our sample.

SB-REMS (Racial Microaggressions):

- Did not control for the three subscale dimensions of the measure: “Stereotyping”, “Invalidation”, and “Invalidation of Racial/Cultural Issues” which may influence the association between the variables and offer the opportunity to further glean the relationship between the variables.

AHS (Hope):

- Did not control for the two subscales of Agency & Pathways (Agency is an individual’s ability to begin and sustain action toward goal achievement. Pathways is a person’s ability to identify and plan routes to attain a goal.).
- Although Hope did not have a significant association with the other two variables, it is worth considering that this variable is ultimately to be used as a moderator for the full study and there is limited and nascent empirical evidence exploring the relationship between Hope and our variables of anxiety and racial microaggressions.

Future Research Considerations:

- The research team is continuing to collect remaining participants
- Utilizing a different statistical analysis (Process Macro for Moderation analysis with hope as a potential moderator between anxiety & Racial microaggressions)
- Adding the following control variables/covariates to the analysis: Ethnicity, First-Gen Status, and Gender Identity.

Acknowledgements

Thank you to our research mentor, Nicholas Reese, the Undergraduate Research Opportunity Program, and the Center for Undergraduate Research and Academic Engagement.

References



Results

Table 1.

Measures

Measure	Items	Responses	Sample Item
Depression, Anxiety, and Stress Scales (DASS-21; Lovibond & Lovibond, 1995)	7	0 (Did not apply to me at all) to 3 (Applied to me very much, or most of the time)	"I experienced breathing difficulties"
School-Based Racial and Ethnic Microaggressions Scale (SB-REMA; Keels et al., 2017)	14	1 (Never) to 4 (Often/Frequently)	"Others assumed I was good at certain things because of my race/ethnicity"
Adult Hope Scale (AHS; Snyder., 1991)	12	1 (Definitely False) to 8 (Definitely True)	"There are lots of ways around any problem"

Table 2.

Descriptive Statistics

	Mean	Standard Deviation	N
Anxiety	8.6071	6.53572	56
Micro Aggressions	15.8136	8.13777	59
Hope	70.1228	6.74810	57

Table 3.

Simple Multivariate correlation comparisons on study variables

		Anxiety	Micro Aggressions	Hope
Anxiety	Pearson Correlation	1	.583**	.121
	Sig. (2-tailed)		<.001	.379
	N	56	56	55
Micro Aggressions	Pearson Correlation	.583**	1	.073
	Sig. (2-tailed)	<.001		.590
	N	56	59	57
Hope	Pearson Correlation	.121	.073	1
	Sig. (2-tailed)	.379	.590	
	N	55	57	57

Introduction

- Rates of anxiety within the United States continue to hit high levels, demonstrating significant increases among adults (NIMH, 2017).
- 1 in 5 adults in the U.S. report living with an anxiety disorder (e.g. social anxiety disorder, generalized anxiety disorder), resulting in 50 million individuals (NIMH, 2017).
- These rising rates are accompanied by shifting demographic trends, especially with individuals identifying with a racial or ethnic minority group.
- Reported an increase in anxiety levels among Black adults from “5.24% to 5.88%” (Goodwin et al., 2020).
- Black communities have to deal with multiple unique stressors that are not common for other racial and ethnic populations, such as racial-based traumas and microaggressions (Adams 2021; Hope et al., 2020; Rogers et al., 2017).
- Black Americans are at higher risk for developing co-morbid health difficulties, as research finds a lack of treatment for anxiety correlates to lowered productivity, suicidal risk, and reduced quality of life. (Clark et al., 1999, Sue et al., 2007).
- Hope can be defined as a protective factor, seen to mitigate the effects of racial microaggressions and anxiety (Synder et al., 1991).
- Hope has had empirical evidence to buffer mental health difficulties, such as anxiety and depression (Kharah et al., 2019).
- This study will examine the relationship between racial microaggressions, anxiety, and hope within Black students attending Predominantly White Institutions (PWIs).

Methods

This proposed cross-sectional and correlational study will measure the constructs of racial microaggressions, hope, and anxiety levels through a quantitative, survey-based, cross-sectional study:

- The variables and measures are displayed in Table 1: Anxiety, Racial Microaggressions, and Hope.
- The proposed study’s target population is Black emerging adults (18-25) students currently attending PWIs throughout the state of Florida.
- Convenience sampling will be utilized for data collection and participant recruitment.
 - Targeted recruitment was utilized to achieve access to the participant sample of interest through recruitment flyers at FSU and individual/group recruitment (recruitment tabling at FSU, mass emails to Black student groups at PWIs in Florida, etc.).
- This proposed study utilized a Qualtrics-based survey, including four measures: a demographic questionnaire to determine research inclusion and exclusion and describe the sample, an anxiety levels measure, a racial microaggressions measure, and a hope measure.
 - Participants were excluded if they did not endorse being a current undergraduate student, were below the age of 18, or did not identify as Black.
- Note that the data was cleaned (fixing or removing incorrect, corrupted, incorrectly formatted, duplicate, or incomplete data within a dataset) before the creation of any dummy variables or analyses run.
- The primary analytical technique employed to answer the research questions will be multi variate correlation analysis.
 - Research Question 1: Are frequency of racial microaggressions associated with anxiety levels in Black college emerging adult students at PWIs?
 - Research Question 2: Are frequency of racial microaggressions associated with hope levels in Black college emerging adult students at PWIs?
 - Research Question 3: Are frequency of anxiety levels associated with hope levels in Black college emerging adult students at PWIs?

Sample (N=59):

- M^{age} = 19.75 years. SD^{age} = 1.27 years
- First Generation College Student: 28
- Race: 33 African American, 17 Caribbean, 4 Afro-Latin, 4 African, 1 Other/Multi
- Gender: 39 Female, 20 Male