You’re One of Them And I Don’t Like The Way That Makes Me Feel

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Prejudice Defined
Experiential Avoidance

present?
present?
present?
present?
Experiential Avoidance and Psychological Flexibility

- Acceptance: Open up
- Values: know what matters
- Defusion: Watch your thinking
- Committed action: Do what it takes
- Psychological Flexibility: Be present, open up & do what matters
- Self-as-context: pure awareness
Literature
The Present Study
Measures
Hypotheses

Psychological distress and experiential avoidance will both significantly, positively correlate with prejudice.

Experiential avoidance would moderate the relationship between psychological distress and prejudice.
RESULTS!

- Correlation between psychological distress (as measured by the DASS Total Score) and prejudice (as measured by the ISM Total Score) = .133, p = .001

- Correlation between experiential avoidance (as measured by AFQ total Score) and prejudice (as measured by the ISM Total Score) = .095, p = .015
RESULTS!

![Graph showing the relationship between Prejudice and Distress levels with Low EA and High EA categories. The graph illustrates a positive correlation between Prejudice and Distress for Low EA and a negative correlation for High EA.]
Discussion
Limitations
Future Research
Application
Thank you!!

Thank yaahaahaahaow!!

Thank you THIS much!

Thank you! So Much!
References


C. (2014, August 3). [Circle, hands, teamwork, community, diversity, multi-cultural, multi-ethnic, multi-racial, together, unity, group, people, cooperation, connection, human, global, international, race, ethnicity, whole, complete, free vector graphics, free illustrations, free images, royalty free]. Retrieved October 27, 2016, from https://pixabay.com/p-312343/?no_redirect


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