

Microaggressions Experienced by Emerging Adults (16-25 years old) with Tourette Syndrome

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Background

Microaggressions

- Brief, mostly unintentional, commonplace daily indignities that communicate discriminatory slights and insults to marginalized groups ¹
- ↑ Levels of microaggressions → ↓ Quality of life (QoL) ²

Emerging adults (16-25 years old)

- Emerging adults experience multiple changes → affect their QoL ³
- Emerging adults with Tourette Syndrome (TS) :
 - Manifest motor/vocal tics → greater risk of experiencing discrimination ⁴
 - Experience additional challenges as a result of their tics
 - ↑ Tic severity = ↓ Social acceptance ⁵

Methods

Participants

- 43 emerging adults with TS
- Ages ranged from 16 to 25 years old ($M = 18.9$; $SD = 2.9$)
- Gender : 20 female; 14 male; 6 non-binary; 3 other

Instruments

- Sociodemographic questionnaire
- Adult Tic Questionnaire ⁶
- Adapted version of Ableist Microaggressions Scale ⁷
 - Subscales : *Helplessness*, *Minimization*, *Denial of personhood*, *Otherization*
- Pediatric QoL Inventory 4.0 – Young Adult Version ⁸

Discussion

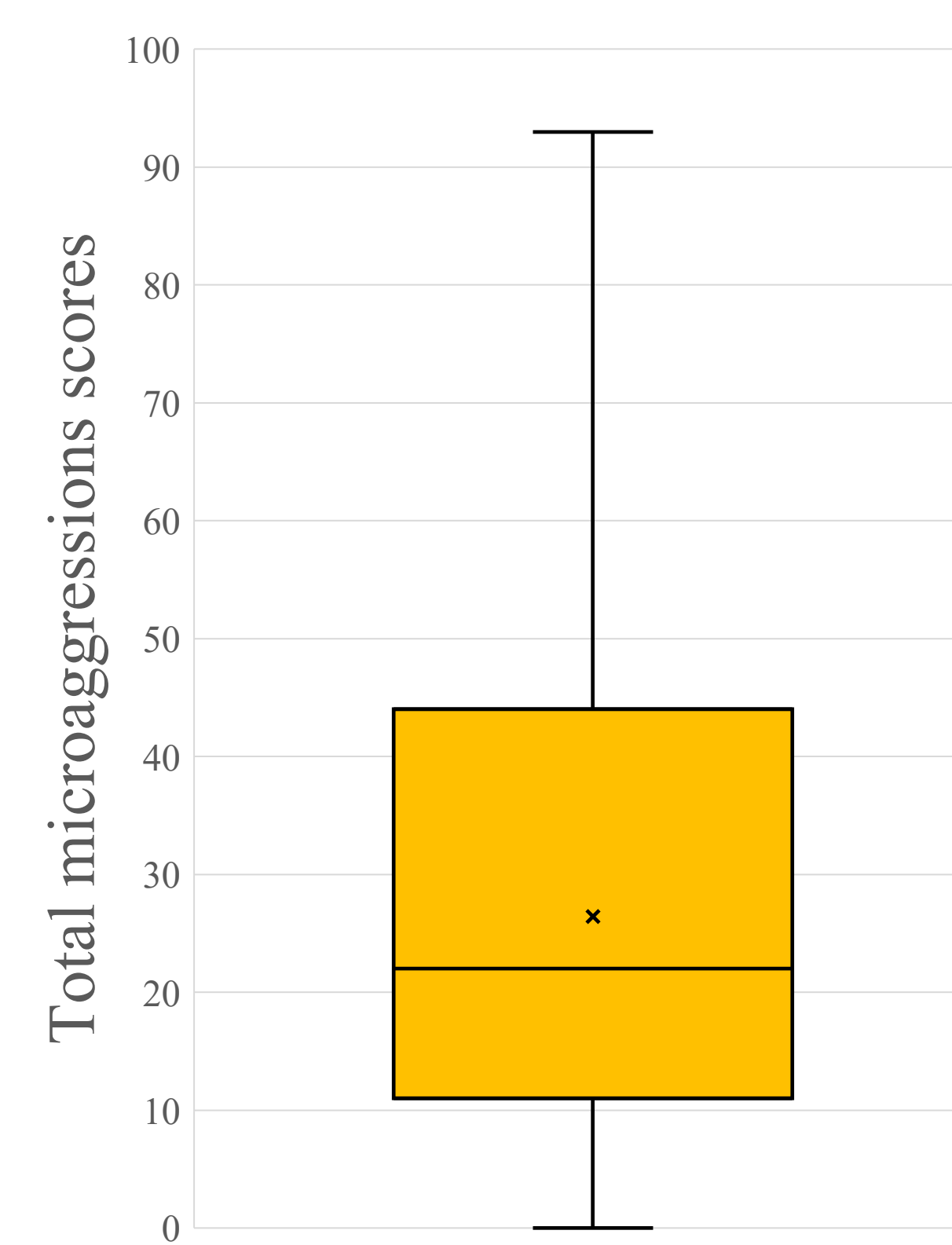
- They experience microaggressions
 - Comparable to people living with visible disabilities ($M = 1.7$) ⁷
 - **Minimization** type → fluctuating, perceived as being in control ?
 - ↑ **Vocal tic severity** → harder to conceal or hide ?
 - Visibility of the disability plays a critical role ⁹
- Consistent with literature : Discrimination against adults with TS → ↓ QoL ¹⁰
- ↑ Perceived microaggressions → ↓ QoL : *Emotions*, *Social Relations* and *Health/Activities*
 - Microaggressions are associated with **internalizing problems** (anxiety, depression) ¹¹
 - **Social stigma** is pervasive among adolescents with TS ¹²
 - Microaggressions can be detrimental to **physical and psychological health** ¹³
- Future directions : TS severity as a mediator between perceived microaggressions and QoL ?

Objectives and Results

1

Evaluate the extent of microaggressions experienced by emerging adults with TS

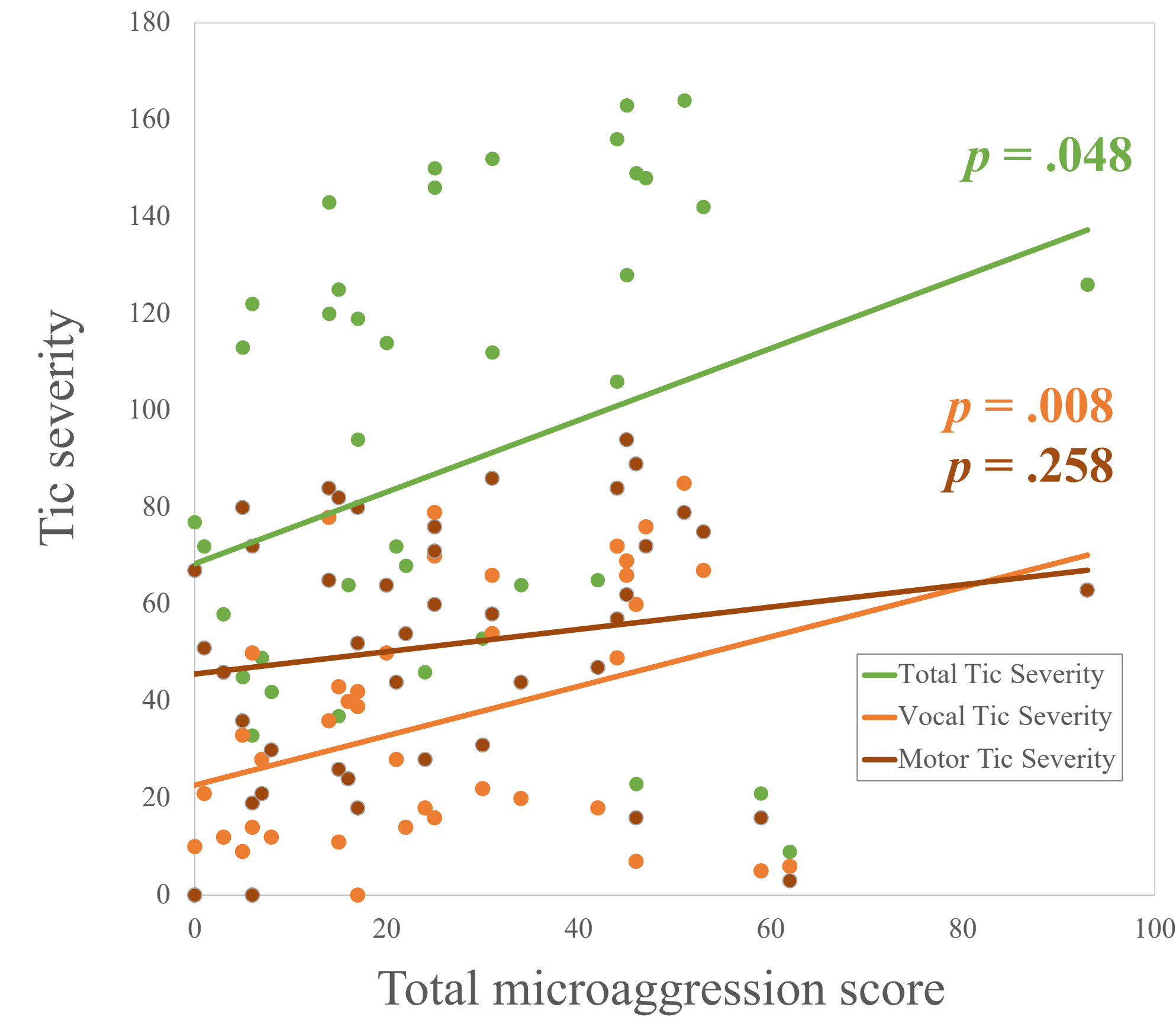
Total microaggression scores



2

Evaluate the association between **tic severity** and perceived microaggressions

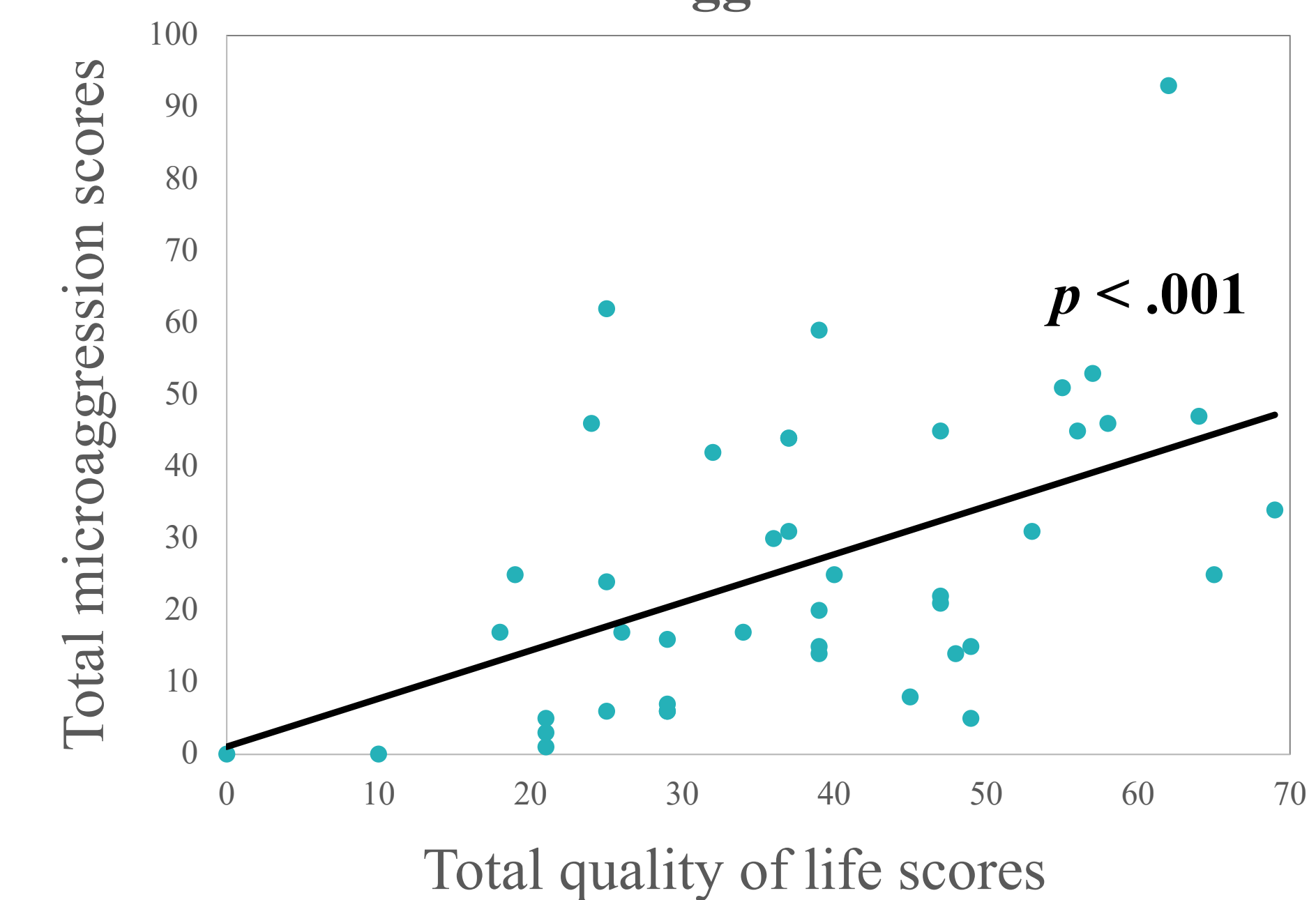
Perceived microaggression vs. tic severity



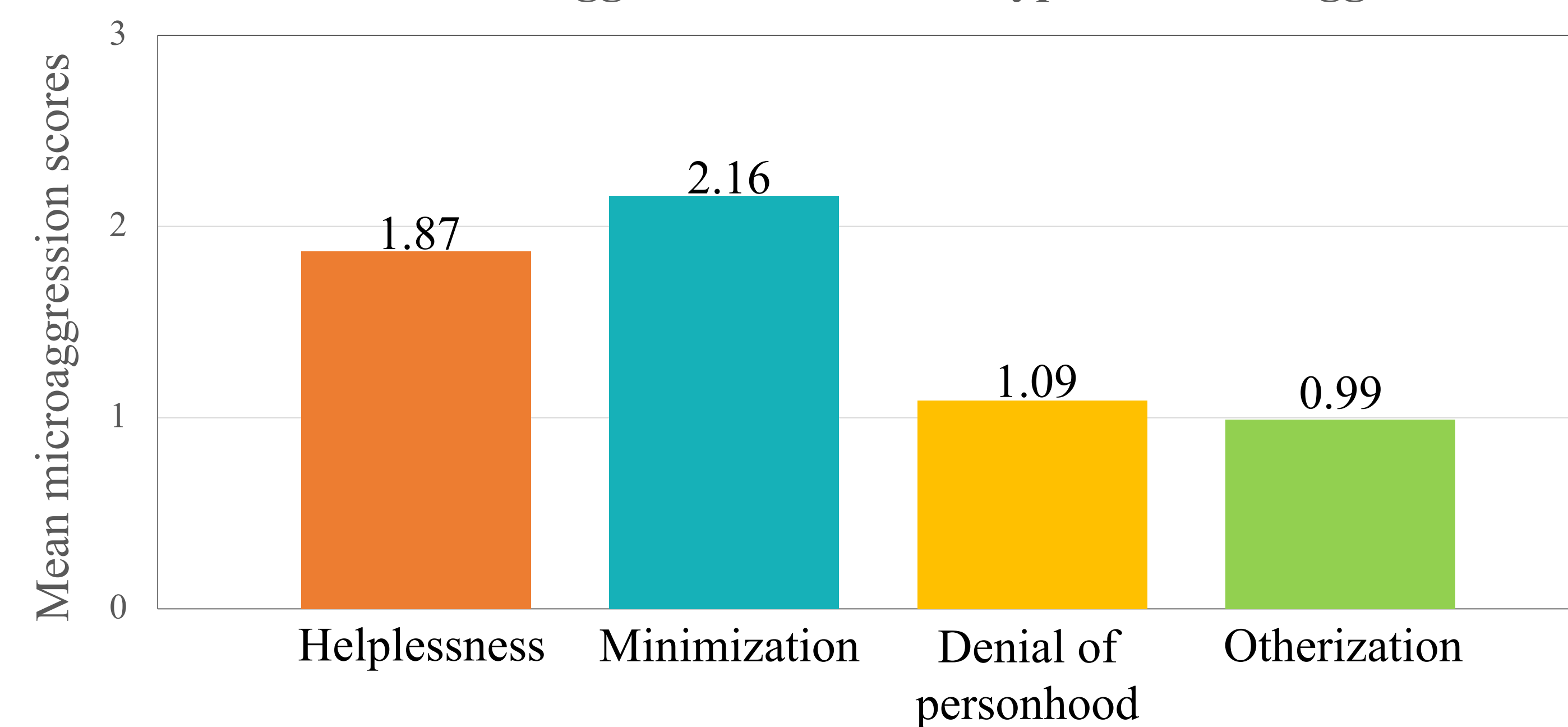
3

Evaluate the association between perceived microaggressions and **quality of life** in TS

Quality of life vs. perceived microaggressions



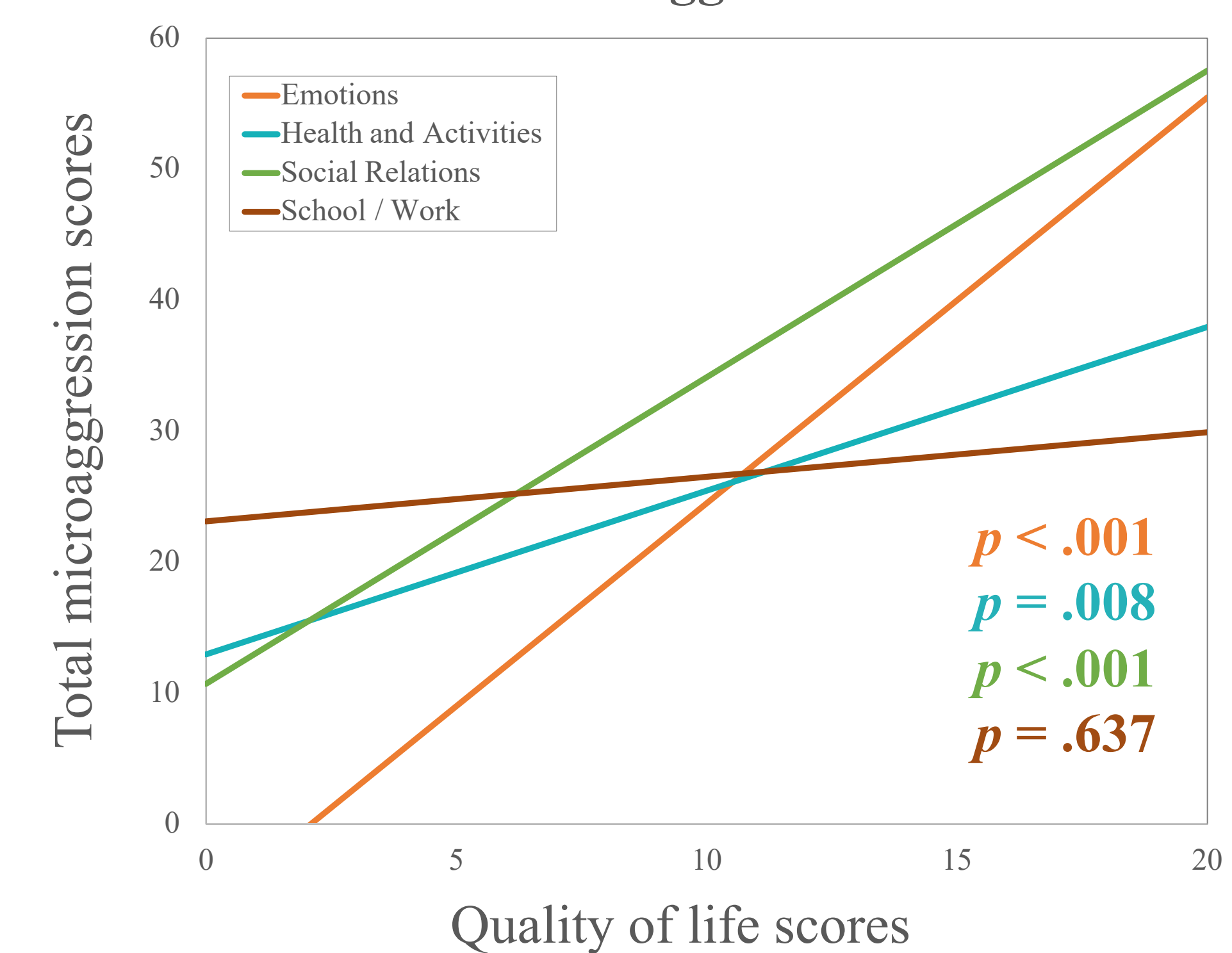
Mean microaggression scores vs. types of microaggressions



95 % has experienced at least one form of microaggression

Mean microaggression scores for all types → $M = 1.32$

Quality of life by types vs. perceived microaggressions



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