Stereotyping in the Clinical Encounter

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MAFP Spring Refresher
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Land Acknowledgement

The University of Minnesota is located on the ancestral and traditional territory of the Dakota people. The founding of the University of Minnesota through the Morrill Land-Grant Act of 1862 was possible due to the United States government's failure to uphold treaties with the Dakota nation.

Objectives

- Stereotype formation
- Black patients experience of stereotyping
- Approaches to stereotype reduction

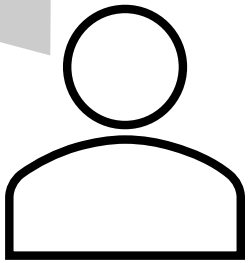
HEAD HEAD HEAD

Race used to contextualize patients' lives

Race associated with:

- Culture
- Health behaviors
- Socioeconomic factors
- Exposure to racism

"I'd want to know the race so you would have an idea of how they grew up. I mean what their diet was, what their socioeconomic and the milieu was as they were growing up."



Okah E, Glover L, Donahue KE, Corbie-Smith G, Dave G. Physicians' Perceptions of Race and Engagement in Race-Based Clinical Practice: a Mixed-Methods Systematic Review and Narrative Synthesis. J Gen Intern Med. 2022 Nov;37(15):3989-3998. doi: 10.1007/s11606-022-07737-5. Epub 2022 Jul 22. PMID: 35867305; PMCID: PMC9640482.

Culture explains racial differences in health

- N: 689 family medicine physicians
- Belief in genetic and cultural differences between racial groups as the cause of differences in health outcomes was associated with race-based practice
  - genetic (β=3.58; 95% CI=3.20,3.95)
  - cultural (β=1.57; 95% CI=0.97,2.14)

Okah E, Cronholm PF, Crow B, Persaud A, Westby A, Bonham VL. Race-Based Care and Beliefs Regarding the Etiology of Racial Differences in Health Outcomes. Am J Prev Med. 2023 Apr;64(4):477-482. doi: 10.1016/j.amepre.2022.10.019. Epub 2023 Feb 9. PMID: 36935165; PMCID: PMC10031413.

What are stereotypes?

- Overgeneralized beliefs
- Culturally-derived **shared** narratives

“Women make reliable workers.”

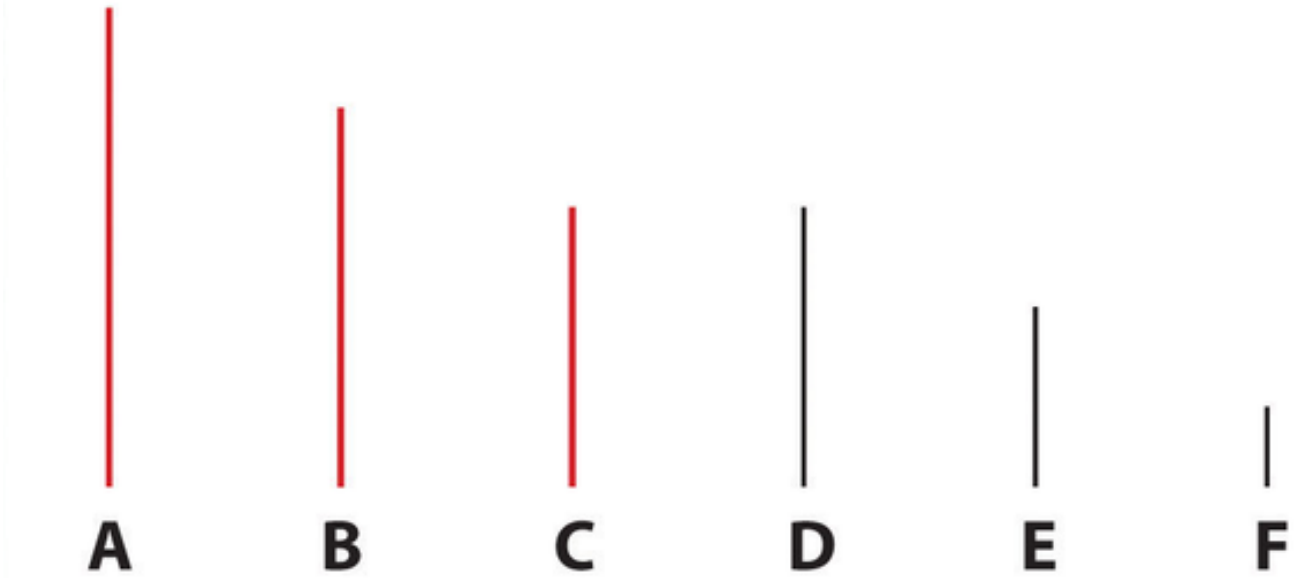
“Black women are strong.”

“Latinas have vibrant personalities.”

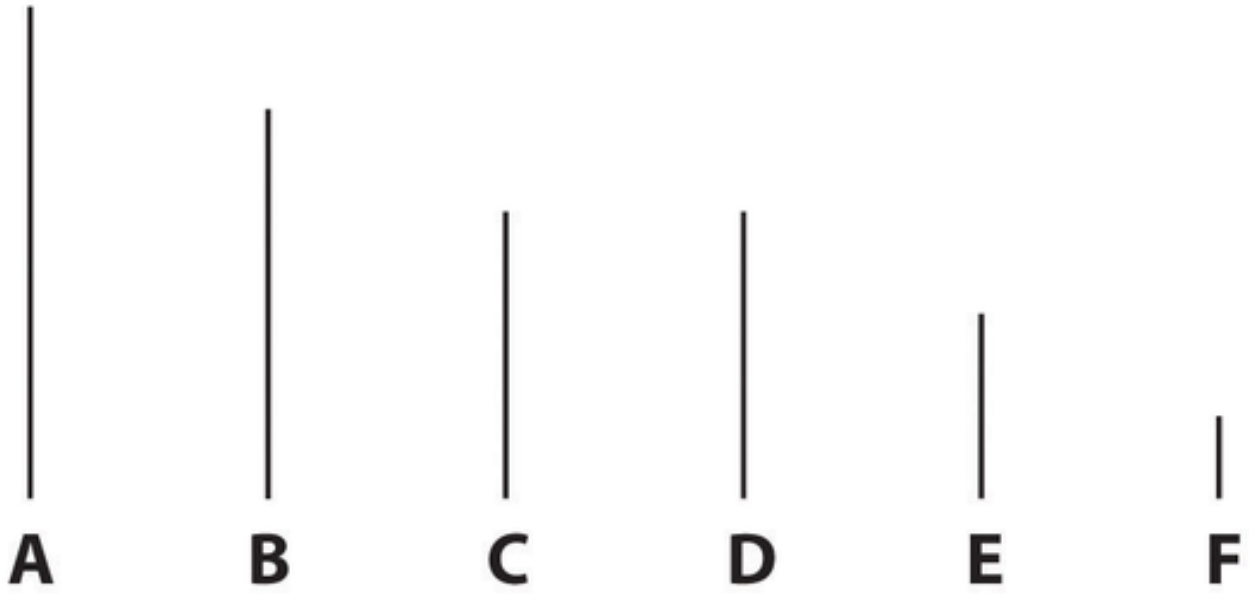
Stereotypes: cognitive perspective

- Categorization and psychological salience
- Narratives
- Overemphasize intergroup & minimize intragroup differences
  - Kernal of truth v illusory correlation

Tajfel and Wilkes categorization



Tajfel and Wilkes categorization



Stereotypes: motivational perspective

- Self-valuation
  - Improves in-group and self-impression
  - Protects in-group from outside threat

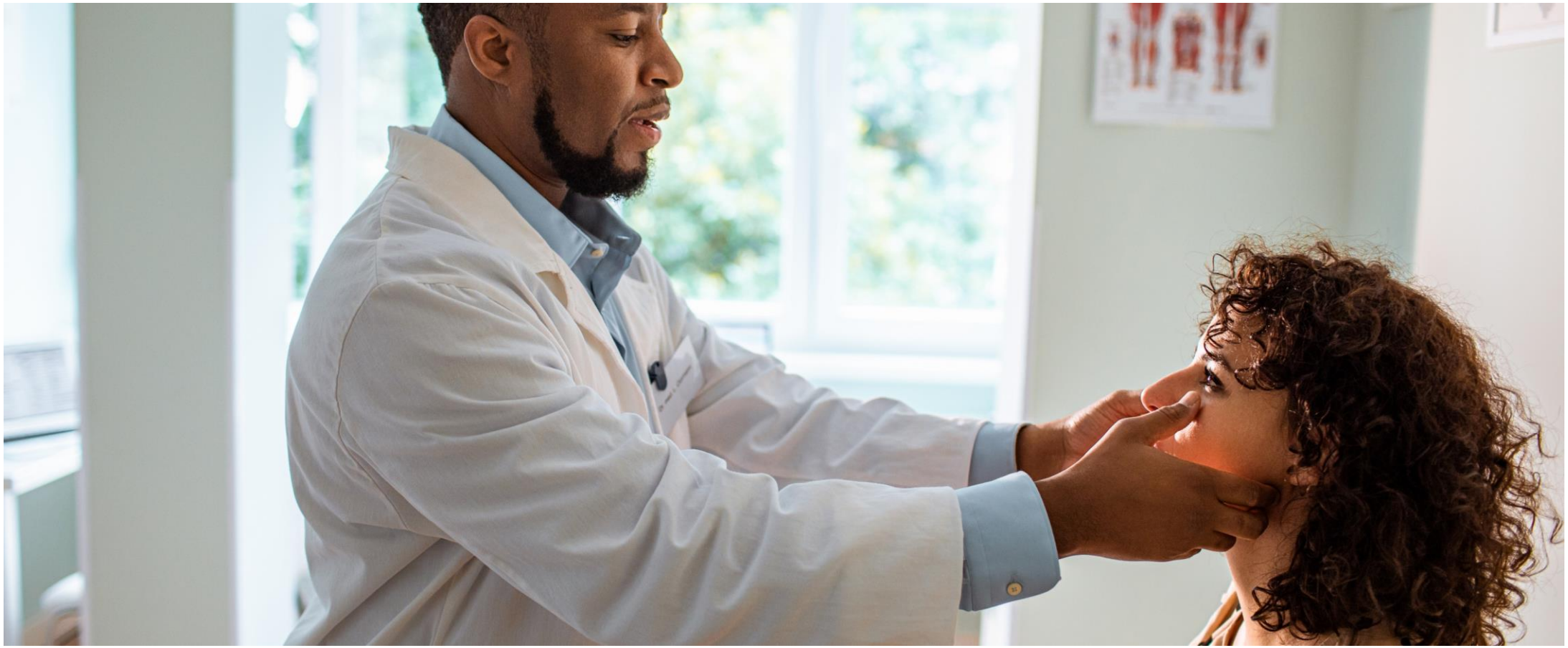
- Justification
  - Explain the existing social hierarchy

Stereotypes affect reality

- Perceiver:
  - See
  - Interpret events
  - Remember

- Target
  - Stereotype threat (vigilance)
    - Energy to emotionally regulate
    - Chronic stressor -> health
  - Stereotype confirmation (self-fulfilling prophesy)
    - Creating an environment that makes it true

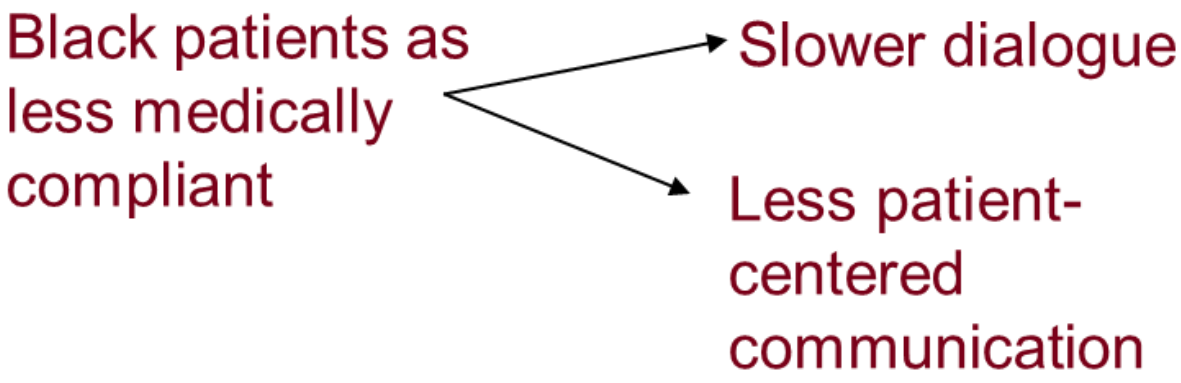
Stereotyping affect patient-provider interactions



Clinician stereotyping

The Associations of Clinicians' Implicit Attitudes About Race With Medical Visit Communication and Patient Ratings of Interpersonal Care

Lisa A. Cooper, MD, MPH, Debra L. Roter, DrPH, Kathryn A. Carson, ScM, Mary Catherine Beach, MD, MPH, Janice A. Sabin, PhD, MSW, Anthony G. Greenwald, PhD, and Thomas S. Inui, MD

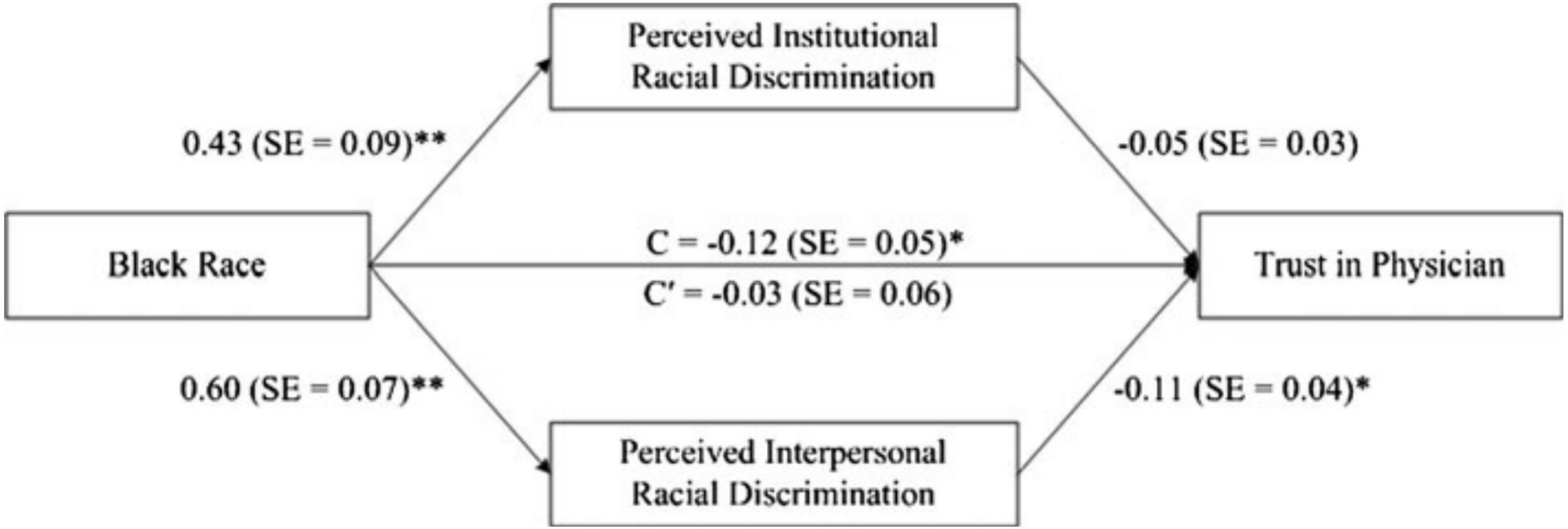


Perceptions of Black patients, preliminary findings

- N=30 family medicine physicians
- Qualitative study w/ semi-structured interviews

- Question: What is commonly **assumed** of Black patients?
  - Substance abuse
  - Low socioeconomic status
  - Low trust of healthcare institutions
  - Poor compliance

Trust



Hausmann LRM, Kwoh CK, Hannon MJ, Ibrahim SA. Perceived Racial Discrimination in Health Care and Race Differences in Physician Trust. Race Soc Probl. 2013 Jun 1;5(2):113–20.

Black Patients' Experiences

"In my own mind I try to avoid being stereotyped by doing certain things … I just really think that sometimes how you present yourself, how you speak, how you're dressed … unfortunately, that plays into the quality of care that you may receive–from the time you walk in all the way up to the time that you see the doctor."

Leona, 59, executive director of dance company

Sacks TK. Performing Black womanhood: a qualitative study of stereotypes and the healthcare encounter. *Critical Public Health*. 2018;28(1):59-69. doi:10.1080/09581596.2017.1307323

Black Patients' Experiences

"I think it's because I'm a Black woman I do not get no medication or no kind of other kind of treatment. So, I'm saying, I think it's that kind of an issue, because you got White druggies, they are all kinds of people are druggies, but they suspect the African American."

Cuevas AG, O'Brien K, Saha S. African American experiences in healthcare: "I always feel like I'm getting skipped over." Health Psychology. 2016;35(9):987–95.

Stereotype threat

Stereotype Threat Among Black and White Women in Health Care Settings

Cleopatra M. Abdou
Davis School of Gerontology and Department of Psychology, University of Southern California

Adam W. Fingerhut
Department of Psychology, Loyola Marymount University

Take Away: Exposure to stereotypic messaging in a virtual waiting room was associated with increased anxiety among women who strongly identified as Black.

How to reduce stereotyping

J Gen Intern Med. 2007 Jun; 22(6): 882–887.
Published online 2007 Mar 3. doi: 10.1007/s11606-007-0160-1

PMCID: PMC2219858
PMID: 17503111

Reducing Racial Bias Among Health Care Providers: Lessons from Social-Cognitive Psychology

Diana Burgess, PhD,[1,2] Michelle van Ryn, PhD, MPH,[1,3] John Dovidio, PhD,[4] and Somnath Saha, MD, MPH[5]

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How to reduce stereotyping

In the clinic:

- Emotional regulation
- Perspective taking and affective empathy
- Partnering with patients

How to reduce stereotyping

Outside the clinic:

- Improve your network (who is in your “in group”?)
- Increase your awareness of your own automatic assumptions.

Intergroup Contact Theory

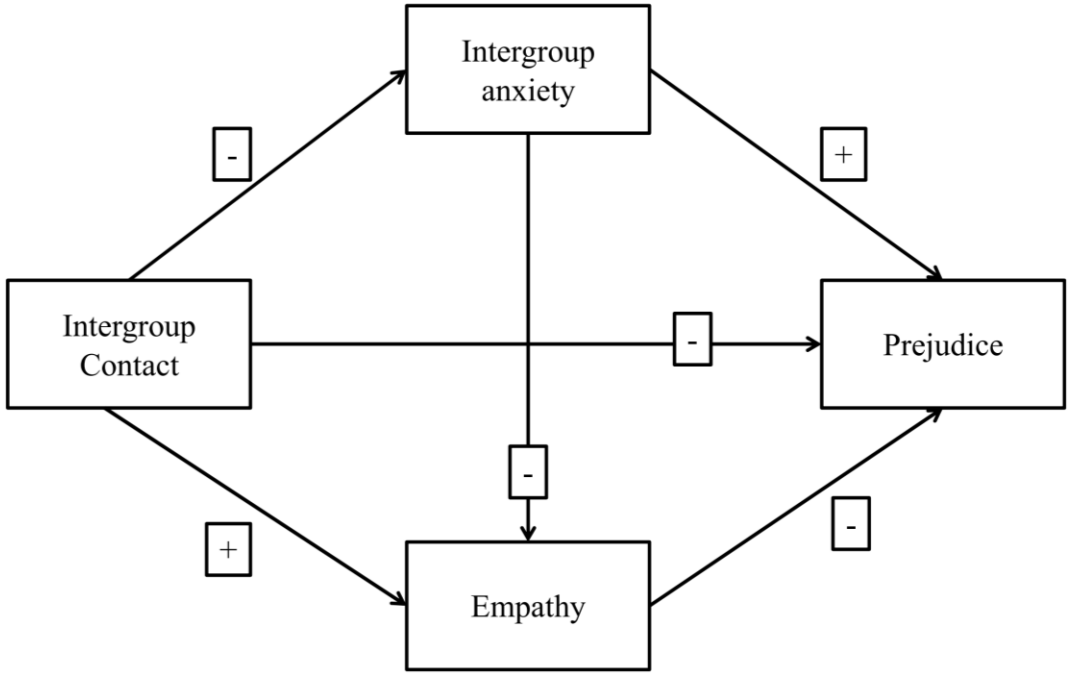

Figure 1. Intergroup contact mediation model proposed by Pettigrew and Tropp (2008).

Zachary B. Massey, Norman C. H. Wong & Juliana L. Barbati (2021). Meeting the (Trans)parent: Test of Parasocial Contact with Transgender Characters on Reducing Stigma toward Transgender People, Communication Studies, 72:2, 232-250, DOI:10.1080/10510974.2021.1876125

Your network

Now, think about your social network:

- Which residents have you stayed in contact with?
- Which colleagues have been invited to your home?
- What is the diversity in your neighborhood or place of worship?
- Who are the people in your personal life who do not share your race?

Thank you for your time.

Questions?

UNIVERSITY OF MINNESOTA

DEPARTMENT OF FAMILY MEDICINE
AND COMMUNITY HEALTH