



List of Possible Stereotype Threat Effects

Immediate Effects:

Stress response:

- Sympathetic nervous system activation
- Feelings of anxiety or discomfort

“De-skilling”, potentially including:

- Lower performance - often in stereotype consistent ways
- Difficulty focusing
- More trouble organizing & articulating thoughts
- Speech errors – stumbling, difficulty retrieving words

Harm to self-evaluation:

- Discouragement, embarrassment
- Lowered self-confidence

Long-term (repeated experience) effects

Psychological:

- Reduced Motivation
- Disengagement
- Dis-identification
- As a result, withdrawing from profession, changing career goals

Physiologic:

-
- Sympathetic nervous system activations
- Increased blood pressure
- Increased cardiac output and total peripheral resistance
- Inflammation processes associated with numerous disease processes.
- Patient Care Relevance