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Abstract

Racism and discrimination have been linked to poor health outcomes in those that are exposed to recurring acts of racial/ethnic discrimination. Race-based stress and ethnic-based stress occur as a result of the psychological and emotional pain that a person may feel after encounters with racism and discrimination. Experiences with racism and racial/ethnic discrimination can result in trauma, which can produce high-risk behavior as a stress response. The current study examines the responses of X participants who completed the Discrimination Stress Scale (DSS), the Multidimensional Acculturative Stress Inventory (MASI), and the Youth Risk Behavior Surveillance System (YRBSS) to study the correlation between race-based stress, ethnic-based stress, and high-risk behaviors, specifically risky sexual behavior and physical violence, in Latinx men and women. Race-based stress and ethnic-based stress were measured using the DSS, which measures stress associated with perceived racial/ethnic discrimination. The MASI, which measure the acculturative stress and retention of ethnic culture of origin for people living in the United States, was used to measure ethnic-based stress. It is hypothesized that Latinx men and women that have experienced increased race-based stress and ethnic-based stress will report more sexual risk behavior and physical violence when compared to Latinx men and women that have experienced less race-based stress and ethnic-based stress. It is also hypothesized that Latinx women will report increased race-based stress, ethnic-based stress, sexual risk behavior, and physical violence when compared to their male counterparts because of women's experiences of intersectionality. The findings of this study should highlight the importance of race as it relates to health disparities within the Latinx community.