

Racism Vs. COVID-19:  
Which causes more anxiety?

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### **Hypothesis**

- **I hypothesize that the participants will have higher anxiety levels due to exposure to racism stimuli than exposure to COVID-19 stimuli.**

### **Background**

- ***COVID-19 and Racism has left many anxious about many aspects of live. Year 2020 was a peak year in many different negative aspects from the start of what we would be known as the COVID-19 pandemic to the Black Lives Matter; then, here we are in the year 2021 and both topics are still of interest. My study will be designed to examine the anxiety levels in comparison with COVID-19 stimuli vs. the racism stimuli.***

### **Method**

#### Participants

- ***50 CSU Stanislaus college students from freshman to senior year.***
- ***Will be chosen using SONA and randomly assigned to my three conditions using Qualtrics.***

#### Materials

- ***CONDITION ONE***
  - ***Short video compilation of news footage about COVID-19***
- ***CONDITION TWO***
  - ***Short video compilation of news footage about racism.***
- ***CONDITION THREE***
  - ***Video compilation" generalized news"***
- ***SONA***
- ***Qualtrics***
- ***Anxiety measure***
  - ***Beck Anxiety Inventory***

#### Procedure

- ***Gather my participants by using SONA to offer extra credit as well to take the surveys***
- ***Use Qualtrics to randomly assign my participants.***
- ***Demographics questionnaire***
- ***Expose my participants to either COVID-19 stimuli, Racism Stimuli or to "generalized" news to compare anxiety levels depending on what condition group they are in.***
- ***Beck Anxiety Inventory***

## References

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