

Examining the Mediating Role of Emotion Regulation on Minority Stress and Trait/State Impulsivity among Latinx College Students



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INTRODUCTION

- The negative effects of stress on emotion regulation have been associated with increased impulsivity, risky behaviors, and psychological disorders.^{2 & 3}
- The literature emphasizes the importance of distinguishing how affective and environmental factors influence the expression of impulsivity as both a state (i.e., in the moment) and trait (i.e., stable across time).⁴
- Latinx college students attending historically white campuses often experience ethnic minority stress, which significantly impacts their academic and emotional well-being. The stress has been linked to various challenges, such as discrimination, cultural pressures, and social isolation.¹
- The adverse experiences faced by Latinx students reveal a significant gap in our understanding of how these impact emotion regulation and impulsivity. This highlights the urgent need to explore this area further in order to address these issues more effectively.

STUDY AIM

- This study aimed to investigate the mediating effects of emotion regulation on the relationship between ethnic minority stress, and impulsivity as both a trait and a state among Latinx college students.

METHOD

- A secondary analysis of data collected from a study on Latinx college students in CENTRO lab was conducted using R.
- Participants completed validated self-reports of emotion regulation and trait impulsivity, alongside the Go/NoGo behavioral task to measure state impulsivity.

PARTICIPANTS

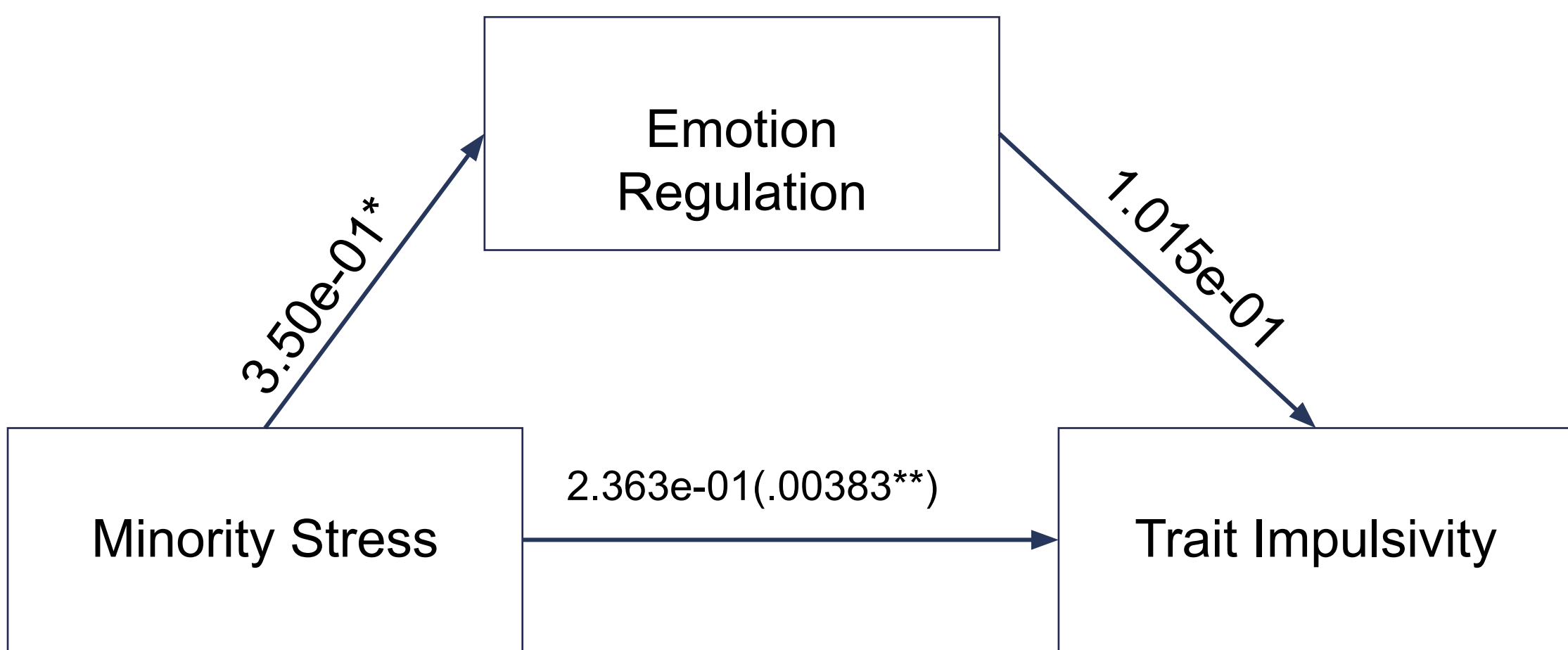
- Data of 147 participants were selected for analysis.
- Participants included 38 cisgender men, 101 cisgender women, 6 individuals who identified as non-binary or gender fluid, and 2 individuals who selected 'Other' as their gender identity.
- There were 34 first-year students, 45 second-year students, 25 third-year students, and 43 fourth-year students.
- 41 participants identified as first-generation immigrants, 96 as second-generation immigrants, and 10 as third-generation immigrants.

RESULTS

Table 2. Descriptive statistics and correlations among constructs

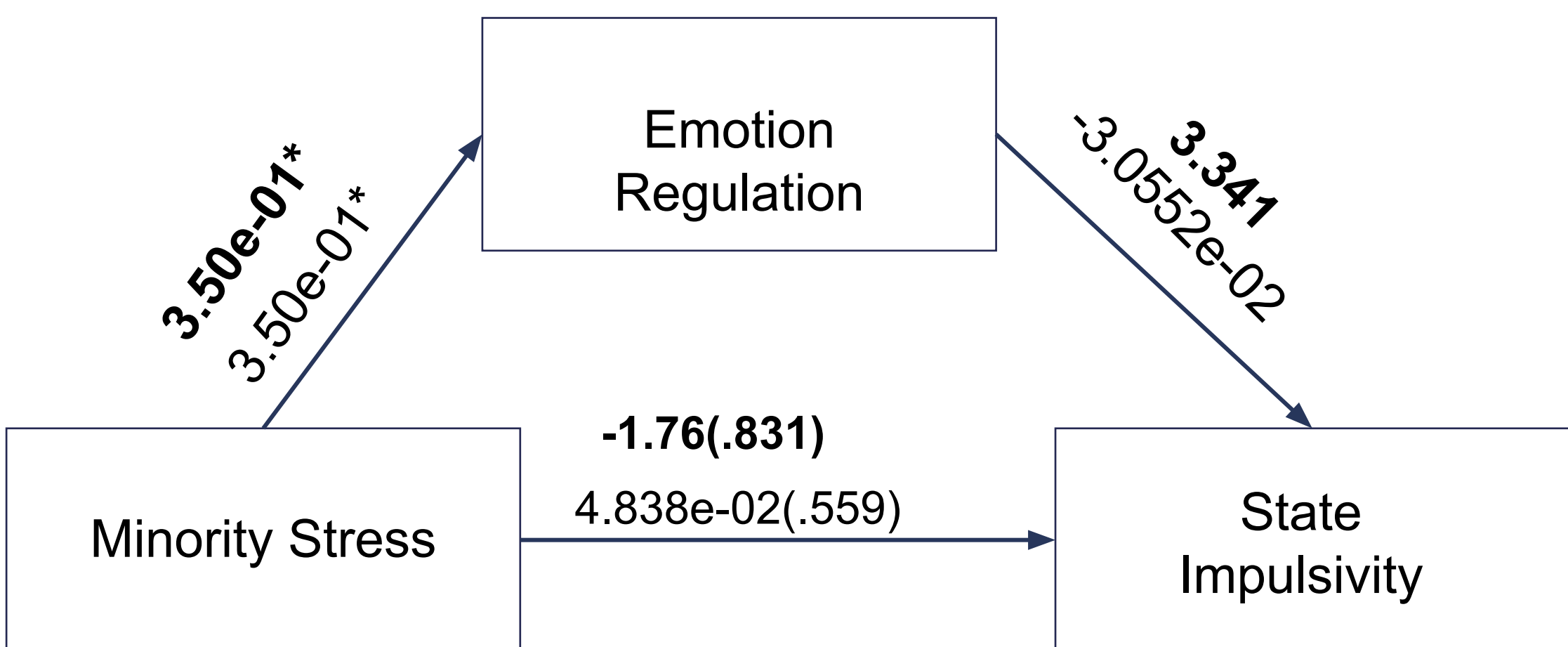
Variables	<i>M</i>	<i>SD</i>	1	2
1. Minority Stress	55.222	21.115		
2. Emotion Regulation	35.337	13.632	.24**[.8, .38]	
3. Trait Impulsivity	34.432	4.850	.16*[.00, .32]	.31**[.15, .44]
4. State Impulsivity Commission Error	0.046	0.096	0.5[-.11, .21]	-.01[-.17, .15]
5. State Impulsivity Reaction Time	744.87	100.063	-.02[-.18, .14]	.02[-.14, .19]

Figures 1. Trait Impulsivity Mediation Analysis



Note. * $p < .05$, ** $p < .01$.

Figures 2. State Impulsivity Mediation Analysis



Note. * $p < .05$, ** $p < .01$. Bolded numbers represent state impulsivity measured through Reaction Time.

DISCUSSION

- As hypothesized, minority stress had a direct effect on both emotion regulation and trait impulsivity (see Figure 1). That is to say, Latinx college students who experienced higher levels of minority stress had a reduced ability to regulate their emotions effectively and also displayed higher levels of impulsivity when measured as a trait.
- Emotion regulation did not significantly mediate the relationship between minority stress and trait or state impulsivity. In other words, regardless of minority stress being a variable that affects trait impulsivity, the ability to regulate emotions did not significantly influence or explain this relationship.

Implications

- This study provides empirical evidence regarding the impacts of minority stress on emotion regulation abilities; highlighting the need for interventions to support students facing minority stress, aiming to help them succeed in academic institutions.
- Additionally, it highlights the importance of further exploring the differing effects of emotional regulation on trait and state impulsivity. Understanding these differences will clarify the role each type of impulsivity plays in various situations, paving the way for more targeted and effective interventions and treatments for psychological disorders where both state and trait impulsivity play a crucial role.

Limitations

- Small sample size limits generalizability of findings.
- No data was gathered regarding the strategies to regulate their emotions (social support, anti-stress techniques).

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ACKNOWLEDGMENTS

I would like to thank Professor Bacio for her unconditional support and mentoring, as well as the rest of the CENTRO Lab. Also, an enormous thank you to Mary Paster for the guidance and support given during the data analysis. Finally I would like thank Pomona College and the Summer Undergraduate Research Program (SURP), with an especial thank you to Edwards/Hanley Endowed Fund for making this opportunity possible.