



EXAMINING SATISFACTION WITH LIFE AND DEPRESSION AMONGST BIRACIAL BLACK-WHITE YOUNG ADULTS



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INTRODUCTION

- Biracial people have increased by 276% in the last 10 years (United States Census Bureau, 2023)
- Biracial Black-White youth navigate complex structures, systems, and unique challenges that can influence their overall well-being, contributing to disparities in their mental health.
- **The current literature:** explores the experiences of Biracial individuals with white mothers and Black fathers. However, the nuances and unique dynamics associated with having a white father and a Black mother remain understudied.

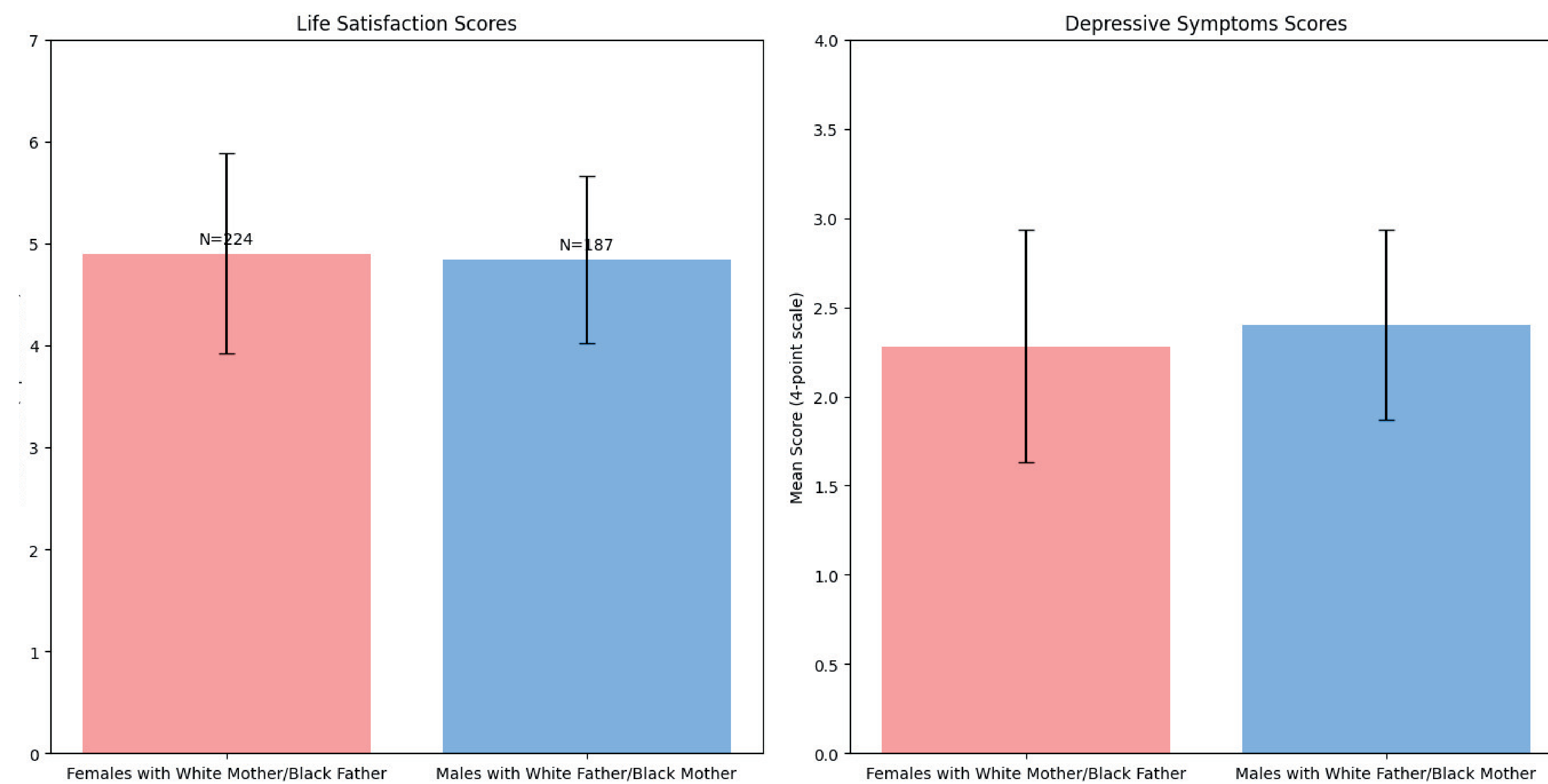
METHODOLOGY

- Secondary data analysis- **Biracial Adolescent & Young Adults Socialization Experiences Study (BASES)** Data Set: 411 Biracial Black-White emerging adults (52.8% Cisgender Women, 53% Cisgender Men, 2.2% Transgender Men, and 0.5% Non-Binary)
- **Independent Variable (IV):** Parental race and gender (White mom/Black dad vs. White dad/Black mom).
- **Dependent Variables (DV):** Life satisfaction, Depression.
- **Life Satisfaction Measurement:** Assessed using the Satisfaction with Life Scale (SWLS; Diener et al., 1985, $\alpha=.752$), where higher scores indicate greater life satisfaction.
- **Depression Symptoms Measurement:** Assessed using Depressive Symptoms (Henry & Crawford, 2005, $\alpha=.857$), where higher scores indicate more severe depressive symptoms.
- **Statistical Test:** An independent samples t-test was conducted to compare life satisfaction and depressive symptoms between Biracial Black-White youth with a White mother/Black father and those with a White father/Black mother.

Research Questions:

- 1) Does life satisfaction differ in Biracial emerging adults based on whether their white parent is their mother or father
- 2) Do levels of depression differ in Biracial emerging adults based on whether their white parent is their mother or father?

RESULTS



Note: Both groups report relatively neutral life satisfaction with no substantial distinction between them ($t=0.63$, $df=409$, $p=0.53$). Both groups also report low level of depressive symptoms with no statistically significant difference between them ($t=-1.99$, $df=409$, $p=0.42$).

Life Satisfaction (7-point scale) :

- White mother/Black father: $M = 4.90$, $SD = 0.98$, $N = 224$.
- White father/Black mother: $M = 4.84$, $SD = 0.82$, $N = 187$.
- Small mean difference, not statistically significant ($t = 0.63$, $df = 409$, $p = 0.53$).

Depressive Symptoms (4-point scale) :

- White mother/Black father: $M = 2.28$, $SD = 0.65$
- White father/Black mother: $M = 2.40$, $SD = 0.53$.
- No statistically significant difference ($t = -1.99$, $df = 409$, $p = 0.42$).

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CONCLUSIONS

- **Key Finding:** Participants with white mothers and Black fathers reported more satisfaction with their lives and fewer depression symptoms when compared to those participants who have a Black mother and white father
- Although not statistically significant this study underscores the significance of examining differences among subgroups.
- Future research should explore underlying factors (e.g., racial socialization) that may contribute to differences in life satisfaction and depressive symptoms among Biracial Black-White youth based on parental racial identity.

References

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