Background

- Race and socioeconomic status (SES) are associated with mental and physical health disparities.
- Stress is thought to play a role in these health disparities because it can take a toll on an individual’s health by leading to chronic health problems such as heart disease.
- Social stress is the most common type. Social stressors influence affect (emotions) and are caused by social experiences or events that occur in an individual’s daily life.
- Although social stress is inevitable, some social groups may experience it with greater frequency.

Methods

Participants
- 120 undergraduate students (68% females, 32% males; 80.8% White, 15.8% Black) from The University of Alabama.

Daily Experience Questionnaires
- Participants carried a mobile smartphone that guided them through electronic questioning (ecological momentary assessment).
  - Average number of daily ratings: 10.68

Results

<table>
<thead>
<tr>
<th>% Stress</th>
<th>Negative Affect</th>
<th>Positive Affect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stand B</td>
<td>Unstand B</td>
<td>95% CI</td>
</tr>
<tr>
<td>Own</td>
<td>Own warmth</td>
<td>0.216</td>
</tr>
<tr>
<td>High Other</td>
<td>Warmth</td>
<td>0.032</td>
</tr>
<tr>
<td>Low Other</td>
<td>Other’s dominance</td>
<td>0.022</td>
</tr>
<tr>
<td>Other’s dominance</td>
<td>Other’s dominance</td>
<td>0.013</td>
</tr>
</tbody>
</table>

Conclusions/Significance

- Warmth (both own and others’) was more consistently associated with outcomes than dominance.
- The only outcome associated with dominance showed that participants who reported more dominance in interpersonal interactions also reported more positive affect following social interactions.
- Whether looking at positive or negative affect, high income participants are more likely to experience more negative affect and less positive affect associated with high dominance from others.

References


Nicole White & Jenny Cundiff, Ph.D.