



Applying Antiracist Research Principles in Psychology

A Case Study of The CARPE DIEM Project



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Introduction

Historically, developmental psychology research has primarily studied White families through a color- and power-evasive lens and has applied deficit models to other ethnic-racial groups (Syed et al., 2018).

To rectify inequities in the field and apply research that will promote racial justice, many individual researchers and the American Psychological Association (2019) have proposed **antiracist guidelines** to best guide researchers, support minority populations, and inform policy.

Methods

- Sourced and extracted 38 different antiracist research principles from six published articles (see references)
- Conducted a thematic analysis, distilling these principles into four overarching themes.
- Consulted with members of The CARPE DIEM Study to match research principles to specific elements of The CARPE DIEM Study and lab culture



2024 CARPE DIEM Team

The CARPE DIEM Study

This is an intervention study for White mothers and their children to evaluate a new antiracist parenting program called CARPE DIEM (Courageous, Antiracist, and Reflective Parenting Efforts - Deepening Intentionality with Each Moment). We want to better understand the most effective ways to support White mothers in their own racial identity development and antiracist parenting of their children, with the ultimate goal of disrupting the intergenerational transmission of racism (Ferguson et al., 2022). The CARPE DIEM Study is a collaboration between Dr. Gail M. Ferguson’s Culture and Family Life Lab, Dr. Melissa Koenig’s Early Language and Experience Lab, and Dr. Charisse Pickron’s Child Brain and Perception Lab.



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Discussion

By applying antiracist research principles, The CARPE DIEM Study:

- Promotes inclusive lab culture by encouraging each member to explore their ethnic-racial identity and understand their role in disrupting racism
- Uses a parenting intervention informed by developmental psychology research to disrupt the intergenerational transmission of racism
- Aims to be culturally responsive to community needs and perspectives
- Promotes a sense of agency and competence among researchers and participants to challenge racial biases and disrupt systemic racism & policies

Acknowledgments

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Antiracist Research Principles

Quotes from The CARPE DIEM Study Team

Supporting and amplifying BIPOC researchers and leadership within and outside of the lab

“Through various initiatives, they [the Culture and Family Life Lab] provide[s] resources and opportunities for research assistants to engage and excel beyond the lab. In our BIPOC-Identified Researchers Group (BIG) meetings [led by the **Black PI and Lab Manager**], we engage in discussions about scholarly articles and share our personal experiences, fostering a supportive environment. The diverse leadership within CARPE DIEM ensures that opportunities extend beyond traditional boundaries, empowering BIPOC scholars to thrive. This holistic approach, encompassing both mentorship and active sponsorship, paves the way for BIPOC scholars to secure jobs, fellowships, awards, and leadership roles in the scientific community.” (Fadumo B., Undergrad RA)

A commitment to ethical and responsive translational and community based participatory research that seeks to distribute findings equitably and disrupt oppressive systems

“The CARPE DIEM Study has an **intervention** for each group of participants... which is designed to **bolster her anti-racist mindset**. The CARPE DIEM Study is also learning what methods are best used to teach these complex and hard topics to White families. This means that even while we are gaining knowledge from our research, we are still spreading knowledge to the many families participating in our research.” (Sarah L., Undergrad RA)

The lab acknowledges the positionality and racial/ethnic bias of research staff, lab practices, and institutions through a commitment to ongoing learning, evaluation of lab practices and research methods, and the cultivation of a diverse, inclusive, and collaborative environment within the lab and amongst lab members

“Members are given the opportunity to participate in regular **White Racial Identity Development (WRID) and BIPOC-Identified Researchers (BIG) Groups**, but are also given ample resources and tools to expand their knowledge on their own positionalities. The CARPE DIEM Study pushes members to challenge their thought processes, be more aware of the happenings in society around them in relation to race, and reflect on what raising a white child in this society means for many of the participating members.” (Mallory B., Undergrad RA)

“In the process of conducting research, as **cultural insiders**, the **White bodied researchers** are asked to conduct the sessions and interact with the participants, whereas, the BIPOC researchers are asked to code and record the information from the session. This allows for not only the participants to answer more comfortably and accurately, but also allows for the **BIPOC tech coordinators** to [have some protection] from potentially negative interactions.” (Aisha A., Undergrad RA)

“Explicit operationalization and exploration of ethnicity, race, racism and related constructs” (Suyemoto et al., 2019, p. 9) like marginalization, resilience processes, and enculturation in research

“...The CARPE DIEM Study is in line with the APA’s guideline about promoting fairness for different races and ethnicities in research. The study focuses on helping **White mothers and their young children with antiracist parenting** [providing an explicit operationalization of antiracism to support enculturation]. It pays attention to how ideas about race affect its research and uses methods that consider the context...” (Grace R., Undergrad RA)

References and Lab Website

