



# COMPARING TWO INTERVENTIONS TO REDUCE PREJUDICE AND INCREASE EMPATHY

McGill

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BeAnotherLab

## OBJECTIVES

Prejudice is a fundamental social problem that can lead to discrimination and violence. It is thus essential to explore, compare, and validate old and new strategies to reduce prejudice. In the current study, we compared two types of perspective-taking strategies to a control group. The first group, embodied perspective-taking, relies on the illusory embodiment of the body of a Black confederate (to literally “see through another’s eyes”). The second group employs a classic mental perspective-taking methodology using the photograph of the same Black confederate. We pre-registered our study design, inclusion and exclusion criteria, sample size, variables, and hypotheses and analyses regarding empathy and symbolic and explicit racism. The pre-registration is available on OSF at <https://osf.io/cws8g/>.

**Research Question:** Which of embodied and mental perspective-taking is better at reducing prejudice and increasing empathy?

## METHODS

### THREE GROUPS

(1) Embodied Perspective-Taking (GREEN, $n = 27$ )	(2) Mental Perspective-Taking (BLUE, $n = 27$ )	(3) Control: Self Perspective-Taking (RED, $n = 27$ )
Exchange visuo-spatial viewpoint with confederate	Reflect on life of Black confederate on photograph	Reflect on one’s own life
<i>“For the next minute, look closely at your body and at your reflection in the mirror. Imagine a day in the life of this individual, looking at the world through her/his eyes and walking through the world in her/his shoes.”</i>	<i>“For the next minute, take the perspective of the individual in the photograph. Imagine a day in the life of this individual as if you were that person, looking at the world through her/his eyes and walking through the world in her/his shoes.”</i>	<i>“For the next minute, take the time to let your mind wander. Imagine a day in your life, looking at the world through your eyes and walking through the world in your shoes.”</i>

### Embodied Perspective-Taking



confederate

participant  
point of view

participant

### Mental Perspective-Taking



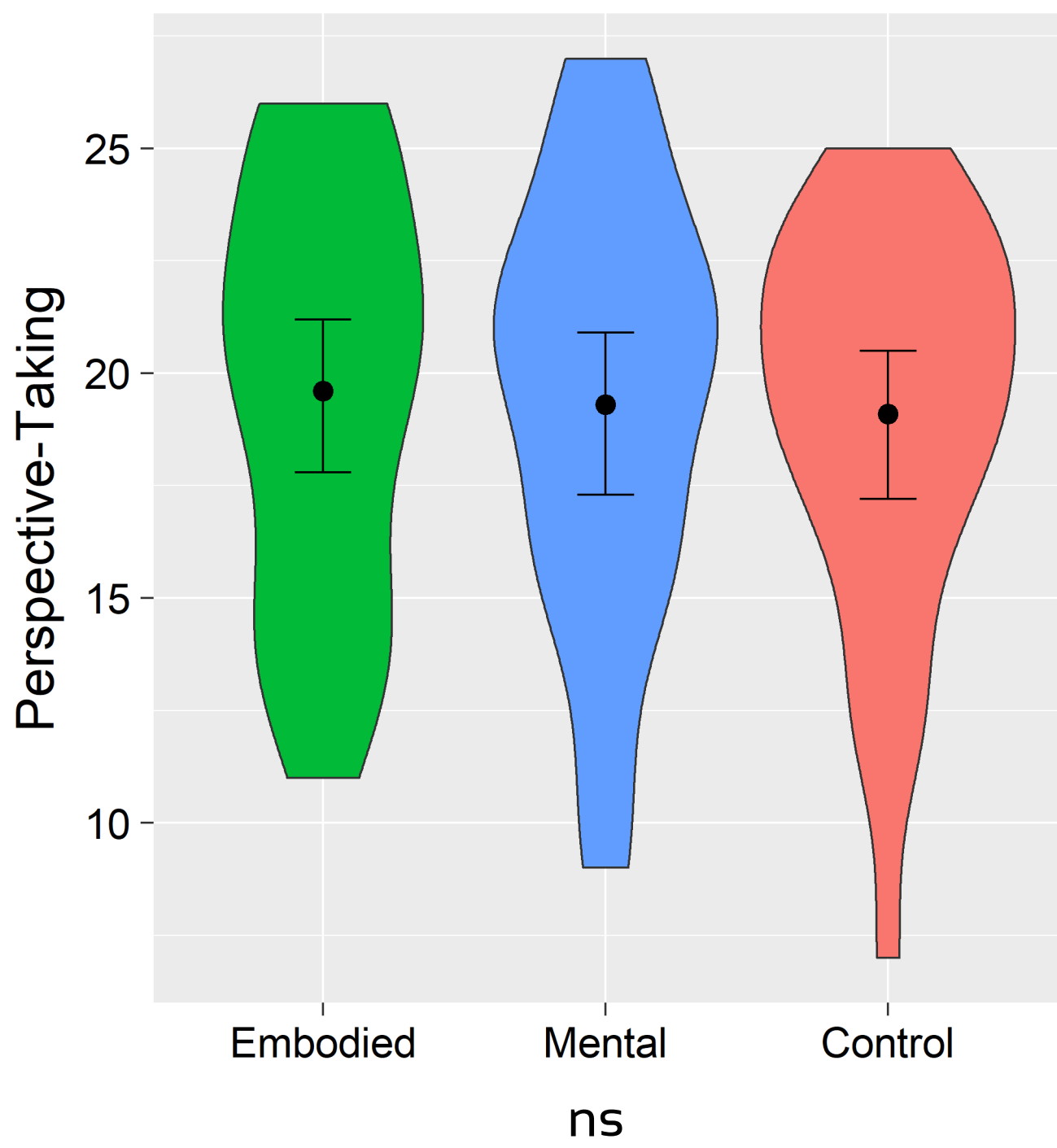
participant point of view

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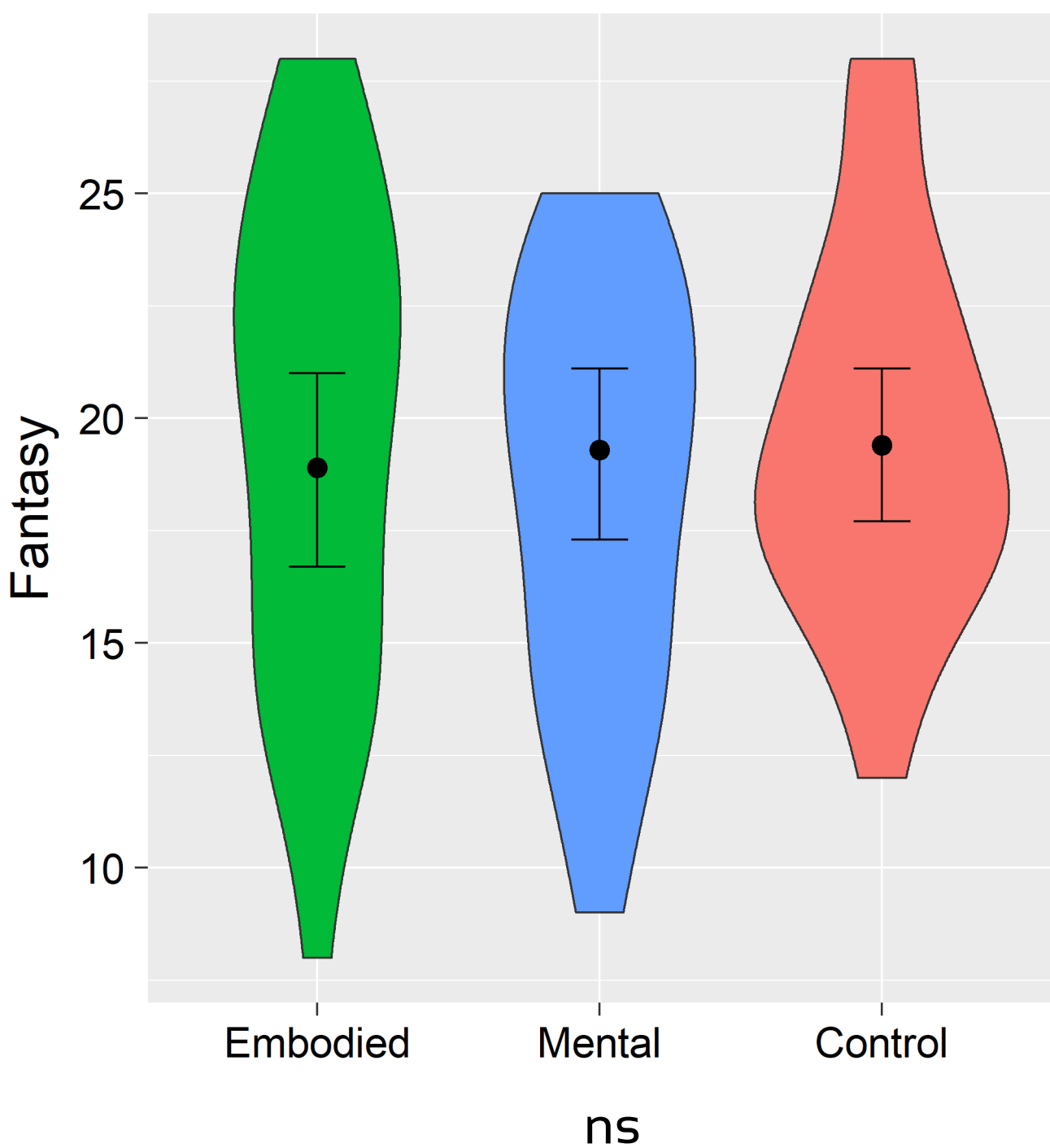
## RESULTS

### INTERPERSONAL REACTIVITY INDEX

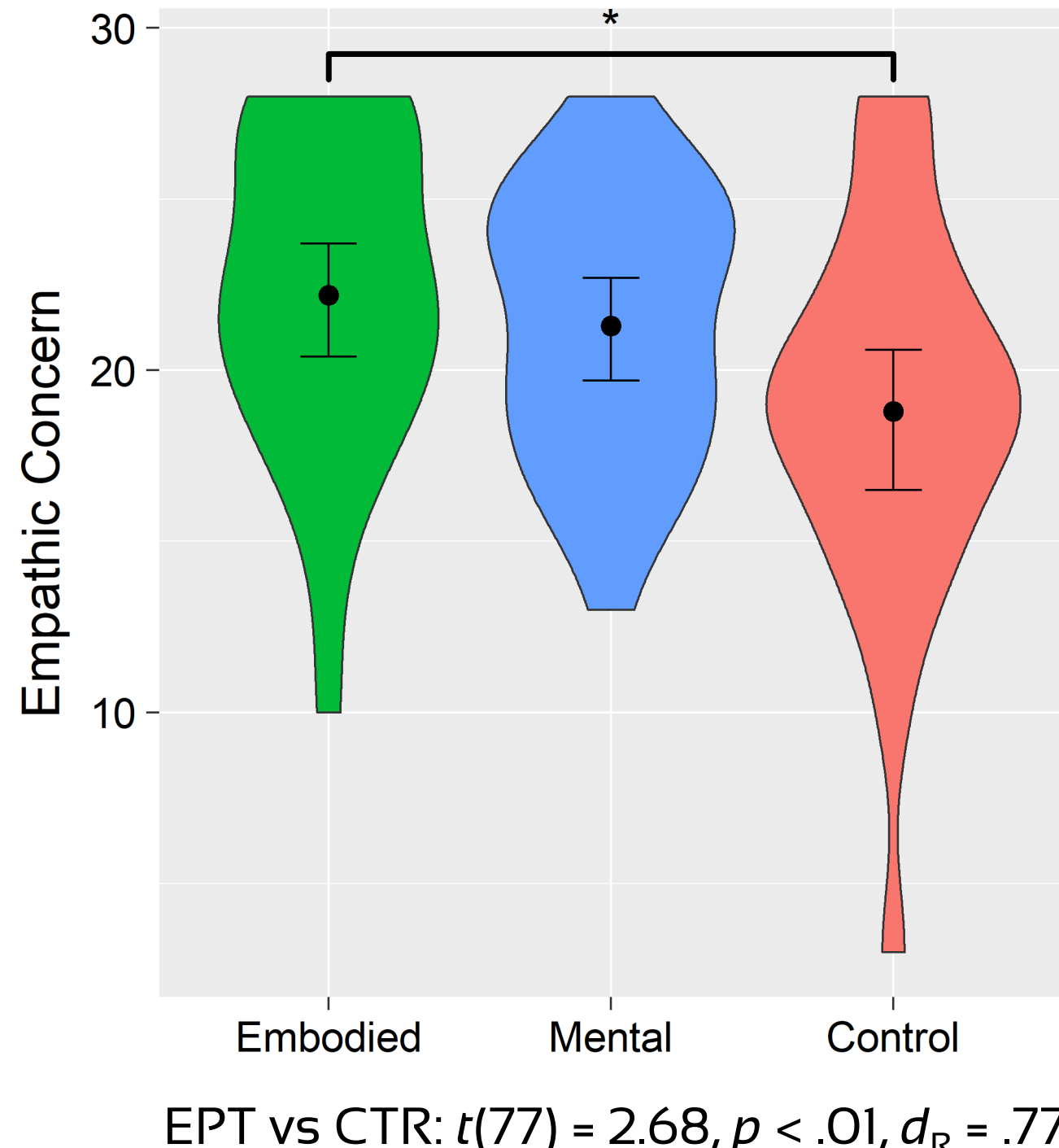
#### Perspective-Taking



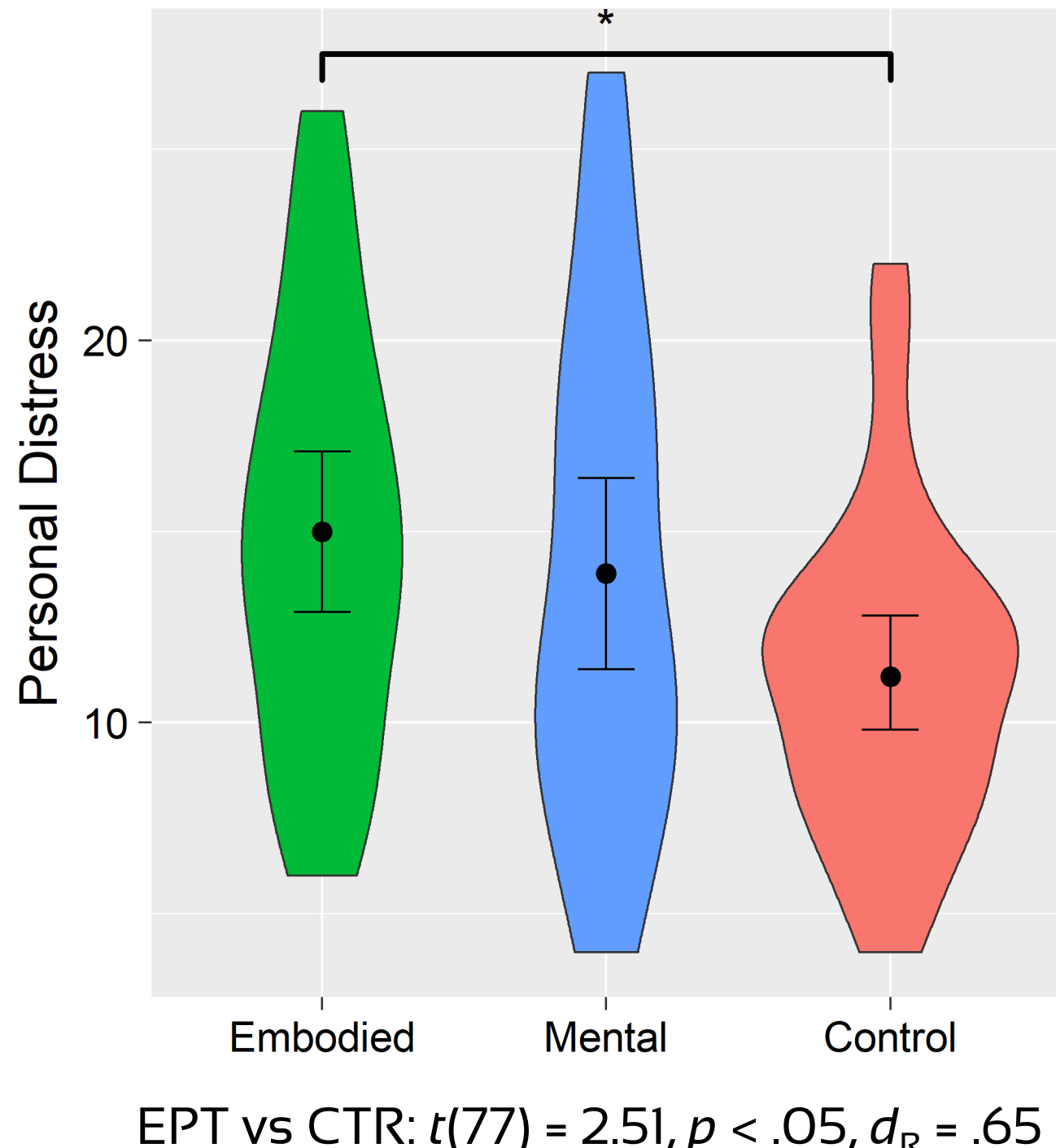
#### Fantasy



#### \*Empathic Concern\*

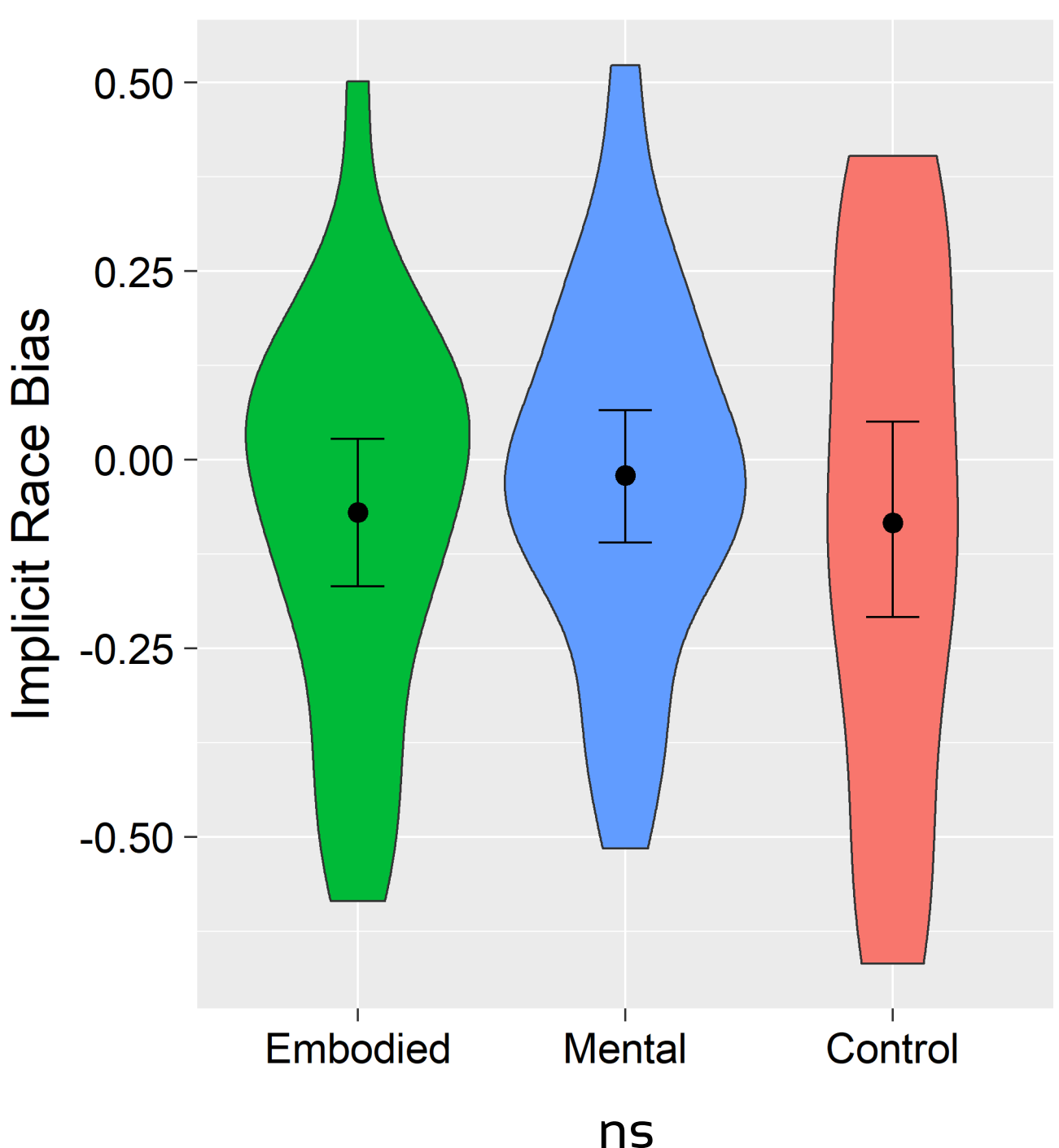


#### \*Personal Distress\*

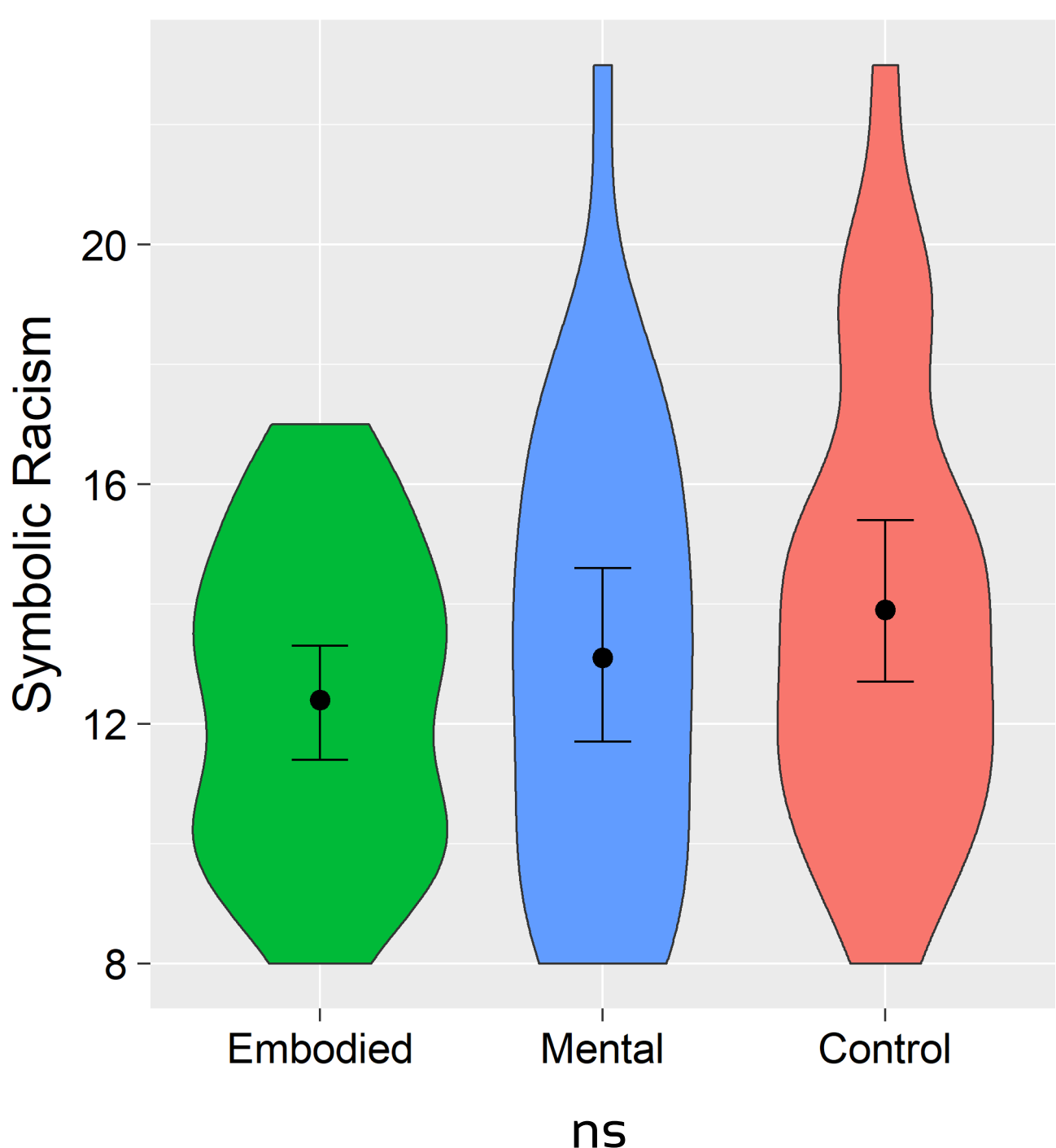


### RACE BIAS

#### Implicit Association Test

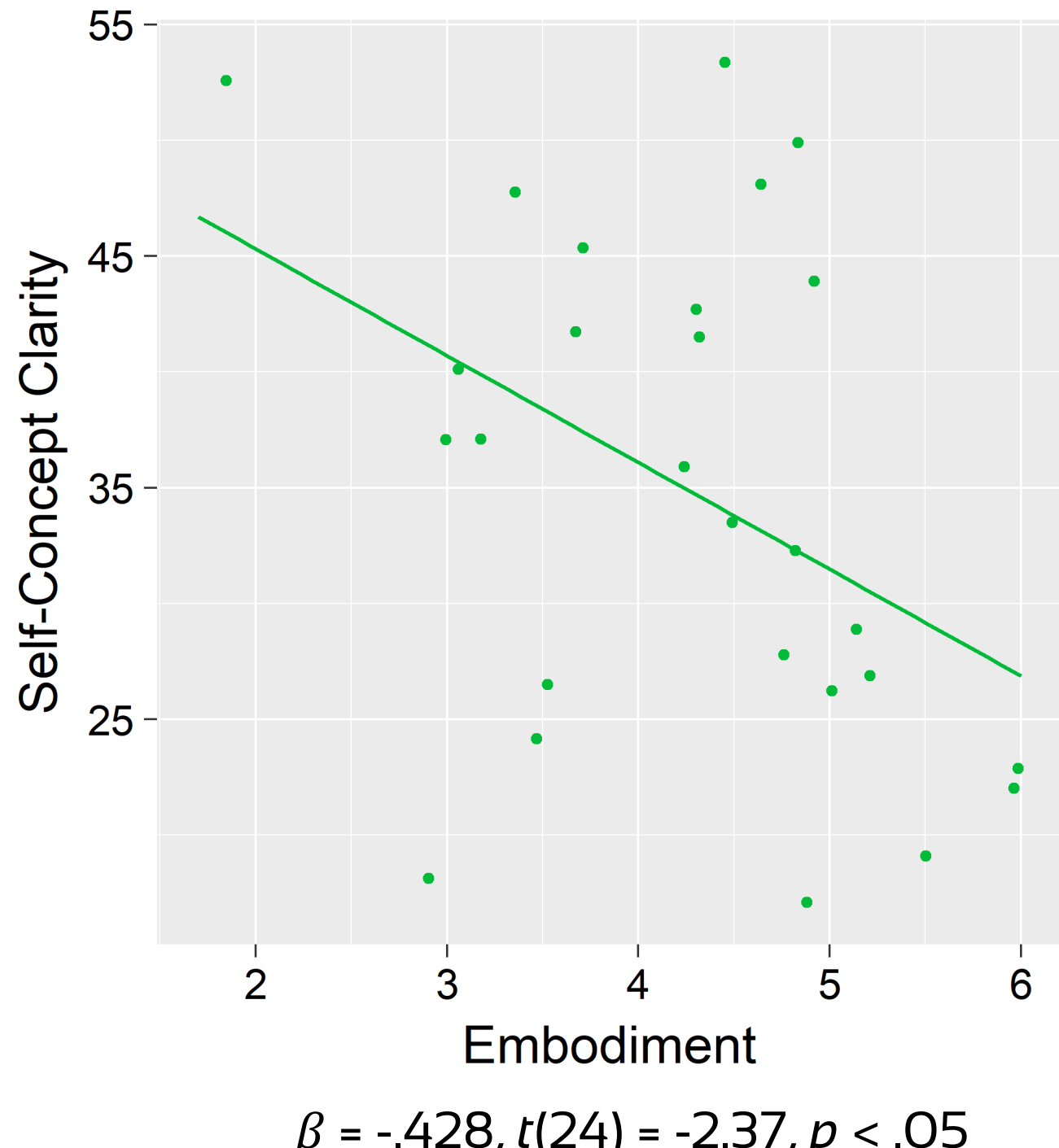


#### Symbolic Racism Scale

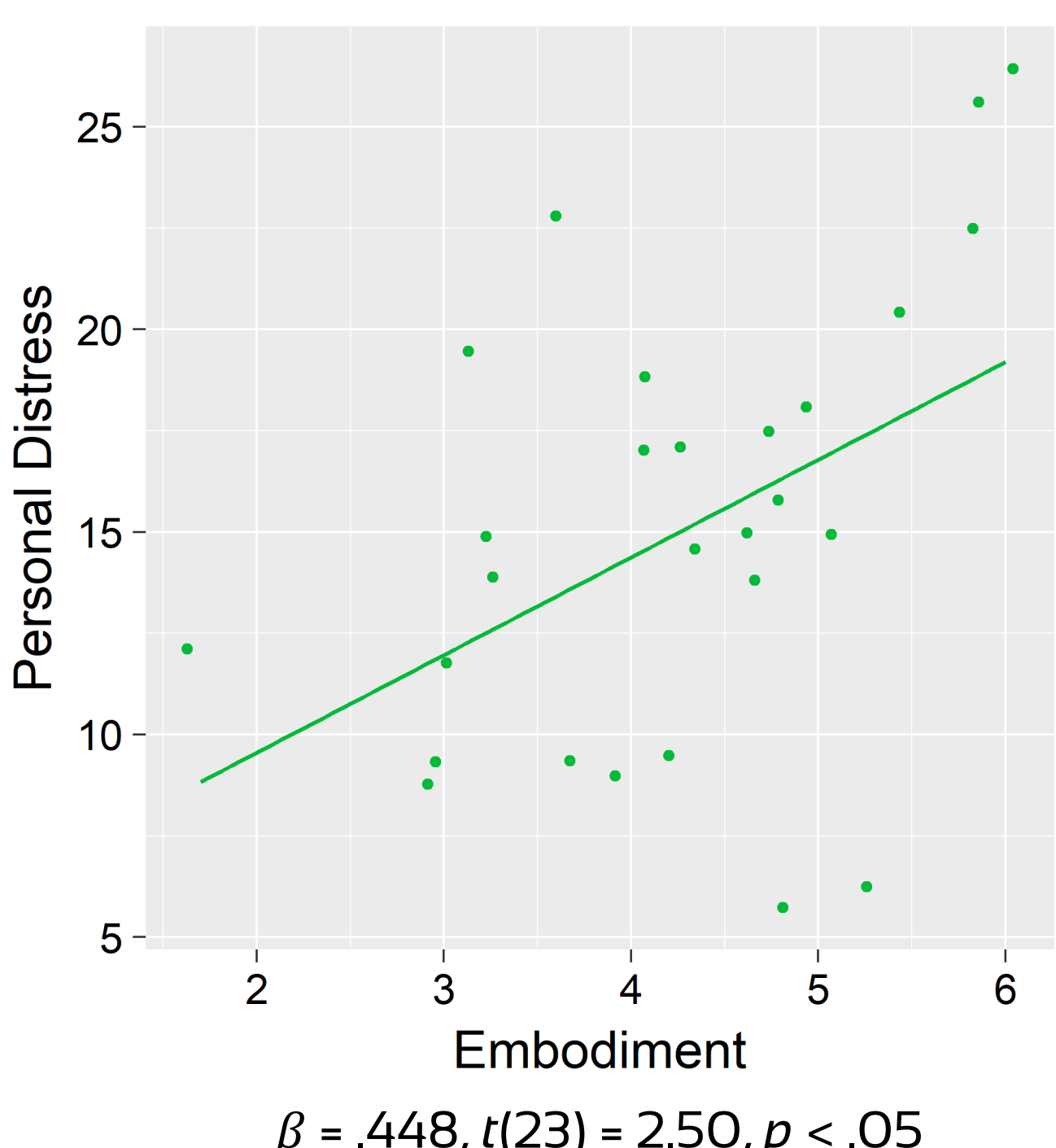


### DEGREE OF EMBODIMENT OF THE CONFEDERATE

#### Self-Concept Clarity

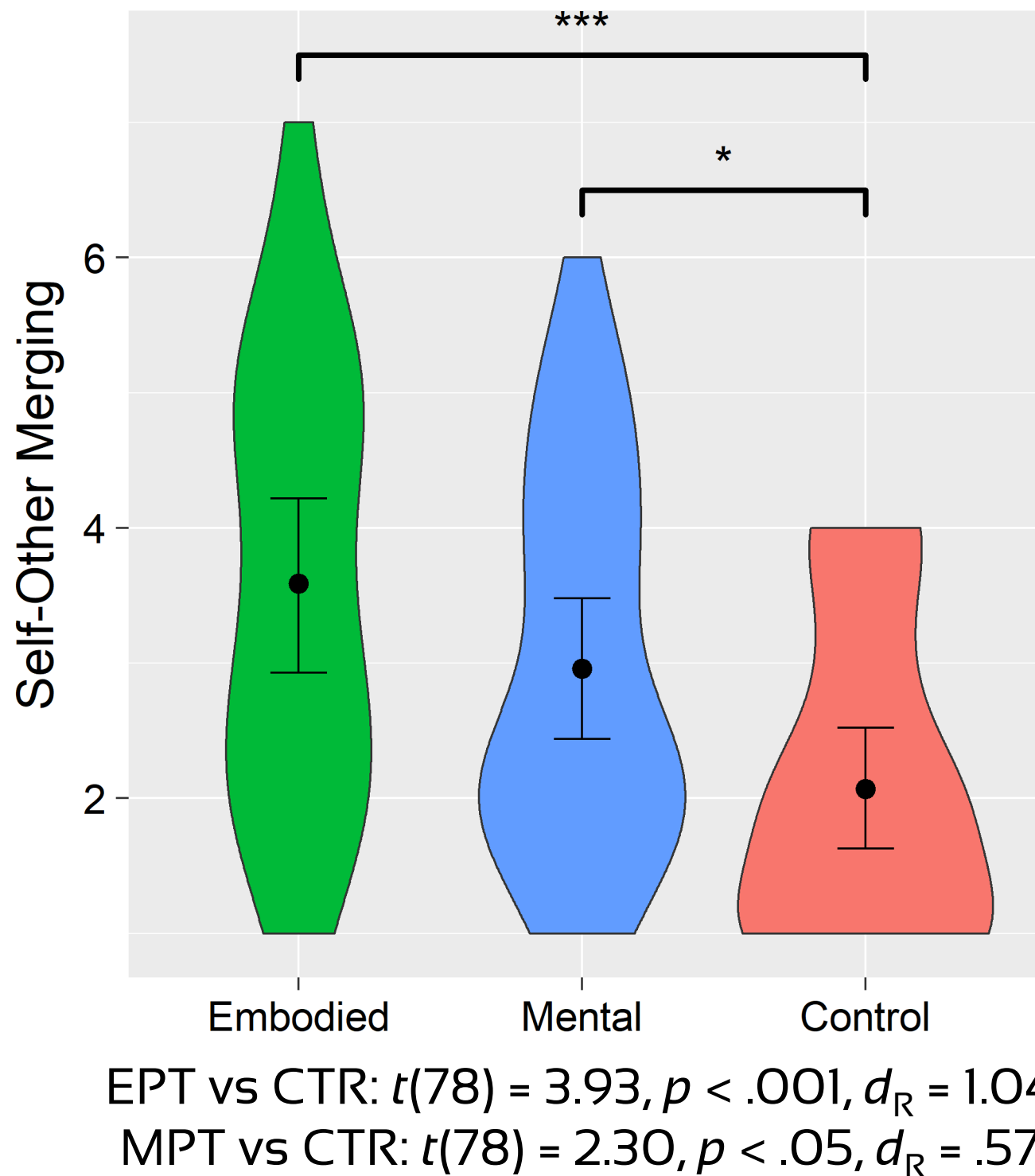


#### Personal Distress

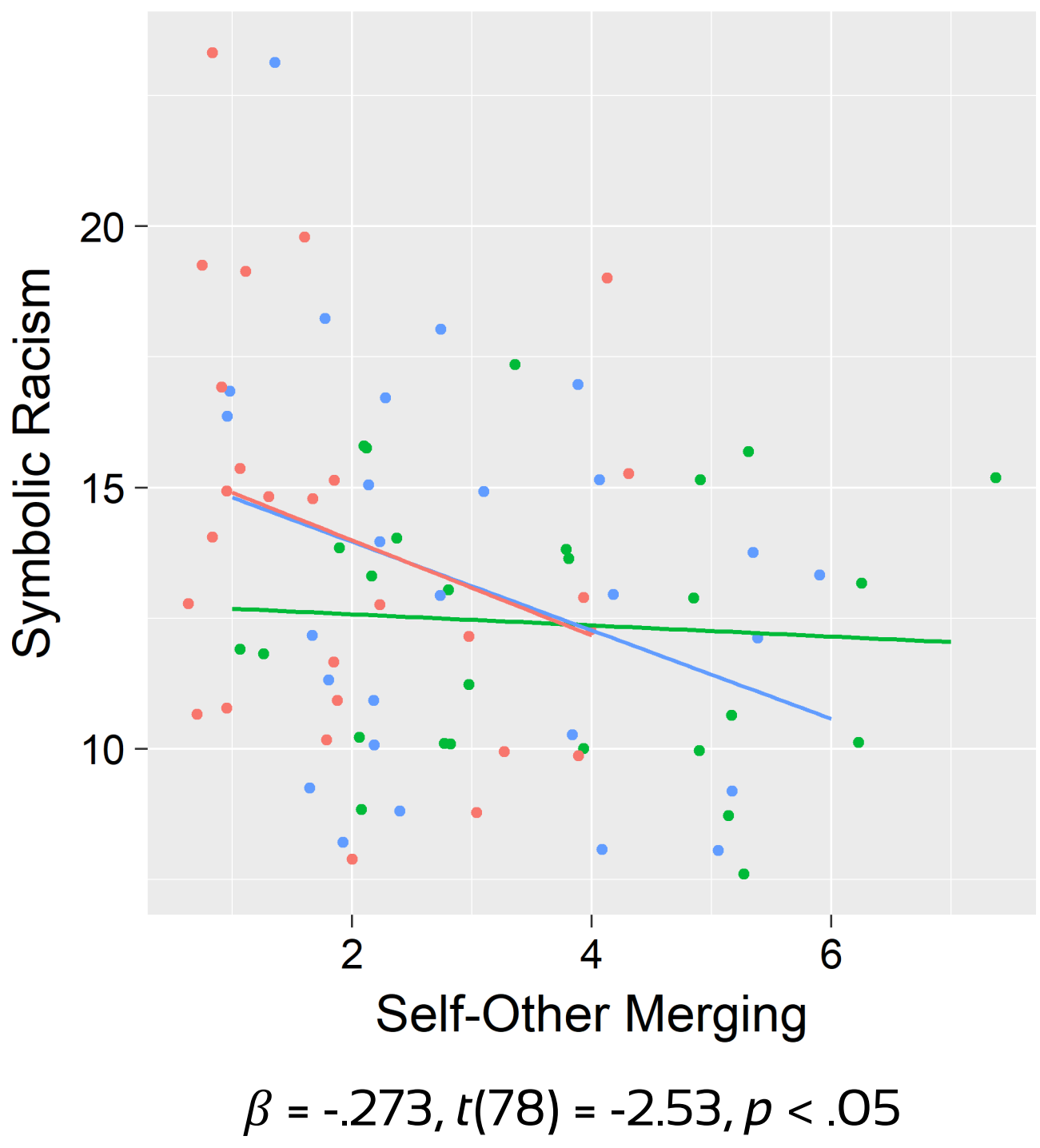


### INCLUSION OF THE OTHER IN THE SELF SCALE

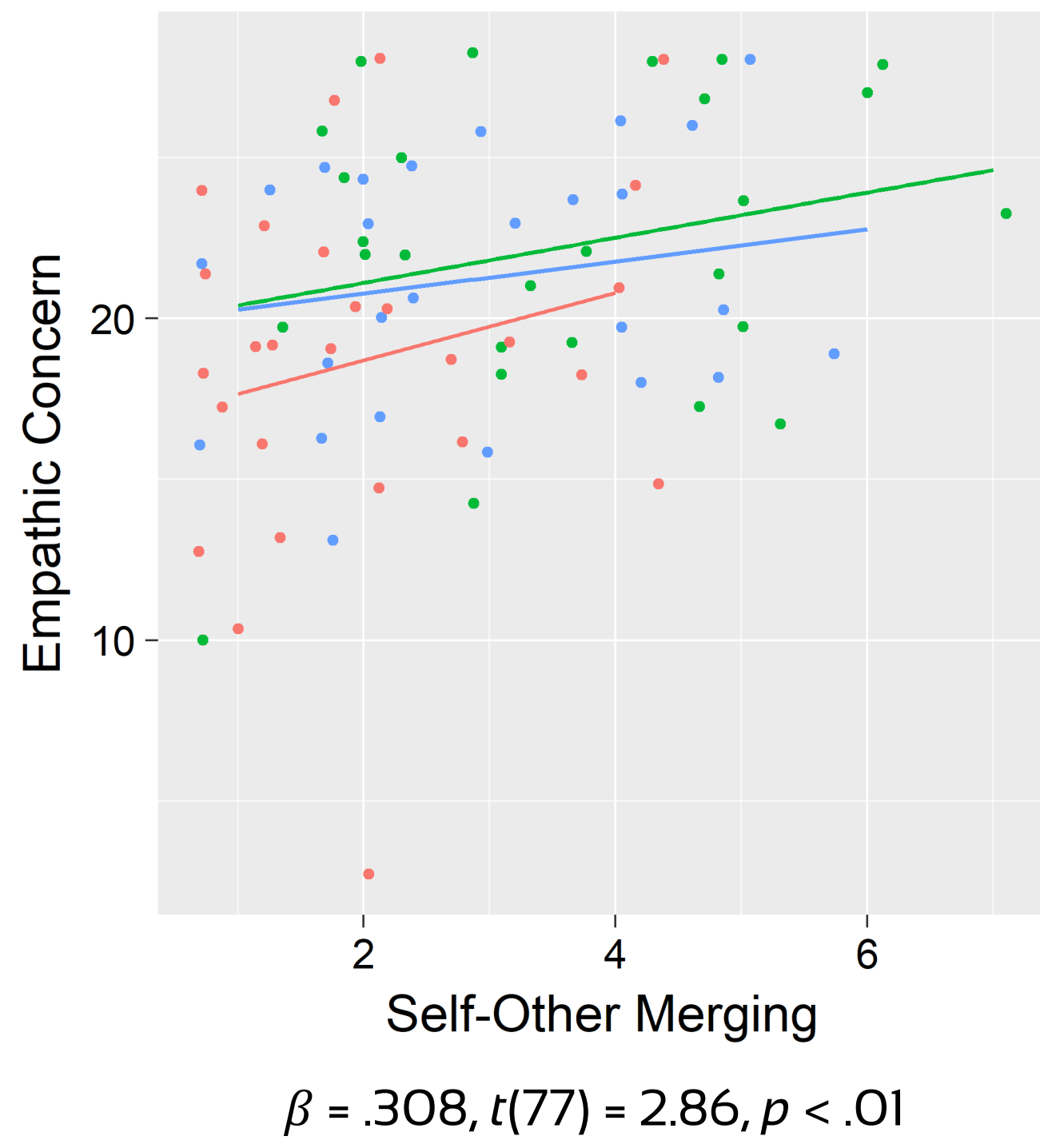
#### \*Self-Other Merging\*



#### \*Self-Other Merging & Explicit Race Bias\*



#### \*Self-Other Merging & Empathic Concern\*



#### \*Self-Other Merging & Personal Distress\*

