

**CJA Fall Training – Southern District of Ohio
October 28, 2020**

**Litigating Race and Trauma
Presentation by Akin Adepaju, J.D., LL.M
Assistant Federal Defender & Visiting Attorney Advisor**

ADDITIONAL MATERIALS

I am attaching the secondary sources for all studies I mentioned in my presentation. Please feel free to contact me at Akin_Adepaju@ao.uscourts.gov with any questions or for additional resources.

Books on Trauma and Complex Trauma:

(I did not reference particular studies but wanted to share some resources)

Harris, N. B. (2018). The deepest well. New York, NY: Houghton Mifflin Harcourt

Van der Kolk, B. (2014). The body keeps the score: Brain, mind, and body in the healing of trauma. New York, NY: Viking.

Levine, P. (1997). Waking the tiger: Healing trauma: The innate capacity to transform overwhelming experiences. Berkely, CA: North Atlantic Books.

Perry, B. (2006). The boy who was raised as a dog and other stories from a child psychiatrist's notebook: What traumatized children can teach us about love, loss, and healing. New York, NY: Basic Books.

Garbarino, J., Kostelny, K., & Dubrow, N. (1991). No place to be a child: Growing up in a war zone. Lexington, MA: Lexington Books.

Herman, J. (1992) Trauma and recovery: The aftermath of violence – from domestic abuse to political terror. New York, NY: Basic Books.

A Recent Report on Race:

- Horowitz J. M., Brown A., and Cox, K. (2019). Race in America 2019: Public has negative views of the country's racial progress; more than half say Trump has made race relations worse. *Pew Research Center*.

A Recent Report on Poverty:

- Alston, Philip. (2018). Report of the Special Rapporteur on extreme poverty and human right on his mission to the United States of America. *Human Rights Counsel*.

A Recent Report on Health Disparities for African Americans:

- Noonan, A. S., Velasco-Mondragon, H. E., and Wagner, F. A. Improving the health of African Americans in the USA: An overdue opportunity for social justice. *Public Health Reviews* 37(12).

Sources

“This chronic experience of trauma fundamentally disrupts the development of our brain”

- Bremner, D. J. (2006). Traumatic stress: effects on the brain. *Dialogues in Clinical Neuroscience* 8(4): 445-461.

“A large body of science on adverse childhood experiences, or ACEs, have associated childhood trauma with a number of different negative health outcomes.”

- Felitti, V.J., et al. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventative Medicine* 14(4): 245-58.

“MRI studies of maltreated children show dramatic enlargement of the amygdala.”

- American Academy of Neurology. (2017). PTSD may not only be psychological: Brain’s emotion control center shown to be physically larger. *Science Daily*.

“Studies of women who were subjected to prolonged physical and sexual abuse show smaller hippocampal volume than the control sample.”

- Vythilingham, M., et al. (2002). Childhood trauma associated with smaller hippocampal volume in women with major depression. *American Journal of Psychiatry* 159(12): 2072-80.

“(Complex trauma) even decreases life expectancy.”

- Brown, D.W., et. al. (2009) Adverse childhood experiences and the risk of premature mortality. *American Journal of Preventative Medicine* 37(5): 389-96.

“Minority children are more likely to be suspended and expelled”

- United States Government Accountability Office. (2018). Discipline disparities for black students, boys, and students with disabilities. *United States Government Accountability Office, Report to Congressional Requesters*.

“more likely to be diagnosed with behavior disorders such as conduct disorder and oppositional defiance disorder”

- Nguyen L, Huang LN, Arganza GF, Liao Q. (2007) The influence of race and ethnicity on psychiatric diagnoses and clinical characteristics of children and adolescents in children’s services. *Cultural Diversity and Ethnic Minority Psychology* 13: 18-25

“and more likely to be placed in juvenile detention.”

- Equal Justice Initiative. (2017) Black children five times more likely than white youth to be incarcerated. *Equal Justice Initiative*.

“More black people are diagnosed with anti-social personality disorder, especially in the criminal justice system. One study shows that using DSM criteria, 50% - 80% of the incarcerated population meet criteria for ASPD.”

- Gabbard, G.O. (2014). Psychodynamic psychiatry in clinical practice. Arlington, VA: American Psychiatric Publishing.

“Activation of the stress response system is one way the environment can produce epigenetic changes.”

-Wein, H. (2010). Stress hormone causes epigenetic changes. *NIH Research Matters*, National Institutes of Health.

“Researchers who studied the Dutch Hunger Winter found epigenetic markers that were linked to high than average body mass.”

- Lumey, L. H., Stein, A. D., & Susser, E. (2011). Prenatal famine and adult health. *Annual review of public health* 32, 237–262.

“Twice as many blacks as whites are unemployed.”

- Alston, Philip. (2018). Report of the Special Rapporteur on extreme poverty and human right on his mission to the United States of America. *Human Rights Counsel*.

“Blacks earn 82.5 cents for every dollar earned by a white counterpart.”

- Alston, Philip. (2018). Report of the Special Rapporteur on extreme poverty and human right on his mission to the United States of America. *Human Rights Counsel*.

“Blacks are 2.5 times more likely than whites to be living in poverty.”

- Alston, Philip. (2018). Report of the Special Rapporteur on extreme poverty and human right on his mission to the United States of America. *Human Rights Counsel*.

“The median net worth of whites is about 10 times that of blacks.”

-Kochhar, R. and Cilluffo, A. (2017). Now wealth inequality has changed in the U.S. since the Great Recession, by race, ethnicity and income. *FactTank, News in the Numbers*, Pew Research Center.

“Black students are 3 times more likely than white students to be suspended for the same infractions.”

- Civil Rights Data Collection. (2014). Data snapshot: School discipline. *U.S. Department of Education Office for Civil Rights*.

“Black home ownership is 43%, the national average is almost 70%.”

- McMullen, T. (2019). The ‘heartbreaking’ decrease in black homeownership: Racism and rollbacks in government policies take their toll. *The Washington Post*, February 28, 2019.

“One study showed blacks were shows 18% fewer homes as whites. They were denied loans twice as often.”

- McMullen, T. (2019). The ‘heartbreaking’ decrease in black homeownership: Racism and rollbacks in government policies take their toll. *The Washington Post*, February 28, 2019.

“Black drivers are 30% more likely to be pulled over than white drivers.”

Ingraham, C. (2014) You really can get pulled over for driving while black, statistics show. *The Washington Post*, September 9, 2014.

“Blacks are incarcerated at rates 6.4 times higher than whites.”

- Alston, Philip. (2018). Report of the Special Rapporteur on extreme poverty and human right on his mission to the United States of America. *Human Rights Counsel*.

“Blacks make up 13% of the general population and 40% of the prison population.”

Day, Eli. (2018). The race gap in U.S. prisons is glaring, and poverty is making it worse. *Mother Jones* February 2, 2018.

“1 in 13 blacks have lost their voting rights due to felony disenfranchisement, vs. 1 in every 56 non-black voters.”

-Uggen, C., Larson, R., and Shannon, S. 6 million lost voters: State-level estimates of felony disenfranchisement, 2016. *The Sentencing Project* October 6, 2016.

“The black infant mortality rate is twice that of whites.”

- Alston, Philip. (2018). Report of the Special Rapporteur on extreme poverty and human right on his mission to the United States of America. *Human Rights Counsel*.

“Diabetes is 80% higher.”

-Cigna Health (2016). Health Disparities: African-American or Black population. *Cigna Health*.

“Heart disease is 40% higher.”

-Families USA. (2019). African American Health disparities compared to Non-Hispanic Whites. *Families USA*.

“Prostate cancer is twice as high.”

-Families USA. (2019). African American Health disparities compared to Non-Hispanic Whites. *Families USA*.

“HIV/AIDS is 8 times higher.”

-Families USA. (2019). African American Health disparities compared to Non-Hispanic Whites. *Families USA*.

“African Americans are 13% of the population but over 57% of victims of homicide by firearm. Firearm homicide is the leading cause of death for black males ages 15-34. Black children are 20 times more likely to witness a death than white children.”

- Noonan, A. S., Velasco-Mondragon, H. E., and Wagner, F. A. Improving the health of African Americans in the USA: An overdue opportunity for social justice. *Public Health Reviews* 37(12).

“Prevalence rates of discrimination range from 40% to 89%, depending on the study.”

- See chart below

“One study found that 67% of whites think blacks are treated as well as whites in society, and 72% of blacks thought the opposite.”

- Biasco, F., Goodwin, E. A., & Vitale, K. L. (2001). College students' attitudes toward racial discrimination. *College Student Journal* 35(4), 523-528.

“Another study found that almost $\frac{3}{4}$ of white female managers viewed women of color as having equal access to career opportunities, whereas almost $\frac{3}{4}$ of black female managers did not.”

- Hite, L. M., (2004). Black and white women managers: Access to opportunity. *Human Resources Development Quarterly* 15(2): 131-146

“People see black men as larger and more threatening than same-sized white men.”

- Wilson, John. (2017). Racial bias in judgments of physical size and formidability: From size to threat. *Journal of Personality and Social Psychology*.

“Black boys were viewed as older and less innocent than whites.”

- Goff, P.A., and Jackson, M. C. (2014). The essence of innocence: Consequences of dehumanizing black children. *Journal of Personality and Social Psychology*.

“Experiences with racism have been linked to a host of psychological, physiological, and behavioral problems.”

- See chart below

“Psychological Problems: depression, anxiety, frustration, restlessness, irritability, low self-esteem, feelings of irrelevance, racial identity confusion, loss of future orientation, compromised range of emotion, complicated interpersonal relationships, flashbacks and nightmares, hypervigilance, memory loss.”

- Carter, R. T. et al. (2017). Racial discrimination and health outcomes among racial/ethnic minorities: A meta-analytic review. *Journal of Multicultural Counseling and Development* 45: 232 – 259.

“Behavioral effects include increased risk for smoking, binge drinking, disordered eating, and aggressive behavior.”

- Williams et al. (2014). Self-reported experiences of discrimination and health: Scientific advances, ongoing controversies, and emerging issues. *Annual Review of Clinical Psychology* 11: 407-440.

“Physiological effects include severe headaches, high blood pressure, risk for heart disease, hypertension.”

- Carter, R. T. et al. (2017). Racial discrimination and health outcomes among racial/ethnic minorities: A meta-analytic review. *Journal of Multicultural Counseling and Development* 45: 232 – 259.

“Women reporting higher levels of racism were almost five times more likely to delivery low birth weight babies.”

- Collins, J. W., Jr, David, R. J., Handler, A., Wall, S., & Andes, S. (2004). Very low birthweight in African American infants: the role of maternal exposure to interpersonal racial discrimination. *American Journal of Public Health* 94(12), 2132–2138.

“The 2001 Surgeon General’s Report on Mental Health”

- Office of the Surgeon General. (2001). Mental health: Culture, race, and ethnicity: A supplement to Mental health: A report of the surgeon general. Rockville, MD: Substance Abuse and Mental Health Services Administration.

“The DSM-IV-TR used the word discrimination one time, and of the 52 external stressors none include race-based stimuli.”

- Carter, R. T. Race and trauma: Race-based traumatic stress and psychological injury. The Community Technical Assistance Center.

“Johnson has developed a Race-Based Trauma assessment scale that shows promise.”
 - Carter, R. T., et al. (2013) Initial development of the Race-Based Traumatic Stress Symptom Scale: Assessing the emotional impact of racism. *Psychological Trauma Theory Research Practice and Policy* 5(1): 1-9.

Chart I: Prevalence of Racial Discrimination

| Author | Results |
|---|---|
| Lee, Perez, Boykin, & Mendoza-Denton, 2019 | Between 50% and 70% of Black, Hispanic, and Asian respondents reported discriminatory treatment. 4.18% of Black respondents said they had experienced discrimination only once, 58.22% had experienced discrimination from time to time, and 11.23% experienced discrimination regularly. |
| Horowitz, Brown, & Cox, 2019 | 76% of Blacks say they have experienced discrimination or have been treated unfairly because of their race. |
| NPR, Robert Wood Foundation, & Harvard T.H. Chan School, 2017 | More than half of respondents said they were discriminated against while interacting with police (50%), when applying for jobs (56%), and in equal pay or promotions (57%). |
| Chou, Asnaani, & Hofmann, 2012 | 58% of Blacks, 39% of Asians, and 39% of Hispanics reported racial discrimination and mistreatment. |
| Roberts et al., 2012 | 89% of African Americans aged 10-12 reported experiencing discrimination, and reported associated general anxiety and depression. |
| Otiniano, Gee, 2011 | 57% of African American respondents reported experiencing discrimination, and these reports were associated with poor self-rated health. |
| Seaton, Caldwell, Sellers, & Jackson, 2008 | 87% of African American teens age 13-17 reported experiencing discrimination, and reported associated depressive symptoms, decreased self-esteem, and decreased life satisfaction. |
| Carter, Forsyth, Mazzula, & Williams, 2005 | 89% reported encounters with racism. 74% of those had lasting psychological and emotional effects, many of which reflected traumatic reactions. |
| J. K. Martin et al., 2003 | In the National Survey of Black Adults, 71% reported being discriminated against in one or more domains or areas of life. |

Chart II: Consequences of Racial Discrimination

| Author | Results |
|--------------------------------|--|
| Cheng & Mallinckrodt, 2015 | Experiences of racial discrimination were significantly and positively associated with subsequent alcohol problems and PTSD symptoms. |
| Jordan, 2017 | Perceptions of racism were significantly and positively correlated to race-based traumatic stress symptoms. |
| Currie et al., 2013 | Racial discrimination was significantly and positively associated with PTSD symptomology. |
| Williams & Mohammed, 2009 | Exposure to racial stress leads to negative emotional states, psychological distress, negative coping mechanisms, and functional changes in physiological systems. |
| Flores, Tschann, & Dimas, 2010 | Adolescents who perceived more racial/ethnic discrimination reported worse posttraumatic symptoms, more alcohol use, more involvement in fights, and more sexual partners. |
| Kang & Burton, 2014 | Participants who experienced greater discrimination had higher posttraumatic stress symptoms and elevated delinquency rates. |
| Pieterse & Carter, 2010 | Racial discrimination was a significant and positive predictor of trauma-related symptoms for black students. |
| Sanders et al., 2014 | Racism was associated with higher levels of depressive and posttraumatic symptoms. |
| Wei et al., 2012 | Perceived racial discrimination positively predicted PTSD symptoms after controlling for perceived stress. |
| Khaylis, Waelde, & Bruce, 2007 | Race-related stress predicted PTSD symptoms across multiple ethnic groups. |

Articles about Prevalence and Consequences of Discrimination

(this includes studies in chart above as well as older studies)

Bennett, G. G., Merritt, M. M., Edwards, C. L., & Sollers, J. J. (2004). Perceived Racism and Affective Responses to Ambiguous Interpersonal Interactions among African American Men. *American Behavioral Scientist*, 47(7), 963–976.

Bertrand, M., & Mullainathan, S. (2004). Are Emily and Greg more employable than Lakisha and Jamal? A field experiment on labor market discrimination. *The American Economic Review*, Sept 2004: 991 – 1013.

Biasco, F., Goodwin, E. A., & Vitale, K. L. (2001). College students' attitudes toward racial discrimination. *College Student Journal*, 35(4), 523-528.

Branscombe, N. R., Schmitt, M. T., & Harvey, R. D. (1999). Perceiving pervasive discrimination among African Americans: Implications for group identification and well-being. *Journal of Personality and Social Psychology*, 77(1), 135-149.

Brody, G. H., Ge, X., Kim, S. Y., Murry, V. M., Simons, R. L., Gibbons, F. X., . . . Conger, R. D. (2003). Neighborhood disadvantage moderates associations of parenting and older sibling problem attitudes and behavior with conduct disorders in African American children. *Journal of Consulting and Clinical Psychology*, 71(2), 211-222.

Broman, C. L., Mavaddat, R., & Hsu, S.-y. (2000). The experience and consequences of perceived racial discrimination: A study of African Americans. *Journal of Black Psychology*, 26(2), 165-180.

Murry, V. M., Brown, P. A., Brody, G. H., Cutrona, C. E., & Simons, R. L. (2001). Racial discrimination as a moderator of the links among stress, maternal psychological functioning, and family relationships. *Journal of Marriage and Family*, 63(4), 915-926.

Brown, T. N. et al., (2000). "Being black and feeling blue": The mental health consequences of racial discrimination. *Race and Society* 2(2): 117-131.

Carter, R. T., Forsyth, J. M., Mazzula, S. L., & Williams, B. (2005). Racial discrimination and race-based traumatic stress: An exploratory investigation. In R. T. Carter (Ed.), *Handbook of racial-cultural psychology and counseling, Vol. 2. Training and practice* (pp. 447-476). Hoboken, NJ, US: John Wiley & Sons Inc.

Cheng & Mallinckrodt. (2015) Racial/ethnic discrimination, posttraumatic stress symptoms, and alcohol problems in a longitudinal study of Hispanic/Latino college students. *Journal of Counseling Psychology* 62(1): 38-49.

Chou, T., Asnaani, A., & Hofmann, S. G. (2012). Perception of racial discrimination and psychopathology across three U.S. ethnic minority groups. *Cultural Diversity and Ethnic Minority Psychology* 18(7): 74-81.

- Collins, J. W., Jr, David, R. J., Handler, A., Wall, S., & Andes, S. (2004). Very low birthweight in African American infants: the role of maternal exposure to interpersonal racial discrimination. *American journal of public health, 94*(12), 2132-2138.
- Danoff-Burg, S., Prelow, H. M., & Swenson, R. R. (2004). Hope and Life Satisfaction in Black College Students Coping With Race-Related Stress. *Journal of Black Psychology, 30*(2), 208-228.
- Deitch et al. (2003). Subtle yet significant: The existence and impact of everyday racial discrimination in the workplace. *Human Relations 56*(11): 1299 - 1324.
- Din-Dzietham, R., Nembhard, W. N., Collins, R., & Davis, S. K. (2004). Perceived stress following race-based discrimination at work is associated with hypertension in African-Americans. The metro Atlanta heart disease study, 1999-2001. *Social Science & Medicine 58*(3): 449-61.
- Dohrenwend, B. P. (2000). The role of adversity and stress in psychopathology: some evidence and its implications for theory and research. *Journal of Health and Social Behavior 41*(1): 1-19.
- Fisher, C. B., Wallace, S. A., & Fenton, R. E. (2000). Discrimination distress during adolescence. *Journal of Youth and Adolescence, 29*(6), 679-695.
- Flores, Tschann, & Dimas, 2010
- Forman, T. A. The social psychological costs of racial segmentation in the workplace: A study of African Americans' well-being. *Journal of Health and Social Behavior 44*(3):332-352.
- Gary, L. E. (1995). African American men's perceptions of racial discrimination: A sociocultural analysis. *Social Work Research, 19*, 207-217.
- Goto, S. G., Gee, G. C., & Takeuchi, D. T. (2002). Strangers still? The experience of discrimination among Chinese Americans. *Journal of Community Psychology, 30*(2), 211-224.
- Guthrie, B. J., Young, A. M., Williams, D. R., Boyd, C. J., & Kintner, E. K. (2002). African American Girls' Smoking Habits and Day-to-Day Experience with Racial Discrimination. *Nursing Research 51*(3), 183-190.
- Guyll, M., Matthews, K. A., & Bromberger, J.T. (2001). Discrimination and unfair treatment: Relationship to cardiovascular reactivity among African American and European American women. *Health Psychology 20*(5): 315-25.
- Harrell, J. P., Hall, S., & Taliaferro, J. (2003). Physiological responses to racism and discrimination: An assessment of the evidence. *American Journal of Public Health 93*: 243-248.
- Hite, L. (2004). Black and white women managers: Access to opportunity. *Human Resource Development Quarterly 15*(2).
- Horowitz J. M., Brown A., and Cox, K. (2019). Race in America 2019: Public has negative views of the country's racial progress; more than half say Trump has made race relations worse. *Pew Research Center*.

- Jordan, T. A. (2017). Experiences of racism and race-based traumatic stress: The moderating effects of cyberracism, racial/ethnic identity, and forgiveness. Dissertation, Georgia State University, 201.
- Kang, H. & Burton, D.L. (2014) Effects of Racial Discrimination, Childhood Trauma, and Trauma Symptoms on Juvenile Delinquency in African American Incarcerated Youth, *Journal of Aggression, Maltreatment & Trauma*, 23(10): 1109-1125.
- Kessler, R.C., Mickelson, K. D., & Williams, D. R. (1999). The prevalence, distribution, and mental health correlates of perceived discrimination in the United States. *Journal of Health and Social Behavior* 40(3) 208-30.
- Khaylis, A., Waelde, L., & Bruce, E. (2007). The role of ethnic identity in the relationship of race-related stress to PTSD symptoms among young adults. *Journal of Trauma & Dissociation*, 8(4), 91-105.
- Klonoff, E. A., & Landrine, H. (2000). Is skin color a marker for racial discrimination? Explaining the skin color-hypertension relationship. *Journal of Behavioral Medicine* 23(4): 329-338.
- Klonoff, E. A., Landrine, H., & Ullman, J. B. (1999). Racial discrimination and psychiatric symptoms among Blacks. *Cultural Diversity and Ethnic Minority Psychology*, 5(4), 329-339.
- Lee, R. T., Perez, A. D., Boykin, C. M., & Mendoza-Denton, R. (2019). On the prevalence of racial discrimination in the United States. *PloS one*, 14(1), e0210698.
- Loo, C.M., et al. (2001). Measuring exposure to racism: Development and validation of a Race-Related Stressor Scale (RRSS) for Asian American Vietnam veterans. *Psychological Assessment* 13(4): 503-20.
- Martin, J. K., Tuch, S. A., & Roman, P. M. (2003). Problem Drinking Patterns among African Americans: The Impacts of Reports of Discrimination, Perceptions of Prejudice, and "Risky" Coping Strategies. *Journal of Health and Social Behavior* 44(3): 408-425.
- Mossakowski, K. N. (2003). Coping with perceived discrimination: Does ethnic identity protect mental health? *Journal of Health and Social Behavior* 44(3): 318-331.
- Noh, S., & Kaspar, V. (2003). Perceived discrimination and depression: Moderating effects of coping, acculturation, and ethnic support. *American Journal of Public Health* 93(2) 232-8.
- National Public Radio, Robert Wood Foundation, & Harvard T.H. Chan School of Public Health. (2017). Discrimination in America. Harvard Opinion Research Program.
- Otiniano Verissimo, A. D., Gee, G. C., Ford, C. L., & Iguchi, M. Y. (2014). Racial discrimination, gender discrimination, and substance abuse among Latina/os nationwide. *Cultural Diversity and Ethnic Minority Psychology*, 20(1), 43-51.
- Otiniano, A.D., & Gee, G.C. (2011). Self-Reported Discrimination and Health-Related Quality of Life Among Whites, Blacks, Mexicans and Central Americans. *Journal of Immigrant and Minority Health*, 14, 189-197.

- Dion, K. L., Dion, K. K., & Pak, A. W. (1992). Personality-based hardiness as a buffer for discrimination-related stress in members of Toronto's Chinese community. *Canadian Journal of Behavioural Science / Revue canadienne des sciences du comportement*, 24(4), 517-536.
- Dion, K. L. (2002). The social psychology of perceived prejudice and discrimination. *Canadian Psychology/Psychologie canadienne*, 43(1), 1-10.
- Pieterse, A. L., & Carter, R. T. (2010). An exploratory investigation of the relationship between racism, racial identity, perceptions of health, and health locus of control among black American women. *Journal of Healthcare for the Poor and Underserved* 21(1) 334-48.
- Plummer, D. L., & Slane, S. (1996). Patterns of coping in racially stressful situations. *Journal of Black Psychology*, 22(3), 302-315.
- Roberts, A. L., Gilman, S. E., Breslau, J., Breslau, N., & Koenen, K. C. (2011). Race/ethnic differences in exposure to traumatic events, development of post-traumatic stress disorder, and treatment-seeking for post-traumatic stress disorder in the United States. *Psychological Medicine*, 41(1), 71-83.
- Romero, A. J., & Roberts, R. E. (2003). The Impact of Multiple Dimensions of Ethnic Identity on Discrimination and Adolescents' Self-Esteem. *Journal of Applied Social Psychology*, 33(11), 2288-2305.
- Rosenbloom, S. R., & Way, N. (2004). Experiences of discrimination among African American, Asian American, and Latino adolescents in an urban high school. *Youth and Society*, 35(4), 420-451.
- Ruggiero, K. M., & Taylor, D. M. (1997). Why minority group members perceive or do not perceive the discrimination that confronts them: the role of self-esteem and perceived control. *Journal of Perspectives in Social Psychology* 72(2) 373-89.
- Ruggiero, K. M., Taylor, D. M., & Lydon, J. E. (1997). How disadvantaged group members cope with discrimination when they perceive that social support is available. *Journal of Applied Social Psychology*, 27(18), 1581-1600.
- Sanders-Phillips, K. (2009). Racial Discrimination: A Continuum of Violence Exposure for Children of Color. *Clinical Child and Family Psychology Review* 12(2): 174-95.
- Sanders-Phillips, K., Settles-Reaves, B., Walker, D., Brownlow, J. (2009). Social Inequality and Racial Discrimination: Risk Factors for Health Disparities in Children of Color. *Pediatrics* 124(3).
- Sanders-Thompson, V. L. (1996). Perceived experiences of racism as stressful life events. *Community Mental Health Journal* 32(3): 223-233.
- Sanders Thompson, V. L., Noel, J. G., & Campbell, J. (2004). Stigmatization, discrimination, and mental health: The impact of multiple identity status. *American Journal of Orthopsychiatry*, 74(4), 529-544.

- Schneider, K. T., Hitlan, R. T., & Radhakrishnan, P. (2000). An examination of the nature and correlates of ethnic harassment experiences in multiple contexts. *Journal of Applied Psychology, 85*(1), 3-12.
- Seaton, E. K., Caldwell, C. H., Sellers, R. M., & Jackson, J. S. (2008). The prevalence of perceived discrimination among African American and Caribbean Black youth. *Developmental Psychology, 44*(5): 1288-97.
- Taylor, J., & Turner, R. J. (2002). Perceived discrimination, social stress and depression in the transition to adulthood: Racial contrasts. *Social Psychology Quarterly, 65*(3), 213-225.
- Troxel, W. M., Matthews, K. A., Bromberger, J. T., & Sutton-Tyrrell, K. (2003). Chronic stress burden, discrimination, and subclinical carotid artery disease in African American and Caucasian women. *Health Psychology, 22*(3), 300-309.
- Umaña-Taylor, A. J. (2016). A Post-Racial Society in Which Ethnic-Racial Discrimination Still Exists and Has Significant Consequences for Youths' Adjustment. *Current Directions in Psychological Science, 25*(2), 111-118.
- Utsey, S. O., Payne, Y. A., Jackson, E. S., & Jones, A. M. (2002). Race-related stress, quality of life indicators, and life satisfaction among elderly African Americans. *Cultural Diversity and Ethnic Minority Psychology, 8*(3), 224-233.
- Utsey, S. O., Ponterotto, J. G., Reynolds, A. L., & Cancelli, A. A. (2000). Racial discrimination, coping, life satisfaction, and self-esteem among African Americans. *Journal of Counseling & Development, 78*(1), 72-80.
- Wei, M., Wang, K. T., Heppner, P. P., & Du, Y. (2012). Ethnic and mainstream social connectedness, perceived racial discrimination, and posttraumatic stress symptoms. *Journal of Counseling Psychology, 59*(3): 486-493.
- Williams, D. R., & Mohammed, S. A. (2009). Discrimination and racial disparities in health: evidence and needed research. *Journal of behavioral medicine, 32*(1), 20-47.

Articles by R. T. Carter about the Race-Based Traumatic Stress Symptom Scale

Carter, R. T. (2017). Racial discrimination and health outcomes among racial-ethnic minorities: A meta-analytic review 2000-2011. *Journal of Multicultural Counseling and Development* 45: 232-259.

Carter, R.T., & Muchow, C. (2017) Construct validity of the race-based traumatic stress symptom scale and tests of measurement equivalence. *Psychological Trauma: Theory, Policy, Research, and Practice* 9(6), 688-695.

Carter, R.T., Mazzula, S., Victoria, R., Vazquez, R., Hall, S., Smith, S., Sant-Barket, S., Forsyth, J., Bazelaïs, K, & Williams, B. (2013). The development of the race-based traumatic stress symptom scale. *Psychological Trauma: Theory, Policy, Research, and Practice* 5(1): 1-9.

Carter R. T., & Reynolds A.L., (2011) Race-related stress, racial identity statuses and emotional reactions of Black Americans. *Cultural Diversity and Ethnic Minority Psychology* 17(2): 156-162.

Carter, R. T. (2010). Reactions to Racial Discrimination: Emotional Stress and help-seeking behaviors. *Psychological Trauma: Theory, Research, Practice, Policy* 2(3): 183-191.

Carter, RT. (2009). A guide to the forensic assessment of race-based traumatic stress reactions. *Journal of the American Academy of Psychiatry and the Law* 37: 28-40.

Carter, R. T. (2007). Racism and psychological and emotional injury: Recognizing and assessing Race-Based Traumatic Stress. *The Counseling Psychologist* 35(1): 13-105.

Carter, R. T. (2007). The examination of race and culture in psychology journals: The case of forensic psychology. *Professional Psychology: Research and Practice* 38(2): 133-142.

Carter, R. T. (2007) Clarification and purpose of the race-based traumatic stress model: A rejoinder. *The Counseling Psychologist* 35(1), 101-110.

Carter, R. T. (2006). Race-based traumatic stress. *Psychiatric Times* 23(14): 37-38.

Carter, R. T. (Ed.) (2005). Racial Discrimination and race-based traumatic stress: An exploratory investigation. In Book: Handbook of racial-cultural psychology and counseling: Theory and Research (Vol. 1). NJ: Wiley.

Robert Carter's Race Based Traumatic Stress Scale

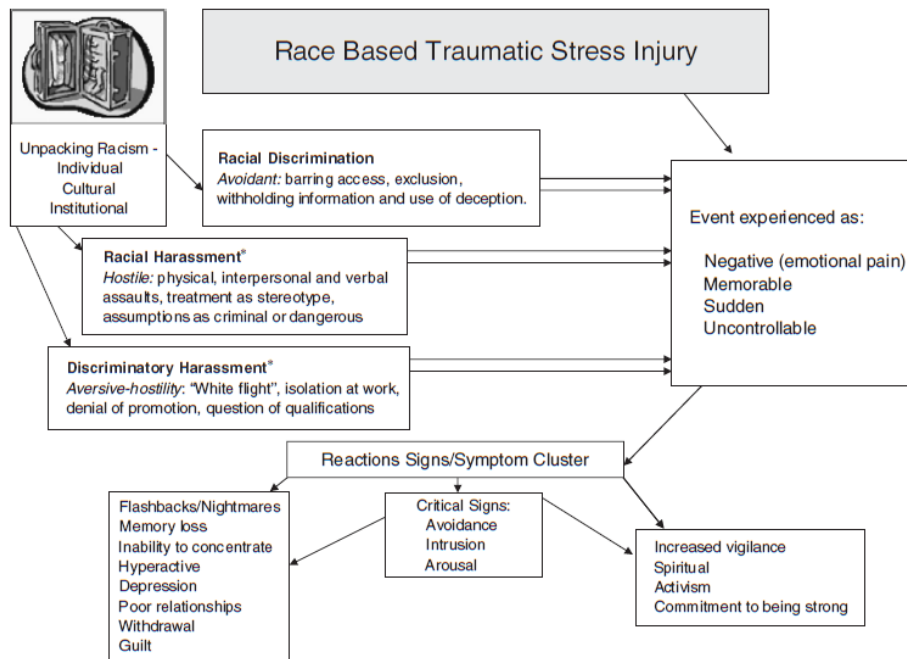


Figure 1 Race-Based Traumatic Stress Injury
*May be more harmful.

- from Carter, R. T. (2007). Racism and psychological and emotional injury: Recognizing and assessing Race-Based Traumatic Stress. *The Counseling Psychologist* 35(1): 13-105.

Table 1
Race-Based Traumatic Stress Symptom Scale (RBTSSS)
Factors and Item Loadings for Factor Analyses With Promax Rotation

| Item | Factor loading | | | | | | |
|---|----------------|-----------|-------|----------------|----------|-----------------|-----------|
| | Depression | Intrusion | Anger | Hypervigilance | Physical | Low self esteem | Avoidance |
| As a consequence of the memorable encounter I had with racism, I felt that I had nothing to look forward to. | .927 | — | — | — | — | — | — |
| ... I felt that life was meaningless. | .835 | — | — | — | — | — | — |
| ... I couldn't seem to experience any positive feelings at all. | .788 | — | — | — | — | — | — |
| ... I experience tiredness and lack of energy. | .740 | — | — | — | — | — | — |
| ... I found it difficult to work up the initiative to do things. | .738 | — | — | — | — | — | — |
| ... I find myself spending a lot of time at home and away from family or friends. | .641 | — | — | — | — | — | — |
| ... I experience feelings of hopelessness. | .612 | — | — | — | — | — | — |
| ... I experience tearfulness. | .536 | — | — | — | — | — | — |
| ... I feel a lack of initiative or a lessened desire to succeed since the event. | .481 | — | — | — | — | — | — |
| ... I feel I can seldom do anything right. | .473 | — | — | — | — | — | — |
| ... I can't seem to get the event out of my mind even when I try. | — | .848 | — | — | — | — | — |
| ... I experience mental images of the event. | — | .799 | — | — | — | — | — |
| ... I feel emotionally upset when I am reminded of the event. | — | .787 | — | — | — | — | — |
| ... I find myself thinking about what happened even when I don't want to. | — | .769 | — | — | — | — | — |
| ... I just can't believe the event really happened to me. | — | .752 | — | — | — | — | — |
| ... I try not to think about, talk about, or have feelings about the event. | — | .627 | — | — | — | — | — |
| ... I tend to stay away from people/places who remind me of the event. | — | .517 | — | — | — | — | — |
| ... there are times when I feel and think as if the event is happening again. | — | .515 | — | — | — | — | — |
| ... I become easily pissed—off (as if you can't control your temper during an otherwise normal conversation). | — | — | .896 | — | — | — | — |
| ... I become easily upset or defensive (for example, when receiving feedback from a peer about a paper you wrote). | — | — | .809 | — | — | — | — |
| ... I found myself getting agitated. | — | — | .757 | — | — | — | — |
| ... I found myself getting upset rather easily. | — | — | .709 | — | — | — | — |
| ... I found it hard to calm down after something upset me. | — | — | .672 | — | — | — | — |
| ... I felt that I was rather touchy. | — | — | .623 | — | — | — | — |
| ... I tended to overreact to situations. | — | — | .561 | — | — | — | — |
| ... I found it difficult to relax. | — | — | .499 | — | — | — | — |
| ... I become easily frightened (for example, when you hear subtle noises). | — | — | — | .935 | — | — | — |
| ... I feel worried a lot (for example, walking down the street). | — | — | — | .809 | — | — | — |
| ... I feel easily intimidated (as if someone is going to hurt you as they walk passed you in the street). | — | — | — | .791 | — | — | — |
| ... I feel nervous (for example, when others approach you). | — | — | — | .725 | — | — | — |
| ... I feel hyperactive all the time (for example, feel like you can't relax). | — | — | — | .616 | — | — | — |
| ... I feel paranoid (for example, when people look at you when you walk into a room). | — | — | — | .580 | — | — | — |
| ... I experience trouble falling or staying asleep. | — | — | — | .525 | — | — | — |
| ... I feel distressed and frustrated about things that used to not bother me. | — | — | — | .349 | — | — | — |
| ... I experienced trembling (e.g., in the hands). | — | — | — | — | .867 | — | — |
| ... I was aware of the action of my heart in the absence of physical exertion (e.g., racing heart) | — | — | — | — | .760 | — | — |
| ... I experience physical reactions (e.g., heart pounding, trouble breathing, sweating) when something reminds me of the event. | — | — | — | — | .698 | — | — |
| ... I experience poor appetite. | — | — | — | — | .640 | — | — |
| ... I was aware of dryness of my mouth. | — | — | — | — | .612 | — | — |
| ... I feel as though my heart is beating hard and fast, as if it might pop out of my chest. | — | — | — | — | .586 | — | — |
| ... I was in a state of nervous tension. | — | — | — | — | .415 | — | — |
| ... I experience more headaches and stomachaches since the event. | — | — | — | — | .407 | — | — |
| ... I feel a sense of responsibility for the event. | — | — | — | — | — | .818 | — |
| ... I certainly feel useless at times. | — | — | — | — | — | .789 | — |
| ... I am inclined to feel that I am a failure. | — | — | — | — | — | .750 | — |

Table 1 (continued)

| Item | Factor loading | | | | | | |
|---|----------------|-----------|-------|----------------|----------------------|---------------|------|
| | Depression | Intrusion | Anger | Hypervigilance | Physical self esteem | Low Avoidance | |
| ... I think I am no good at all. | — | — | — | — | — | .747 | — |
| ... I wish I could have more respect for myself. | — | — | — | — | — | .689 | — |
| ... I was worried about situations in which I might panic and make a fool of myself. | — | — | — | — | — | .511 | — |
| ... when I describe the event, I feel nothing, as if I'm not "really there." | — | — | — | — | — | — | .669 |
| ... I feel like I am immune to pain. | — | — | — | — | — | — | .665 |
| ... I have used alcohol or other drugs to help me sleep or to make me forget the event. | — | — | — | — | — | — | .479 |
| ... I often find myself denying that the event occurred. | — | — | — | — | — | — | .380 |

- from Carter, R.T., Mazzula, S., Victoria, R., Vazquez, R., Hall, S., Smith, S., Sant-Barket, S., Forsyth, J., Bazalais, K., & Williams, B. (2013). The development of the race-based traumatic stress symptom scale. *Psychological Trauma: Theory, Policy, Research, and Practice* 5(1): 1-9.