

## Effects of Racism on Mental Health Article by Kwate and Goodman

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The study by Kwate and Goodman (2015) explored how racism and mental health correlate. The research question provides an adequate logical extension of the purpose of the study. However, it does not reflect the best question to address the problem. For example, secondary data utilized in the analysis provides limited reports on this sensitive and complex topic.

The authors implement correlational research, which is a quantitative research design, by exploring relationships between racism and psychological indicators, including depression symptoms, time spent in suboptimal mental health, and distress, without manipulating any variables. The LIFE survey, which is a data collection method, is aligned with the implied research question peculiar to racism's associations with poor mental health outcomes properly as the survey measures both subjective experiences with racism (the SDE/the RLE scales) and mental health (the CESD/the K-6 scales).

In terms of alignment, the problem (the lack of longitudinal research to keep track of racism's mental health effects on Black people) and the purpose (explore racism's mental health impacts longitudinally) are thematically related to the theory of racism as a barrier to health and the correlational design, and the implied research questions/hypotheses also cover racism and mental health. In the analysis, the investigators effectively compared various variables and inferred that racism has significant impact on the overall health of an individual. Moreover, in the study, the researchers aligned the predictor variables in a consistent manner. For example, they focused on daily experience, psychological distress, and other factors to draw a conclusion. There are no explicit null/alternative hypotheses for this study, so their consistency with the research questions cannot be established clearly.

The study used descriptive statistics that enabled them to collect and summarize the quantitative data for the analysis. The research instruments are standardized; the data is presented in tables and graphs for clarity. Self-report surveys provided a critical source of reliable data for the research. The Black LIFE study conducted in NYC was the main source of data (Kwate & Goodman, 2015). The research question is not stated

# Racism And Mental Health Essays

**Rachel S Tattersall**



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