

## **Application for CoEd Untenured (tenure track) Faculty Internal Research Funding**

### **Part I**

**Project Title:** Roles of Racial/Ethnic Oppressive Experiences in Eating Disorder

Symptomatology in Hispanic/Latino Women

**Researcher:** Hsiu-Lan Cheng, Ph.D., Department of Counseling and Educational Psychology

**Rank:** Tenure-Track Assistant Professor (initial appointment date: 08/16/2011)

### **Part II**

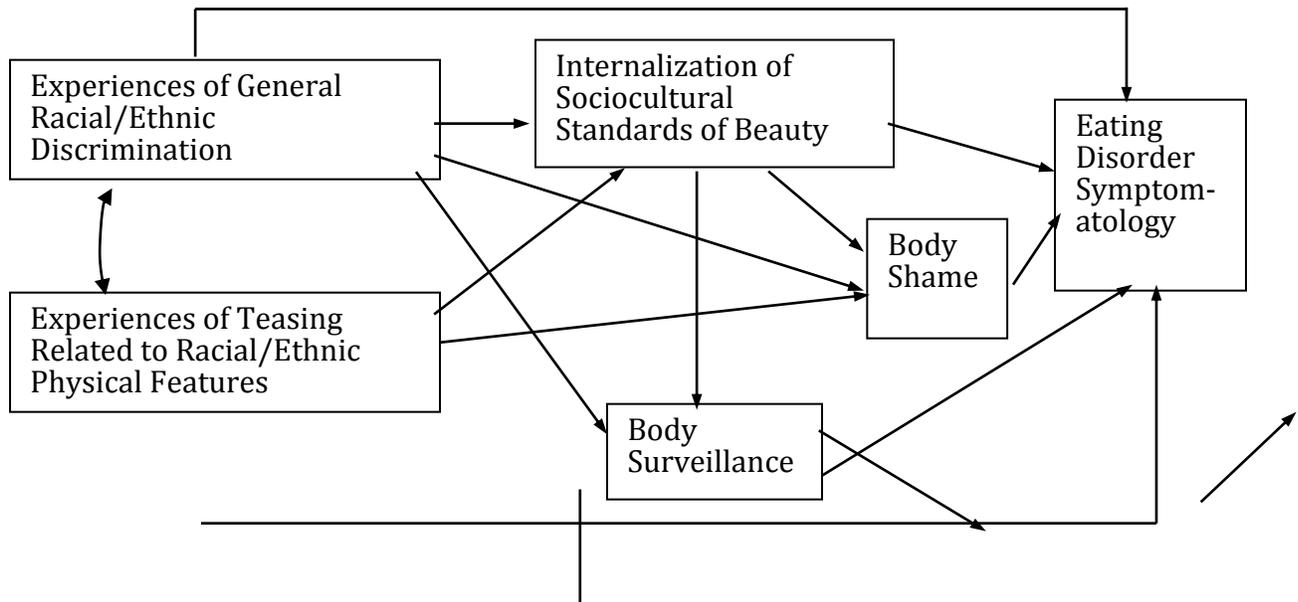
**Impact on Applicant's Personal Research and Development:** Obtaining the Mini Grants to fund this proposed study will help me to develop a line of programmatic research. I have conducted some research in the area of body image and eating disorders (Cheng, in preparation; Cheng & Mallinckrodt, 2009) and recognize important gaps in the empirical literature, particularly the inadequate examination of psycho-cultural risk factors in the etiology of these psychological issues among minority women. My long-term goal is to build a collective set of research evidence addressing psycho-cultural risk factors in eating disorders in racial/ethnic minority girls and women. This type of evidence is crucial to intervention and prevention, and has good propensity to attract future external funding. Obtaining the College of Education Mini-Grants is an important step toward achieving this long-term goal.

**Impact on the Field of Study:** Currently, the etiological and intervention models for eating disorders have been developed and validated with Caucasian women (e.g., Stice, 2001). Application of these models to racial and ethnic minority women has been questioned (e.g., Root, 2001). Therefore, it is imperative for researchers to examine experiences unique to, and also prevalent in, minority women (e.g., discrimination) in the etiology of these

psychological problems. The goal of the current proposed study is to address this gap in the empirical literature. The proposed study may impact the field in the following ways: (a) complementing theories of eating disorders from cultural and contextual perspectives, (b) stimulating future research on psycho-cultural factors in the etiology of eating pathology, and (c) informing prevention and intervention programs in developing culturally competent practice.

**Brief Review of Relevant Literature:** Disordered eating problems, once thought to be a White, upper-middle class, young women's issue, also has been documented to affect women of color (e.g., Shaw, Ramirez, Trost, Randall, & Stice, 2004). Internalization of the media sociocultural standards of beauty is one of the most potent risk factor for body image and eating concerns (for a review, see Grabe, Ward, & Hyde, 2008). However, when studying racial/ethnic minorities, researchers need to explore beyond media sociocultural influence and explore cultural oppressive factors (e.g., ethnic discrimination) unique to minority women's experiences (e.g., Root, 2001). Recently, Moradi (2010) suggests that overt and covert racial/ethnic oppressions can be conceptualized as forms of sexual objectification that promote self-objectification and self-denigration of appearance/body features in racial/ethnic minority women. However, no published studies have empirically tested the utility of this theoretical claim. Therefore, the proposed study aims to investigate the following conceptual model in understanding eating disorder symptomatology in Hispanic/Latino women, an under-investigated population in the eating disorder literature. There will be two phases for implementing this study: (1) revision and validation of the Measurement of Ethnic Teasing (MET; Reddy & Crowther, 2007) with Hispanic/Latino women, and (2) investigation of the proposed theoretical model.

Covariates (e.g., ethnicity, SES, acculturation, BMI) will also be included in the examination of the model.



### Part III: Research Plan

**Setting/Facilities:** College women (undergraduate and graduate) students at NMSU will be invited to participate in this study via classroom and online recruitment.

**Procedures (data collection, data analysis):** Data collection and analysis will involve the following main steps: (a) open-ended questions will be administered to 100 participants, asking their experiences of being teased about racial/ethnic physical features while growing up, (b) grounded theory will be utilized to analyze the results and generate themes from these reported experiences, (c) qualitative results will be used to inform and modify the original items of the MET to be applicable to Hispanic/Latino women, (d) the revised MET items will be tested with 100 students to establish test-retest validity and other psychometric properties, and (e) the validated MET instrument along with measures

of other constructs in the research design will then be administered to a sample of 400 women students, a desired sample size for adequate statistical power. Path analysis will be used to analyze the data to test the conceptual model.

**Study Timeline:** Quantitative data through open-ended questions will be collected and analyzed from August to October, 2012. Revision and validation of the MET instrument and establishment of its psychometric properties will be conducted from October to early December, 2012. Data collection for investigating the conceptual model and data analysis will be conducted from January to February, 2013. Manuscript writing will be conducted from February to April, 2013, and will be submitted for journal review in May, 2013.

**Use of findings/dissemination of results:** My goal is to present findings in national conferences, and to publish them in a top-tier academic journal in counseling psychology.

#### **Part IV: Budget and Budget Justification (Total Budget Requested: \$2000)**

\$ 500 Compensation of \$5 will be paid to each of the 100 participants in order to obtain thorough and honest responses to the open-ended questions. It is of paramount importance to have a sound measure to establish the scientific foundation for this study.

\$ 1000 Each of the 100 participants will be offered \$10 for taking the related measures and the revised MET twice for establishing test-retest reliability and validity.

\$ 400 Drawing of gift cards (20 prizes of \$20) will be used to encourage participation in the final study for testing the proposed model. In terms of fairness, each participant should receive compensation, but perhaps it is not useful to pay \$1 to each of the 400 participants.

\$ 100 Two doctoral students (\$50 each) will be hired to code/analyze the qualitative data (100 surveys of open-ended questions) because of extensive time requirements.

## Part V: References

- Cheng, H-L. (in preparation). Body dissatisfaction and disordered eating in Asian/Asian American women: Sociocultural and psycho-cultural risks.
- Cheng, H-L., & Mallinckrodt, B. (2009). Parental bonds, anxious attachment, media internalization, and body image dissatisfaction: Exploring a mediation model. *Journal of Counseling Psychology, 56*, 365-375.
- Grabe, S., Ward, L., & Hyde, J. (2008). The role of the media in body image concerns among women: A meta-analysis of experimental and correlational studies. *Psychological Bulletin, 134*, 460-476.
- Moradi, B. (2010). Addressing gender and cultural diversity in body image: Objectification theory as a framework for integrating theories and grounding research. *Sex Roles, 63*, 138-148.
- Reddy, S. D., & Crowther, J. H. (2007). Teasing, acculturation, and cultural conflict: Psychosocial correlates of body image and eating attitudes among South Asian women. *Cultural Diversity And Ethnic Minority Psychology, 13*, 45-53.
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- Shaw, H., Ramirez, L., Trost, A., Randall, P., & Stice, E. (2004). Body image and eating disturbances across ethnic groups: More similarities than differences. *Psychology of Addictive Behaviors, 18*, 12-18.
- Stice, E. (2001). A prospective test of the dual-pathway model of bulimic pathology: Mediating effects of dieting and negative affect. *Journal of Abnormal Psychology, 110*, 124-135.