

Public Health Education and Health Promotion Student Awards Oral Session  
4:30 p.m. Sunday, October 27, 2024

Double  
Jeopardy  
Study



# Impact Of Gendered And Racialized Microaggressions On Mental Health Outcomes Among Asian And Pacific Islander (API) Female College Students Who Have Experienced Sexual Violence

**Presenter: Eunhee Park, Ph.D. Candidate, M.P.H.**

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Fielding School of Public Health

**Community Health Sciences**

# Objectives

- Identify the specific manifestations of microaggressions that impact the mental health outcomes
- Describe the importance of understanding unique societal stressors and the diverse impact of various forms of discrimination and violence in developing culturally sensitive interventions that effectively address the needs of API college students who experienced sexual violence.

# Health Indicators

- Access to educational opportunities
- Gender equality
- Social norms and attitudes (e.g. discrimination, racism, and distrust of institution)



**Gendered and racialized violence and discrimination against Asian women in the U.S.**

# Background

- The COVID-19 pandemic & anti-Asian racism and hate crimes in the United States

# Study Aim

- Microaggressions impacting the mental health outcomes of API female college students who have experienced SVSH.

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...either side. So, like, I guess, like he  
...pletely disregarding like anything e  
...we're Asian and because you're Asian  
...ely like a. I guess made me mad in the  
...like really like, truly quote unquote, I  
...whatever that means. But, like, you're go  
  
*Where to turn to*  
...strong connection to a  
tu

# Methods

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# Study Setting



# Convenience and Snowball Sampling

- Posting flyers on campus
- Emailing student organizations and department officers / Email banking activities
- Instagram posting and messaging
- Email referrals

# Data Collection Process



Screening survey + Main survey

\$5 for participants who provided a valid UC email address

Online in-depth interview for 60 minutes

\$50 for participants who participated in the interview

# Survey Module

## **Module 1: Exposure & Help-seeking (44Q)**

Component 1: Sexual harassment (10 Qs) & help-seeking (2 Qs)

Component 2: Stalking (8 Qs) & help-seeking (2 Qs)

Component 3: Sexual assault (10 Qs) & help-seeking (2 Qs)

Component 4: Relationship violence (8 Qs) & help-seeking (2 Qs)

## **Module 2: Physical and Mental health (4Q)**

Component 1: Self-rated physical health (2 Qs)

Component 2: Self-rated mental health (2 Qs)

# Survey Module

## **Module 3: Racial and Ethnic Microaggression Scale (90Q)**

Component 1: Assumptions of interiority (16 Qs)

Component 2: Second-class citizen (18 Qs)

Component 3: Microinvalidation (18 Qs)

Component 4: Exoticization (16 Qs)

Component 5: Environmental microaggression (14 Qs)

Component 6: School microaggression (10 Qs)

# Survey Module

## **Module 4: Current Mental Health (46 Qs)**

Component 1: Depression (CESD-R, 18 Qs)

Component 2: Anxiety (GAD-7, 8 Qs)

Component 3: PTSD (20 Qs)

## **Module 5: Gendered Racial Microaggressions (22 Qs)**

Component 1: Ascription of Submissiveness (9 Qs)

Component 2: Assumption of Universal Appearance (4 Qs)

Component 3: Asian Fetishism (5 Qs)

Component 4: Media Invalidation (4Qs)

## **Module 6: Institutional Betrayal and Support (26 Qs)**

Component 1: Response to survivors

Component 2: Institutional failures to prevent SVSH

Component 3: Institutional betrayals related to race and sexual orientation

*“... the most grievous of offensive mechanisms spewed at victims of racism and sexism are microaggressions.*

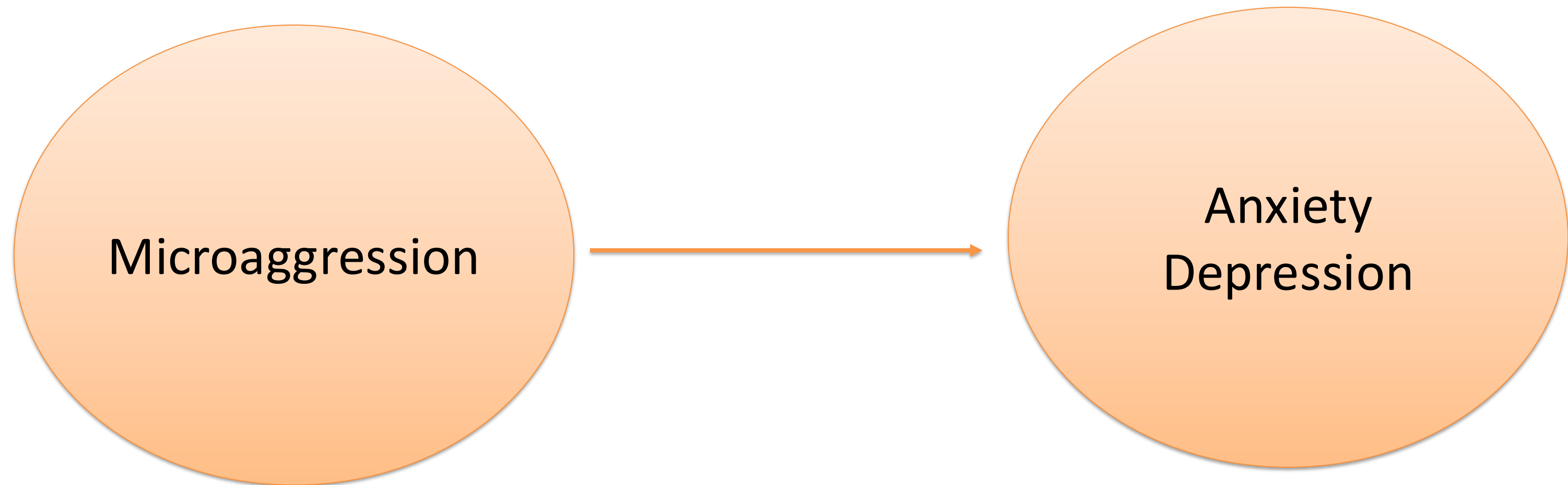
*In and of itself a microaggression may seem harmless, but the cumulative burden of a lifetime of microaggression can contribute to mortality, morbidity, and flattened confidence.”*

Pierce, C. M. (1995). Stress analogs of racism and sexism: Terrorism, torture, and disaster. In C. Willie, P. Rieker, B. Kramer, & B. Brown (Eds.), *Mental health, racism and sexism* (pp. 277–293). Pittsburgh: University of Pittsburg Press.

(Pierce 1995, p. 281)

# Methods: Analysis

- Linear regression analyses were conducted using STATA, Significance level  $\alpha = 0.05$



# Results



# Participant Demographics (N=370)

		<b>N</b>	<b>%</b>
<b>Race<sup>†</sup></b>	Asian	367	99.19
	NHPI	4	1.08
<b>Ethnicity<sup>†</sup></b>	Chinese	153	41.35
	Korean	51	13.78
	Indian	45	12.16
	Vietnamese	39	10.54
	Japanese	34	9.19
	Filipino	25	6.76

**Note: †Multiple Choice**

## Participant Demographics (continued)

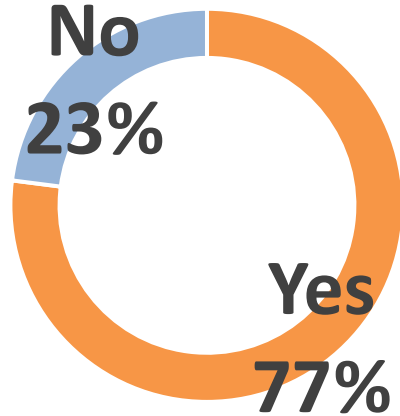
		N	%
<b>Domestic/International</b>	Domestic student	227	61.35
	International student	143	38.65
<b>Campus</b>	UC Los Angeles	119	32.16
	UC Berkeley	47	12.7
	UC Santa Barbara	33	8.92
	UC San Diego	30	8.11
	UC Irvine	29	7.84
	UC Riverside	29	7.84
	UC Davis	28	7.57
	UC San Francisco	26	7.03
	UC Santa Cruz	18	4.86
	UC Merced	11	2.97

# Participant Demographics (continued)

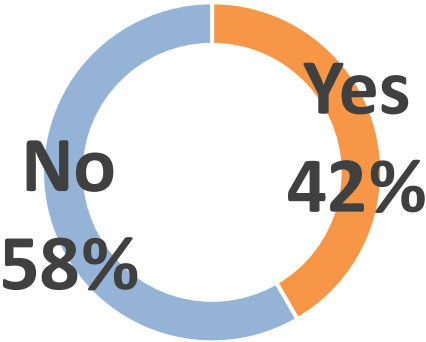
		<b>N</b>	<b>%</b>
<b>Sexual violence experienced</b>	Sexual harassment	285	77.03
	Dating violence	154	41.62
	Sexual assault	145	39.19
	Stalking	139	37.57
<b>Current mental health</b>	Very bad	33	8.92
	Bad	68	18.38
	Moderate	155	41.89
	Good	92	24.86
	Very good	22	5.95
<b>Change in mental health after COVID-19</b>	Worse	129	34.86
	Same	174	47.03
	Better	67	18.11

# Exposure to Sexual Harassment, Sexual Assault, Dating Violence, and Stalking

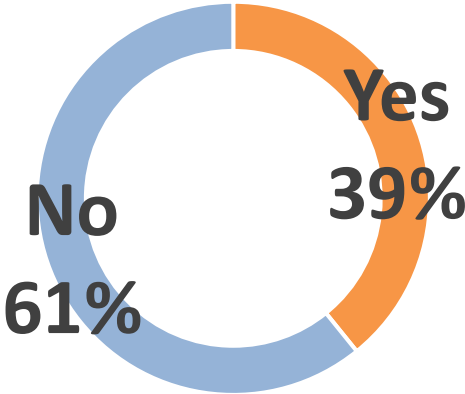
Sexual Harassment



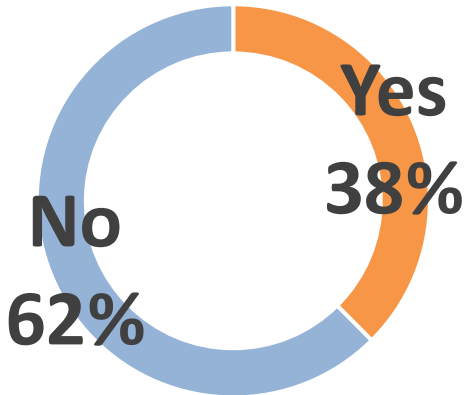
Dating/Intimate partner violence



Sexual Assault



Stalking



*65% experienced multiple types of sexual violence.*

# Measures for Microaggression

## **Racial and Ethnic Microaggression Scale (REMS)<sup>1</sup>**

Component 1: Assumptions of inferiority (16 Qs)

Component 2: Second-class citizen (18 Qs)

Component 3: Microinvalidation (18 Qs)

Component 4: Exoticization (16 Qs)

Component 5: Environmental microaggression (14 Qs)

Component 6: School microaggression (10 Qs)

## **Gendered Racial Microaggressions Scale for Asian American Women (GRMSAAW)<sup>2</sup>**

Component 1: Ascription of Submissiveness (9 Qs)

Component 2: Assumption of Universal Appearance (4 Qs)

Component 3: Asian Fetishism (5 Qs)

Component 4: Media Invalidity (4Qs)

1. Nadal, K. L. (2011). The Racial and Ethnic Microaggressions Scale (REMS): Construction, reliability, and validity. *Journal of Counseling Psychology*, 58(4), 470–480. <https://doi.org/10.1037/a0025193>

2. Keum, B. T., Brady, J. L., Sharma, R., Lu, Y., Kim, Y. H., & Thai, C. J. (2018). Gendered racial microaggressions scale for asian american women: Development and initial validation. *Journal of Counseling Psychology*, 65(5), 571-585. <http://dx.doi.org/10.1037/cou0000305>

# Correlation with Anxiety and Depression

<b>Depression</b>	<b>Coefficient</b>	<b>Standard Error</b>	<b>P-value</b>	<b>R-squared</b>
<b>REMS***</b>	12.796	1.314	0.000	0.2048
<b>Constant</b>	13.451	1.883	0.000	
<b>Anxiety</b>				
<b>REMS***</b>	2.297	.296	0.000	0.1408
<b>Constant</b>	3.338	.424	0.000	

<b>Depression</b>	<b>Coefficient</b>	<b>Standard Error</b>	<b>P-value</b>	<b>R-squared</b>
<b>GRMSAAW</b>	-1.906	1.408	0.177	0.0050
<b>Constant</b>	32.756	1.745	0.000	
<b>Anxiety</b>				
<b>GRMSAAW***</b>	1.192	.299	0.000	0.0414
<b>Constant</b>	5.080	.371	0.000	

# REMS and Depression

<b>Depression</b>	<b>Coefficient</b>	<b>Standard Error</b>	<b>P-value</b>	<b>R-squared</b>
<b>Assumptions of interiority</b>	-1.191	.456	0.414	0.2344
<b>Second-class citizen***</b>	4.545	1.560	0.004	
<b>Microinvalidation***</b>	6.525	1.357	0.000	
<b>Exoticization</b>	1.058	1.232	0.391	
<b>Environmental microaggression***</b>	-.007	1.395	0.000	
<b>School microaggression</b>	.545	1.354	2.737	
<b>Constant</b>	15.792	2.815	0.000	

# REMS and Anxiety

<b>Anxiety</b>	<b>Coefficient</b>	<b>Standard Error</b>	<b>P-value</b>	<b>R-squared</b>
<b>Assumptions of interiority***</b>	.845	.316	0.008	0.2288
<b>Second-class citizen***</b>	1.902	.339	0.000	
<b>Microinvalidation</b>	.0376	.295	0.899	
<b>Exoticization</b>	.418	.268	0.119	
<b>Environmental microaggression</b>	.204	.303	0.501	
<b>School microaggression***</b>	.683	.294	0.021	
<b>Constant</b>	4.431	.612	0.000	

# GRMSAAW and Anxiety

<b>Anxiety</b>	<b>Coefficient</b>	<b>Standard Error</b>	<b>P-value</b>	<b>R-squared</b>
<b>Ascription of Submissiveness</b>	.409	.315	0.195	0.0568
<b>Assumption of Universal Appearance***</b>	.740	.233	0.002	
<b>Asian Fetishism</b>	.0721	.247	0.771	
<b>Media Invalidation</b>	.0247	.232	0.915	
<b>Constant</b>	5.143	.375	0.000	



# Conclusion

# Conclusion

- **Significant Association of Microaggressions with Mental Health**
- **Anxiety Linked to Specific Microaggression Types**
- **Importance of Intersectional Approaches in Mental Health Interventions**

# Contributions

**Co-Principal Investigators:** Eunhee Park, Jianchao Lai

**Student Research Team:** Jenny Lee, Rhea Gandhi, Allison

Masse, Madison Logan, Grace Nguyen, Sabrina Dou, Sean Sugai

**Transmedia-Photovoice and Website Development:** Nox Yang,

Lauren Cramer, Anmol Gupta

**Faculty Mentor:** Jennifer Wagman

# Acknowledgement

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Study

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# More information

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## **Double Jeopardy Study**

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