



**EXAMINING
MULTIRACIAL PRIDE,
IDENTITY-BASED
CHALLENGES AND
DISCRIMINATION:
AN EXPLORATORY
INVESTIGATION AMONG
BIRACIAL EMERGING ADULTS**

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CURRENT STUDY

This study looks into the main interactive effects of **identity-based challenges**, **Multiracial pride**, and **discrimination**, on **psychological distress** (i.e. levels of anxiety and depression) in **Biracial** emerging adults.

Identity-based Challenges

1

The internal tensions and difficulties conforming to societies' conception of race and strains in establishing a solid racial identity.

Multiracial Pride

2

The positive feelings related to being a Multiracial person.

Discrimination

3

Negative treatment based on based on ethnicity and race. Multiracial individuals may encounter **monoracism** that targets individuals of more than one race because they do not fit into the discrete monoracial categories.

PARTICIPANTS

326 Black-white, Latinx-white, Asian-white and minority-minority Biracial college students.

METHOD

Participants filled out self-report **online surveys** which assessed socialization, identity, discrimination, and psycho-social functioning.

FINDINGS

Across this diverse sample of Biracial emerging adults, there were relatively high levels of multiracial pride and moderate levels of identity-based challenges



1

Identity-based challenges predicted greater psychological distress across all biracial sub-groups

Discrimination and Multiracial Pride had unique associations depending on the biracial sub-group

Specific to the Black-White biracial sub-group:

Multiracial pride predicted lower psychological distress

2



Specific to the Black-White biracial sub-group:

3 With increasing levels of **discrimination**, the relationship between **identity-based challenges** and distress became stronger

However, when present, **multiracial pride** disrupted the impact of **discrimination**



Specific to the Latinx-White biracial sub-group:

Discrimination predicted greater psychological distress

4



WHAT DO THE FINDINGS MEAN?

In general, **identity-based challenges** are associated with worse **mental health outcomes**

However, **Multiracial youth** have unique experiences with how **discrimination, identity-based challenges, and multiracial pride** interact to impact **mental health**, depending on their racial background

IMPORTANT IMPLICATIONS

The unique **risk and resilience** factors exhibited by this population are imperative in presenting effective, **culturally-informed treatment** and supporting the positive psychosocial development of **Multiracial/Biracial youth** in diverse college environments.

The positive effects of **Multiracial pride** can be useful for parents, educators and counsellors to facilitate identity exploration.

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