Quality Of Mental Health: Race May Vary?

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Motivation for my study

One thing that is known about race is that the not all are treated equally in the eyes of society. Everyone has their own stressors and personal struggles they hope to overcome every day, and depending on what people identify as, some have greater access than others. For race, people who do not identify as white tend to have lesser access to resources and opportunities to succeed, resulting in a risk of poor mental health that will manifest if left unaddressed. It's also known that some factors like education, income, living conditions, and employment are just some of the factors that will help or damage a person's mental health.

Research Gap

I want to know whether a person's race contributes to their likelihood of poor mental health, more so when considering common mediating factors like education and level of income as my controlling variables of the project.

Hypothesis

I predicted that among the 3 race categories: white, black, and other(Asian, Hispanic, etc), that people who identify as black would report having worse mental health compared to the other categories, with education and income being added contributors.

Data Description

Data:

I chose 2014 for my GSS year

2014 GSS Response Rate: 60%

Sample Size, N: 1,089 after listwise deletion

Target demographic: Race(White, Black, Other)

Measures:

DV(Days of Poor Mental Health), IV(Race), CV(Highest Education, Income)

Nominal: Race and Highest Education

Interval: Days of Poor Mental Health, Income

Race was recoded to show the differences in variation for my final result

RESULTS: BIVARIATE RELATIONSHIP

There was little difference in variation between the 3 race categories when pitting the DV against the IV

	Mean	N	Standard Deviation
White	3.3925	912	7.2178
Black	3.2640	197	7.148
Other	3.1667	132	7.4855

Results: Regression

Model 1:

Variable	Coeff.(B)	S.E.	t	sig.
Constant	2.856	.878	3.253	.0001
Race(ref: White)				
Black	0.067	.594	.113	.910
Other	.229	.692	.331	.741

Results: Regression Part 2

Model 2:   ***p ≤ .001; **p ≤ .01; *p ≤ .05.

Variable	Coeff.(B)	S.E.	t	sig.
Constant	4.494	1.027	.878	<.001
Race(ref: White)				
Black	.430	.593	.726	.468
Other	.758	.694	1.092	.275
Highest Education	-.726	.178	-4.087	<.001
Income	-.218	.138	-1.575	.116

Results: Regression Part 3

a. Predictors: (Constant), Other, Black

b. Predictors: (Constant), Other, Black, Respondent's Income, Highest Education

	R	R Square	Adjusted R Square	Std. Error of the Estimate
Model 1	.010[a]	.000	-0.002	6.965
Model 2	.147[b]	.022	.018	6.896

Conclusion

Among the 4 variables used in this data analysis, only education has shown statistical significance at p<.001 level. Since the education level rate is negative, this means a person's likelihood of poor mental health decreases if they have a higher education. This also means that there was no difference in variation between race and mental health, even when including the income control variable.