

Analyzing colorblindness as a moderator between racial discrimination and its traumatizing impact.

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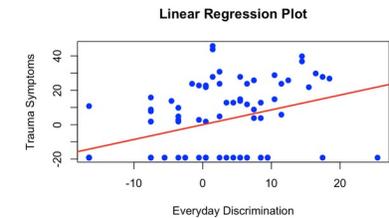
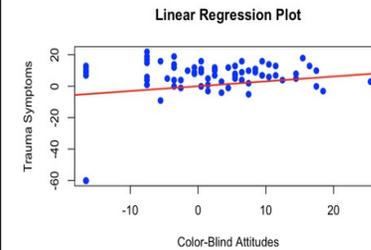
Introduction:

- Evolution of Racial Discrimination & Colorblindness:** Racial discrimination has a long history, evolving into subtle forms like microaggressions. Color-blind racial ideology denies race and minimizes everyday racism, fostering ignorance and invalidating the experiences of people of color.
- Mental Health Impact of Discrimination:** Studies show that daily racial discrimination negatively affects people of color, leading to mental health issues such as depression, anxiety, and a pessimistic worldview.
- Shift from Explicit to Subtle Discrimination:** While explicit racism has been historically dominant, subtle racial discrimination is becoming more prevalent, making individuals unaware of its effects and contributing to its normalization.
- Gap in Research on Racial Colorblindness:** Although the negative impacts of subtle discrimination are recognized, more research is needed on how racial colorblindness—specifically the failure to acknowledge race—moderates these effects and contributes to mental trauma.
- Research Purpose & Practical Implications:** This study investigates the independent effects of racial colorblindness and everyday discrimination on mental health. Findings can inform therapeutic practices, emphasizing the need for targeted counseling and greater awareness to mitigate the harmful effects of racial colorblindness.

Results:

Colorblind attitudes show a stronger positive association with trauma symptoms, as higher colorblindness scores correspond to increased trauma symptoms.

In contrast, everyday discrimination exhibits a weaker positive association, with more variability in the data.



We performed an interaction analysis and found a non-significant interaction between the two. This suggests that colorblindness does not moderate the relationship between everyday discrimination and trauma symptoms.

Methodology:

•Participants will fill out self-report questionnaires assessing everyday discrimination, post-traumatic stress, and colorblind beliefs. The measures will provide individual perceptions of discrimination in everyday life, indications of post-traumatic stress, and adherence to colorblind ideology.

Demographics:

- **Mean Age:** 20.01 years (SD = 3.40)
- **Sex:**
 - 69% Female
 - 31% Male
- **Race/Ethnicity:**
 - 39% African American
 - 32% Asian
 - 14% Hispanic/Latino
 - 9% Other
 - 7% Multiracial

•Data will be analyzed using R 4.4.2. An interaction analysis will be used to study the link between everyday discrimination and post-traumatic stress. The study will specifically look at how everyday discrimination and post-traumatic stress interact to determine the endorsement of colorblind beliefs. This will allow a more thorough comprehension of how these factors interact and affect participants' perceptions of race and discrimination.

Conclusion:

- This research found that colorblindness and everyday discrimination operate independently, with colorblindness not moderating traumatizing symptoms.
- Both issues need further analysis for clinicians to understand better and address their impacts in therapy.
- Although independent, both colorblindness and everyday discrimination cause traumatizing effects that require attention.
- Future research should examine colorblind attitudes and everyday discrimination separately, as the results indicate they are independent of each other. This approach will help refine therapeutic practices and better support people of color by addressing each factor individually.

References:

