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45 - Society for the Psychological Study of Culture, Ethnicity and Race **Included Online**

Protective or Amplifying? The Role of Religiosity in Shaping Quality of Life Under Race-Based Stress

 **Fri, August
08**

 **Exhibit Hall A, Solutions Center, Poster
Sessions**
Colorado Convention Center, Exhibit Level

 **Poster**

Part of:

Division 45 Poster Session I

Info

Abstract:

Introduction: In the United States, Black Muslims face compounded discrimination due to their intersecting racial and religious identities, exposing them to stressors such as verbal harassment and systemic exclusion. These overlapping stressors significantly impact their mental and physical health, contributing to anxiety, depression, and chronic illnesses. At the same time, religiosity can serve a dual role, acting as both a protective and amplifying factor depending on the type of stressor and the quality of life (QOL) domain affected. This study investigates how religiosity moderates the relationship between race-based stress (hostile, aversive, avoidant) and QOL across general, physical, psychological, social, and environmental domains, shedding light on its complex effects.

Methods: Participants, all self-identified Black Muslim immigrants, completed surveys via Prolific and Qualtrics. The surveys collected demographic information along with data on Race-Based Traumatic Stress (RBTS), Quality of Life (QOL), and Muslim Attitudes toward Religiosity (MARS). A final sample of 67 responses was analyzed.

Results: The findings revealed distinct patterns in how MARS moderated the relationship between stress types and QOL domains. In the high-MARS group, aversive stress generally showed a buffering effect, mitigating its negative impact on general, psychological, and environmental QOL domains. However, in the physical QOL domain, aversive stress unexpectedly amplified its negative effects, resulting in poorer outcomes among individuals with higher religiosity levels. Similarly, hostile stress also amplified its negative effects on physical QOL in the high-MARS group, showing a more pronounced decline compared to the low-MARS group.

Conclusion: These results suggest that while religiosity can act as a protective factor in certain QOL domains, its moderating effects on physical QOL are more complex and can sometimes exacerbate negative outcomes. This study underscores the importance of culturally sensitive mental

health interventions that address the nuanced interactions between religiosity, race-based stress, and quality of life among Black Muslims.

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