Procedures
Research Aims
1) To highlight Asian-Americans’ lived experiences of discrimination under COVID
2) We posit that fear of discrimination is a mechanism with implications for how Asian Americans move through the world.

Methods
Procedures
• Participants were 116 East and South-East Asian Americans across the United States
• Participants took a survey online via Qualtrics and answered questions from the Subtle and Blatant Racist Scale for Asian American College Students (SABR-A2), Center for Epidemiologic Studies Depression Scale (CES-D), Rosenberg Self-Esteem Scale, a self-created measure called the Experiences, Fears, and Feelings related to COVID-19 Scale

Analyses
• Participants responded to open-ended questions measuring perceptions of safety, spaces of comfort, and treatment during COVID-19
• Open-ended questions were coded into numerical data suitable for conducting statistical analyses and coded for themes based on overlapping content.
• Regression & mediation analyses will be conducted

Participants felt most safe at home, followed by Asian dominated areas (e.g. stores, Chinatown)
When asked what the difference was between these spaces, 37% of participants reported it being due to having a private space and 21% reported fear/experience of discrimination

Participants felt least safe at stores/restaurants, public spaces, non-Asian stores,
Spaces of Comfort
Spaces of Discomfort

Discussion
• Asian Americans don’t have to experience a racially influenced attack to be fearful of what will happen to them in everyday life
• Fears are meaningful because it can have detrimental effects on mental health for Asian Americans
• To respond to this anticipated increase in mental health problems, we call on:
  • National, state, and local agencies to ensure investments in culturally appropriate mental health services
  • Community-based outreach and preventive measures as solutions, not increased policing
• Future studies should examine the relation between fear of discrimination, anxiety and identity development as a buffer.

Coughing While Asian: Expectations & Experiences of Anti-Asian Discrimination During COVID-19
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Overview
• Fears or the anticipation of discrimination is understudied
• Fears may be prevalent and shape people’s daily experiences and identity development
• Fears are (1) biologically rooted, (2) strategically used by the powerful to disarm and oppress, and (3) is invisible unlike other forms of discrimination.

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Results
Frequency of Fears
Participants reported a variety of fears pertaining to their everyday life being Asian-American during COVID-19: highest fears are "I was afraid to cough/sneeze in public" and "Hearing/Seeing news of hate crimes towards Asian Americans made me scared"

Qualitative Results
Treatment during COVID
• 41% of participants reported feeling people were treating them differently during quarantine
• 59% reported being treated suspiciously/avoided and 33% reported verbal harassment
• 67% reported their perpetrators as white
• 51% reported nothing made them feel better
Perceptions of Neighborhood Safety
• 82% reported feeling safe in their own neighborhood
• 36% reported familiarity of the neighbors
• 31% reported having no fear of discrimination or feeling safe
• Of the 18% that felt unsafe
  • 48% reported having a fear of discrimination
  • 19% reported lack of trust

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