Race, Shame, and Suicidal Thinking:

Race as a moderator in the shame-suicidal thoughts and behaviors relationship.

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BACKGROUND:

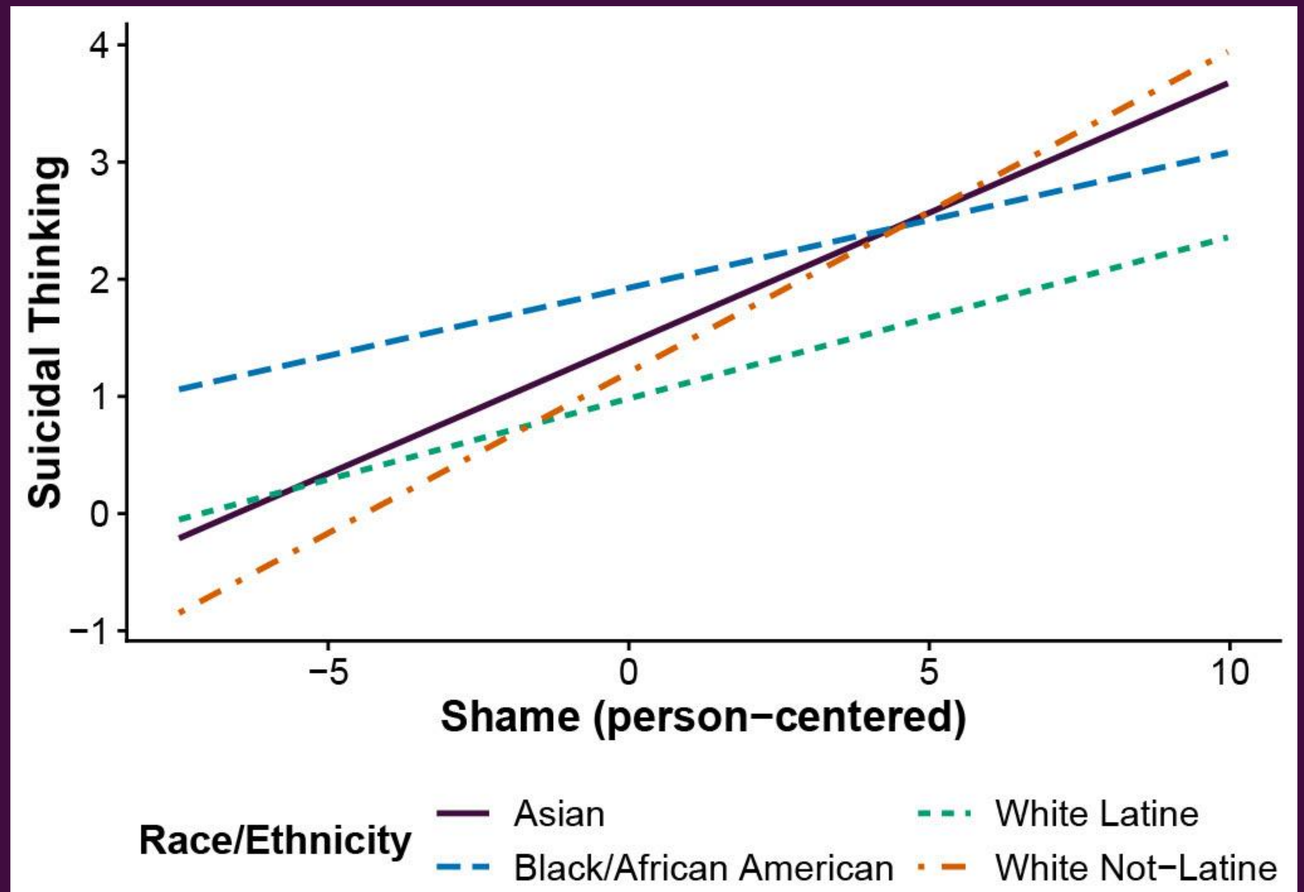
- Both **shame** and **internalized stigma** have been associated with **suicidal thinking**[1,2], and shame has been found to be a **central emotional feature** of internalized stigma.[3,4]
- Aiming to investigate the effect of race/ethnicity on the shame-suicidal thoughts and behaviors (STBs) relationship, **we hypothesized that there would be a between-group difference in the shame-STBs relationship with race as a moderator, with stronger associations in racially minoritized groups.**

METHODS:

- Participants were undergraduate students from Rutgers University (n = 391).
- Participants received up to **6 EMA prompts per day** for an **8-week period** through the MetricWire platform.
- We tested our hypothesis using **linear mixed-effects models** to account for repeated observations within participants.

Race/ethnicity **moderates** the shame-suicidal thinking relationship.

Fig. 1. Plot of the significant shame x race/ethnicity interaction.



Scan here to view the poster on our lab website.

RESULTS:

- Main effects: participants reported **more suicidal ideation (SI)** when experiencing **more shame than usual.**
- Shame-STBs relationship moderated by race/ethnicity: momentary shame was associated with suicidal thinking in **every group**, but simple slopes show that the strength of the association **differed between groups,** with the strongest associations present in Asian and White Not-Latine participants.

Discussion:

- Congruent with established findings, our results show an association between shame and suicidal thinking.
- Between group variation shows heterogeneity in negative affect and suicidal thinking and bolsters the importance of culturally responsive assessment and intervention.

References:

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RUTGERS