

SUPPORTING MULTIRACIAL IDENTITY DEVELOPMENT THROUGH FAMILY-BASED INTERVENTION



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BACKGROUND

Multiracial youth are the fastest growing racial group in the U.S¹ and are at highest risk of mental illness of any racial group.¹

Racial identity conflict appears to play a role in mental health risk.¹

Although caregiver support is known to impact multiracial identity development, there has yet to be an evidence-based intervention in this arena.

Examine the relationship between family support of multiracial experiences, identity conflict, & mental health in multiracial youth



Assessment of risk & protective factors that contribute to multiracial youth identity development using digital surveys



Develop an evidence-based psychosocial intervention to promote healthy multiracial identity development

Study will be guided by the **Community Partnered Participatory Research Approach** – which emphasizes engagement of community partners in all aspects of the study.

Community Population: As of 2021, the Los Angeles (LA) County public school population had 2.7% of students identify as multiracial (California Department of Education) representing almost 38,000 youth.

Subjects: 200 adolescents, 12-18 years of age, self-identified as multiracial, will be recruited from community settings in LA, such as youth centers, parks, schools (LAUSD), and youth-serving agencies (LA Trust for Children).

METHODS



Assessments

Three main areas will be assessed using validated scales adapted to child and adolescent population:

- **Multiracial Identity Integration Scale²**, which measures the degree to which multiracial people perceive conflict between their racial/ethnic identities.
- **Family Support of Multiracial Experiences Scale³**, grounded in Multicrit theory⁴ assesses support received from caregiver.
- **Difficulties in Emotion Regulation Scale⁵** will be used to assess for clinically significant psychiatric symptoms.



Intervention Development

Adapt evidence-based caregiver support strategy to address known risks factors to poor mental health in multiracial youth³.

Key components:

- Connection Support
- Racial Discrimination Support
- Multiracial Identity Expression Support

Utilize findings from assessments to further tailor intervention to multiracial youth and their caregivers.

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