Micro Aggressions and Alcohol Abuse in Minorities: A Review of the Literature

By: Chelsea Frost, UAF Honors Research Day

Micro aggressions are: non-hostile, yet hurtful slights against minorities. Can be verbal or non-verbal.

Minority ethnic groups in the United States experience a higher rate of alcohol abuse

Stress from micro aggressions impacts mental and physical health outcomes for minorities

Increased stress is linked to increased alcohol abuse

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