

Perceived Discrimination & Subjective Cognitive Decline in Ethnoracially Diverse Older Adults Living in the United States

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Background & Aims

- Perceived discrimination (PD), or the perception of unfair treatment due to personal characteristics has been linked to a higher risk of future cognitive decline.
- Higher levels of PD are frequently reported by people of color.
- Subjective cognitive decline (SCD) is the self-reported experience of worsening cognitive abilities and may precede Mild Cognitive Impairment and dementia.
- Few studies have examined the relationship between PD, ethnoracial group, and SCD.

Objective

To examine the associations between PD, SCD, and ethnoracial group in a cohort of older adults living in the United States.

Participants & Methods

Participants

- Participants were 870 older adults (mean age= 67.0; SD = 7.6), self-identifying as Latinx (n = 126), Black (n = 74), Asian (n = 33) or White (n = 637) living in the United States who completed a self-report survey.

Measures

- Ethnoracial group was determined using US Census questions about race (White, Black, Asian) and ethnicity (Latino, Non- Latino).
- PD was measured using the Detroit Area Study Everyday Discriminations Scale.
- SCD was measured using the Measurement of Everyday Cognition scale (ECog) which asks participants to compare current abilities to 10yrs prior (e.g., remembering where objects are placed, following the story of a book).

Analyses

- Hierarchical regressions were conducted controlling for age, sex, and education to identify the associations between perceived discrimination, SCD, and ethnoracial group.

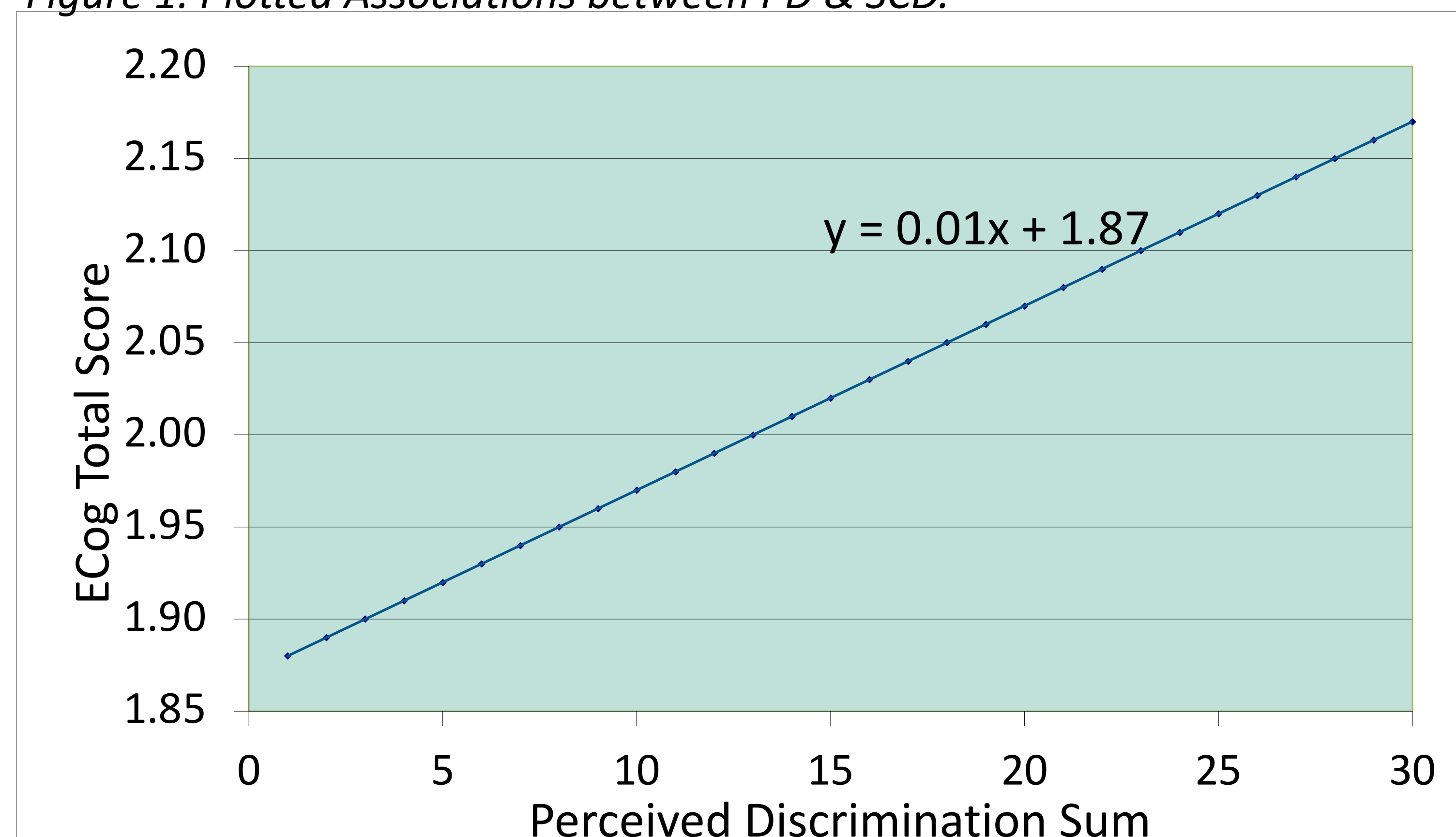
Results

- Higher levels of PD predicted higher SCD in the entire sample ($p < .001$).
- Higher levels of PD predicted higher SCD in Latino and White groups ($p < .001$).
- Ethnicity/race did not moderate the relationship between PD and SCD ($p > .05$).
- Exploratory analyses revealed PD as a predictor of SCD by domain in the full sample. However, ethnoracial group did not moderate the relationship.
- Of note, for the relationship between PD and divided attention, the moderating impact of race/ethnicity trended towards significance ($p = .08$).

Table 1. Regression weights and significance from multiple regression analysis in full sample.

PD Predicts SCD in Full Sample					
	β	SE	t-value	p	
Age	0.02	0.00	0.506	0.61	
Education	0.08	0.001	2.43	0.02	
Sex	0.03	0.01	0.89	0.37	
PD	0.20	0.001	5.85	<.001	

Figure 1. Plotted Associations between PD & SCD.



Conclusions

- Experiences of discrimination negatively impact health outcomes and risk.
- Our findings provide further evidence of a relationship between PD and SCD.
- Interestingly, the relationship between PD and SCD was not moderated by race.
- The present study is limited in that participants completed a self-report survey during the height of the COVID-19 pandemic and other societal stressors.
- Future work should further examine the relationship between discrimination, ethnoracial groups, and divided attention.
- Additionally, future research should aim to examine the relationship between different forms of discrimination (e.g., systemic discrimination), ethnoracial groups and SCD.

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