

# Race-Related Discrimination is Linked to Body Image Concerns in Asian/Asian American Men



## Background



- Asian/Asian American men report higher levels of body image concerns relative to their ethnic peers



- Experiences with racism may precipitate body image concerns in this population, though no empirical studies have investigated this hypothesis



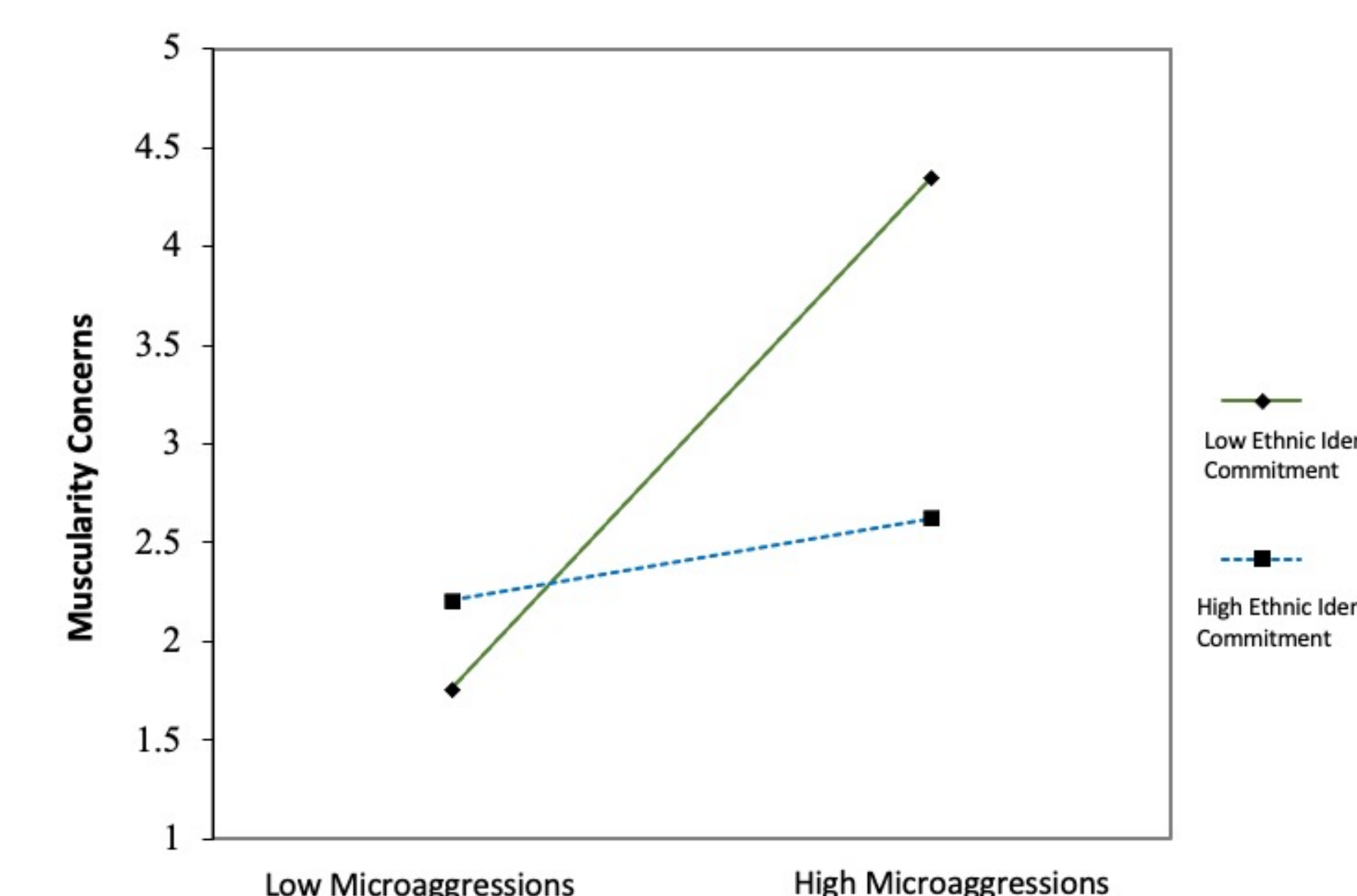
- A strong ethnic identity may function as a protective factor against these associations, as a greater sense of ethnic identity has been linked to greater subjective well-being and self-esteem in Asian/Asian American men

## Methods

Construct	Measure
Demographic Survey	Self reported race/ethnicity, age, including income, education, presence of a psychiatric diagnoses, height, and weight (from which body mass index [BMI] was calculated)
Experiences with Racism	<b>The Asian American Racism-Related Stress Inventory</b> (Liang, Li, & Kim, 2004) assessed experiences with (a) microaggressions and (b) overt racism
Ethnic Identity	<b>The Multigroup Ethnic Identity Measure-Revised</b> (Phinney & Ong, 2007) assessed two aspects of ethnic identity: (a) exploration of ethnic identity and (b) commitment to ethnic identity
Body Image Concerns	<b>The Revised Male Body Image Attitudes Scale</b> (Tylka, Bergeron, & Schwartz, 2005; Ryan, Morrison, Roddy, & McCutcheon, 2011) assessed concerns with: (a) muscularity and (b) body fat

## Results

- Sample = 266 Asian/Asian American men (18-30y;  *Mage* = 24.4±3.6;  *MBMI* = 24.2 ± 5.6 kg/m<sup>2</sup> )
- Both experiences with microaggressions and overt racism were significantly and positively associated with muscularity and body fat concerns, *B*'s = 1.19-1.32, *p*'s<.05



- Ethnic identity commitment buffered the link between experiences with microaggressions and muscularity, *B* = -1.22, *p*<.05. There were no other moderation findings.

## Hypotheses

- Experiences with racism, both microaggressions and overt racism, would be positively associated with Asian/Asian American men's body image concerns, including concerns with both muscularity and fat
- Ethnic identity commitment and exploration would moderate (buffer) the positive link between racism and body image concerns

## Data Analytic Plan

- All analyses adjusted for income, education, presence of psychiatric diagnosis, and BMI (kg/m<sup>2</sup>)
- Hierarchical regression models were conducted
- Covariates were entered into block 1 of the model, centered independent and moderator variables were entered into block 2, centered interaction terms were entered into block 3

## Discussion

- Findings suggest that experiences with racism are positively associated with body image concerns in Asian/Asian American men
- Ethnic identity commitment buffered the link between experiences with microaggressions and concerns with muscularity
- Prospective and mechanistic studies are needed to identify intra-ethnic variations in Asian/Asian American men's experiences with racism and disordered eating symptoms

## Key Findings

Experiences with racism (microaggressions and overt racism) were significantly and positively associated with Asian/Asian American men's body image concerns

Ethnic identity commitment buffered the link between experiences with microaggressions and muscularity concerns

Study findings highlight the detrimental link between racism and Asian/Asian American men's body image