Online Social Support During Discussions of Racism: Affirming Shared Reality Across Racial Lines

by

Shawn Yee

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Author's Declaration

I hereby declare that I am the sole author of this thesis. This is a true copy of the thesis, including any required final revisions, as accepted by my examiners.

I understand that my thesis may be made electronically available to the public.

Abstract

Despite recent attempts at reform, racial discrimination against people of color (POC) remains prevalent, with serious psychological and physical consequences. In prior research on imagined interactions, POC seeking social support for racism tended to prefer validation (i.e., empathizing and acknowledging negative thoughts or emotions in response to the experience) over reframing (i.e., reinterpreting the experience in a positive light) and feel more supported by same-race than White conversation partners. However, most research has been limited to manipulating support through standardized vignettes and investigating partner race preferences with hypothetical support interactions. The current study increases external validity by leveraging an online chat platform that enables participants to engage in real-time conversations with partners (confederates who provide differing types of support), while manipulating their ostensible race. Replicating and extending past research, participants generally reported more favorable outcomes after receiving validation (vs. reframing) and when chatting with ostensibly same-race (vs. White) partners. In moderation analyses, these differences are especially strong for participants chronically higher in suspicion of White people's motives for unprejudiced actions and for those who disclosed experiences that (a) were perpetrated by a White person, (b) felt more severe, or (c) felt more distant. Additionally, mediation analyses with both hypothesized and exploratory mediators showed these more favorable outcomes were mediated by perceptions of racial shared reality and perceptions that the confederate was trying to affirm (i.e., respect) them. Implications for fostering responsive social support for POC who have experienced racial discrimination are discussed.

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CHAPTER 1: INTRODUCTION

In recent years, race relations have continued to worsen across North America, although perceptions of race relations markedly differ between racial groups. During the 2019 Trump administration, 44% of White Americans felt race relations were generally good, compared to 27% of Black Americans (J. M. Horowitz et al., 2019). In a U.S. national research poll, people of colour (POC) in general were also more likely to assert that Trump's first administration had worsened race relations (Black: 73%; Hispanic: 69%; Asian: 65%), compared to similar claims from only 49% of White Americans (J. M. Horowitz et al., 2019). Across the border, 49% of Black Canadians described Canada's race relations as "generally good" in 2021 (a marked decrease from 72% in 2019), contrasted with 65% of White Canadians (Neuman, 2021). On a larger scale, increased public attention towards progressive movements such as Black Lives Matter has also received increased opposition through the All Lives Matter counter-movement (West et al., 2021).

Racial discrimination against all POC in North America remains prevalent, despite recent attempts at reform. Repeated experiences of racial discrimination have been shown to correlate with not only lower academic performance (Benner et al., 2018; Stevens et al., 2018) and increased psychological distress (Mekawi et al., 2021; Odafe et al., 2017; Schmitt et al., 2014), but also poorer physical health (Elias & Paradies, 2016; Nadal et al., 2020). These experiences are still all too common; in 2022, at least 40% of Black Canadians reported experiencing racial discrimination on a weekly basis (Cénat et al., 2022). Across the border, President Trump's recent rhetoric targeting immigrants as "illegal aliens" further reinforces and fosters racist tropes and sentiments, especially against the Latine community (see Menjívar, 2021). Even Asian Americans, who have often felt unrepresented in racial dialogues (Young et al., 2021), have

reported increased hate crimes over the last few years (12.5% in 2020 to 15% in 2021; J. Lee & Ramakrishnan, 2022) due to the COVID-19 pandemic, with around 70% of participants at least "quite a bit" worried about being physically unsafe or harassed, and 45% of participants worried about friends and family being a target of COVID-19-related discrimination (Teng et al., 2023). Given these worrying statistics, understanding how to best support POC targeted by racial discrimination is imperative.

1.1 Combating Racism through Social Support

One promising avenue involves social support through experiential disclosure, a strategy explored in the close relationship literature (e.g., Marigold et al., 2014). Prior research has shown social support can reduce the effects of racial discrimination on both physical consequences (Clark, 2006) and psychological distress (Seawell et al., 2014; Steers et al., 2019) for POC, providing evidence for its efficacy when applied to the context of racial discrimination. Types of social support have also varied across the literature (see Rafaeli & Gleason, 2009), although we focus here on two common forms of emotion-focused verbal support: validation—validating the discloser's negative experiences and understanding why they may be expressing negative emotions or thoughts (e.g., "I'm really sorry that happened to you, no one should be discriminated against!")—and reframing—attempting to reinterpret or reduce the negative consequences of the experience (e.g., "At least you'll never have to go back there again!"). These categories have been used in studying social support not only towards close others, but also towards imagined friends or acquaintances (Caceros et al., 2025) and confederates (Yee et al., in prep.). Across this literature, support recipients have generally perceived validation as preferable to reframing (e.g., Caceros et al., 2025).

However, early research investigating social support in response to racism yielded mixed results (Brondolo et al., 2009), which led some to propose that the effectiveness of support is modulated by the congruence between the current stressor and the type of support given (i.e., optimal matching theory, see Cutrona & Russell, 1990). Optimal matching theory has thus been extended to include "support gaps" between a recipient's desired support and received support, with mismatches (e.g., under-benefiting or over-benefiting) in certain contexts or support types leading to distinct patterns of consequences (McLaren & High, 2019), emphasizing the importance of matching the needs/goals of support seekers (Cavallo et al., 2016; Cutrona et al., 2007; L. M. Horowitz et al., 2001). Thus, clarifying these "support gap" effects within the context of racism is critical in understanding support-seeking among POC, as discrepancies between enacted and desired support from POC may lead to a reduced or even reverse effect on psychological well-being.

1.2 Moderators of Social Support

These "support gaps" can be conceptualized through the variety of lenses, prototypically examining the type of support desired versus given (e.g., validation vs. reframing). However, desires and expectations surrounding social support can also depend on the nature of the experience disclosed. For racial (vs. non-racial experiences) in particular, stronger attributions of experiences as race-related drives preferences for validation over reframing; outside observers showed larger preferences for validation over reframing for racial (vs. non-racial) experiences, and support providers recognized a greater need for validation over reframing for racial (vs. non-racial) negative experiences (Yee et al., in prep.). However, the reliance on standardized vignettes/experiences used in past research raises an important question: does this preference for validation over reframing apply across the universe of racial discrimination experiences? Or are

both strategies received positively under certain circumstances? Aside from attribution to racism, other factors (e.g., low experience severity) may reduce the gap between preferred validation and reframing, tapping into possible positive effects of reframing, in line with some research showing attempts at reappraising negative racial experiences (i.e., self-reframing) are linked with lower anxiety and depressive outcomes (Riepenhausen et al., 2022; Troy et al., 2010; Webb et al., 2012). Thus, the current research seeks to further investigate possible moderators of the well-established support type effect reported in the literature.

1.3 Racial Salience During Discussions of Racism

An additional focal factor which affects support reception (especially surrounding discussions of racial discrimination) is the race of the support provider themselves. Indeed, past research has found that imagined White support providers were rated as less supportive than imagined same-race support providers (Caceros et al., 2025), above and beyond the typical effect of preferred validation versus reframing. Furthermore, these expectations/desires can interact; extended findings not only showed that POC expected that White people were less likely to validate their experiences, but also more likely to reframe their experiences. In contrast, these results regarding validation and reframing were buffered and abolished respectively when participants were asked to imagine a same-race partner instead of a White partner (Caceros et al., 2025). These expectations are reasonable given negative intergroup interactions between POC and White people, as highlighted previously. In addition, White people are also most likely to perpetrate racial hate crimes (Zhang et al., 2022) and are stereotyped as more prejudiced (Vorauer et al., 1998), which may lead to POC feeling more hesitant to interact with White people, especially when discussing racism. Indeed, during actual discussions surrounding racial topics, White peoples' need to maintain their own self-image is associated with increased claims

of understanding the racial experiences of Black people, although these claims overestimate how much how Black people anticipated feeling understood from White people, overall hindering these attempts at affiliation (Holoien, 2016).

1.4 Racial Shared Reality Across Racial Lines

These past findings suggest a lack of "shared reality" between racial groups, defined as "experiencing a commonality of inner states about the world" (Echterhoff et al., 2017). In the context of racial discrimination, this lack of "racial shared reality" may disincentivize cross-race contact, and has been associated with lower anticipated identity safety and lower willingness to disclose experiences of racism to White people for Black Americans (Yantis et al., 2025). In addition, higher perceptions of racial shared reality are also associated with increased allyship perceptions (Yantis et al., 2025) and decreased prejudice (Conley et al., 2016) towards White people from non-White people. If White people and POC do not agree on how race affects the world and different racial groups, how can White people match the social support needs (i.e., support type) of POC who have experienced racial discrimination?

Thus, the current research investigates racial shared reality as a possible mediator of both the previously reported race-based, as well as support-based results. While same-race support providers may intuitively promote more racial shared reality compared to White support providers, it is also likely that receiving validation (i.e., responses meant to convey empathy and understanding) in response to disclosures of racism might increase perceptions of racial shared reality. Prior research has indeed found that racial shared reality between a participant and an imagined support provider was higher after receiving an imagined validating (vs. non-validating) response, in addition to the expected increase in the same-race (vs. White) condition (Caceros et al., 2025).

1.5 Motive Attribution During Social Support

Within the context of social support, effective support receipt may also be affected by perceived/attributed motives to the support provider. For example, it seems plausible that for validation to be helpful, support seekers must attribute positive (e.g., caring) and not negative (e.g., patronizing, dismissive) motives towards the support provider. Prior research has also shown that reframing that attempts to minimize the severity of racism is perceived as particularly unhelpful (Caceros et al., 2025; Holoien et al., 2015; Roberts & Rizzo, 2021). However, a comprehensive investigation has yet to be conducted; consequently, the current research also explores various motives support seekers may attribute to support providers after receiving validation or reframing, and how these motives may also vary based on the race of the support provider. Based on a literature review, six main motive clusters were identified: affiliative, epistemic, affirmative, compassionate, palliative, and defensive.

1.5.1 Positive Motives

The positively valenced motives were affiliative, epistemic, affirmative, and compassionate, referring to intentions to befriend, understand, respect, and care respectively. Affiliative and affirmative motives have been referenced in prior literature, emphasizing differences in goals during cross-race contact, with White people wanting to be liked (affiliative goal; Holoien, 2016) while POC want to be respected (affirmative goal; Bergsieker et al., 2010). Epistemic motives were added based on considerations of racial shared reality (Echterhoff et al., 2017; Yantis et al., 2025), including prior research suggesting White people's perceptions of how well they understand racial issues is typically overestimated (compared to their Black conversation partners; Holoien, 2016). Finally, compassionate/caring motives were included based upon more recent literature (D. S. Lee et al., 2021), as well as an inspection of the focal

outcome of general supportiveness measured in the current study, which defines supportiveness as consisting of caring (compassionate), understanding (epistemic), and validating (affirming) subscales.

1.5.2 Negative Motives

In contrast, the negatively valenced motives included palliative and defensive, referencing intentions to reduce harm and excuse respectively. Both motives were considered based on prior work investigating the consequences of reframing/reappraisal. At its best, reframing can legitimately reduce harm of a prior negative experience through reinterpretation. However, as previously mentioned, reframing that tries to minimize harm through the dismissal of racism contributes to its negative reception (Caceros et al., 2025). Furthermore, it is likely that these motives will be affected by support provider race, such that White support providers may be perceived as more defensive or wanting to maintain the status quo by POC, especially if they decide to reframe the support recipient's experience.

1.6 The Current Study

The current research examines support receipt in the context of racial discrimination and intends to clarify both support-based and race-based effects (for both psychological outcomes as well as perceived motives) found in prior research through consideration of various moderators and mediators. To increase external validity compared to past research, non-White participants were asked to recall an experience of racial discrimination and were invited to discuss their experience with a confederate through Chatplat, an online messaging platform (Folk et al., 2023; Huang et al., 2017). Prior to the discussion, participants completed and received a fictive profile, detailing their conversation partner as White or matching their own race, although in reality all confederates identified as POC. (Notably, in reporting our method and results we use the term

"partner" rather than "support provider" to refer to the confederate providing support, matching the term used in all participant-facing materials.) Confederates received their own set of instructions to either validate or reframe the participant's experience during their discussion. Thus, this study employed a 2 (ostensible partner race: same-race vs. White) × 2 (support type: reframing vs. validation) between-participants design, leading to a total of four cells; White reframing (n = 64), White validation (n = 52), same-race reframing (n = 55), and same-race validation (n = 55). Allowing participants and confederates to freely disclose and discuss their experiences open-endedly significantly increases the external validity of the current study compared to prior vignette-based procedures. Independently manipulating both partner race and support type also allows for disentangling of support-based and race-based effects. Furthermore, manipulations were assigned through separate surveys to avoid confederate expectancy effects; confederates providing support were not explicitly told that the study would additionally manipulate their ostensible race, eliminating the possibility for confederates to differentially respond to the participant based on the race the participant believed them to be during the chat.

CHAPTER 2: METHOD

2.1 Pilot Study

Prior to the current study reported below, we conducted a pilot study ($N = 36$) with post-chat focus group discussions to test our procedure for its believability, which resulted in several minor modifications to our procedure (see Appendix A).

2.2 Participants

Our set of studies obtained ethical approval from the research ethics board at the University of Waterloo (#46149). In total, we recruited 251 undergraduate students of color from the University of Waterloo to complete the study for one course credit or $15 CAD. Based on a prior screening survey, all recruited participants met eligibility criteria (i.e., listed their primary race/ethnicity as non-White and indicated they could recall an instance of race-based negative treatment).

We screened the data and excluded participants based on repeated and test participants ($n = 5$), procedural/technological errors ($n = 5$), incorrect/invalid recalled experience ($n = 4$), high levels of suspicion ($n = 10$), and failing multiple memory checks ($n = 1$), leading to a final sample of 226 participants (79% women, 15% men, 6% non-binary/gender non-conforming). The most common self-reported primary racial groups were either East Asian (27%), South Asian (33%), Southeast Asian (14%), or Black (9%).

2.3 Procedure

After providing their consent, participants were asked to recall three past instances in which they experienced negative treatment (i.e., in a school or work context, romantic or family relationship, or might be due to their race or ethnicity). Participants then created titles for each of their experiences, before filling out a profile including basic demographic information (e.g.,

gender, race, age, siblings, hobbies) to be sent to their conversation partner. After completing this profile, participants received an auto-generated gender-matched fictive profile, randomly listing their "partner's" race as White or matched with the participants. To maintain believability, Indigenous participants or those who self-described their racial identity were always assigned to talk to a "White" partner, and non-binary participants or those who self-described their gender identity were always matched with an ostensibly female partner (given the relatively small population of Indigenous and non-binary students respectively). Next, participants rated their anticipated comfort in discussing all three previously recalled negative experiences to their partner. Participants were then instructed to discuss their race-based negative experience with a confederate in the latter half of a live online chat (through Chatplat, see Appendix B), using their created title to remind them to their experience they recalled. Before beginning the chat, participants confirmed they understood these instructions.

During the chat, the participant and confederate would take turns, with the confederate always first disclosing a standardized (school-based) negative experience during the first 8 minutes of the chat to build rapport. After 8 minutes, the system would send a reminder into the chat, prompting the confederate to guide the participant to disclose and discuss their own experience for the latter 8 minutes, receiving either validation or reframing from the confederate.

After the chat, participants completed focal outcome measures—positive and negative affect, perceived responsiveness, conversation quality, reconstrual, anticipated rumination, perception of partner motives, and racial shared reality—as well as perceived experiential similarity and potential moderators. Finally, participants completed a memory check (about their ostensible partner's race), before a debriefing about the study purpose and deception involved (A flowchart of the current study is presented in Appendix B).

2.4 Confederate Support Training

As support provision in the current study was more open-ended compared to prior research using standardized vignettes (e.g., Caceros et al., 2025), confederates completed training sessions detailing how to provide validation or reframing responses to the participant. Confederates were provided definitions and examples of both validation and reframing, emphasizing reframing to be less "minimizing" compared to past formulations (e.g., Caceros et al., 2025) and focusing on reinterpretation and suggestions of resilience (see Appendix C for detailed materials). Confederates were also shown specific discussions from the pilot study that provided support particularly fluidly/naturally and practiced reframing (as reframing was considered more difficult by confederates during the pilot study) various sample disclosures before chatting with participants.

2.5 Materials

Unless otherwise specified, all measures were Likert-style items with these response options: 1 (*Not at all*), 2 (*Slightly/A little*), 3 (*Moderately/Somewhat*), 4 *(Very/A lot),* and 5 (*Extremely/A great deal*). All measures can be viewed in Appendix B. While this study also included measures assessing goal importance and fulfillment (e.g., epistemic and belonging goals), they are not relevant to the current thesis and are thus not included in the results reported below.

2.5.1 Focal Outcomes

For the current study, we considered focal outcomes as all measures relating to personal (e.g., affect) and interpersonal (e.g., perceptions of supportiveness) impacts, as opposed to meta-perceptual judgments or attributions about the partner's internal states (i.e., perceived partner motives, as detailed below).

Supportiveness. Participants rated the extent to which the confederate's responses felt supportive on 12 items (α = .89) adapted from prior research (Marigold et al., 2014; Yee et al., in prep.). This measure included two general items (*supported, disappointed*), while the rest were clustered into subscales based on three theorized components of perceived responsiveness (Reis & Gable, 2015): caring (*cared for, accepted, rejected, unappreciated;* α = .66), understanding (*understood, misinterpreted;* α = .51), and validating (*validated, affirmed, disregarded, disrespected;* α = .68). Highly convergent findings emerged across subscales, so for brevity we report only results for the full 12-item scale.

Positive and Negative Affect. We measure state affect using 12 items from past research (Caceros et al., 2025), which drew on the expanded Positive and Negative Affect Schedule (PANAS-X; Watson & Clark, 1994). Items tapped both positive affect (*determined, strong, proud, inspired;* α = .84) and negative affect (α = .80), with the latter split into two subscales: other-directed (*upset, hostile, irritated;* α = .75) and self-directed (*ashamed, guilty, nervous, afraid, distressed;* α = .70).

Anticipated Rumination. Eight total items adapted from existing scales (Marchetti et al., 2018; Treynor et al., 2003) measured participants' anticipated likelihood of ruminating on their recalled experience (four items; α = .52) or the confederate's reaction (four items; α = .75) after the conversation, rated from 1 (*Extremely unlikely*) to 7 (*Extremely likely*). We also combined these subscales into an overall measure of anticipated rumination (α = .78).

Conversation Quality. Eight items adapted from Marigold et al. (2014) measured conversation quality (α = .90), with four subscales. Four pairs of items (two items each) probed perceptions of how easy and enjoyable the chat was for participants (*perceived own enjoyment*; α = .86) and their partner (*perceived partner enjoyment*; α = .80), as well as how well participants

supported and listened to their partner (*perceived own responsiveness*; α = .82), and vice versa (*perceived partner responsiveness*; α = .90).

Reconstrual. Three items measured the extent to which participants felt the discussion "[caused them] to think differently", "[made them] feel a sense of closure", and "[led them] to a clearer and more coherent understanding" of their experience (α = .83). These items were selected to capture the positive aspects of reframing/reappraisal seen in prior literature.

2.5.2 Perceived Partner Motives

We developed a novel measure to investigate perceived partner motives, with three items per motive. Participants were prompted to think "about your study partner's responses to your experience" and rate the extent to which their partner displayed indications of six motives: affiliative (e.g., "was trying to be my friend"; α = .56), epistemic (e.g., "seemed eager to learn about my experience"; α = .78), affirmative (e.g., "wanted to respect my opinion about my experience"; α = .84), compassionate (e.g., "truly wanted to help me to the best of their ability"; α = .70), palliative (e.g., "wanted to downplay the negativity of my experience"; α = .47), and defensive (e.g., "seemed to excuse those who mistreated me"; α = .83).[1]

For concision and to address uneven reliability of individual perceived motives, we combined these motives into two overarching composites based on an exploratory factor analysis and their apparent valence. We combined affiliative, epistemic, affirmative, and compassionate motives into an "uplifting" motives composite with 11 items (α = .89), and palliative and defensive motives into a "minimizing" motives composite with five items (α = .83), dropping a single poorly loading item from the palliative motives subscale ("wanted to help me see possible

[1] We dropped the item "was trying to say what they thought I wanted to hear" from the affiliative motives scale to improve reliability (Δα = .06).

upsides of my experience"). As dropping this item did not significantly improve the palliative subscale on its own ($\Delta\alpha < .01$), this item was retained for the subscale composite.

2.5.3 Hypothesized Mediators

Various mediators were measured for the current study; after learning their partner's ostensible race, but before the chat, participants rated their anticipated comfort in discussing all three recalled experiences with their partner across the same four items. Items assessing anticipated comfort for the two non-racial experiences were clustered into one composite ($\alpha = .82$), with the remaining four items measuring anticipated comfort for the racial topic ($\alpha = .89$). After the chat, participants completed a single item measuring the extent to which they thought that their partner has had a similar experience to the one they shared and vice versa from 1 (*Extremely unlikely*) to 7 (*Extremely likely*), which we included as a measure conceptually adjacent to racial shared reality. Finally, participants rated their level of racial shared reality with their partner using five items (e.g., "how much your study partner would agree about the importance of one's race to who they are as a person"; $\alpha = .80$) from 1 (*would definitely disagree*) to 7 (*would definitely agree*).

2.5.4 Potential Moderators

We also assessed a variety of moderators: participants' attribution of their experience as due to racism was measured alongside distractor items to avoid raising suspicion. Building from past work, 10 items also assessed participants' chronic beliefs about why White people act in nonprejudiced ways through the Suspicion of Motives Index (SOMI; Lloyd et al., 2017; Major et al., 2013; $\alpha = .76$). Items are rated from 1 (*strongly disagree*) to 7 (*strongly agree*). Due to concerns that study manipulations could affect SOMI scores collected at the end of this study (i.e., post-measure SOMI scores), we also embedded the scale in an optional survey for the

participant pool used for recruitment, providing us with "baseline" SOMI pre-measures for a subset of our participants (n = 162; α = .61).[2] We combined both pre- and post-measures of suspicion into a "blended" measure of suspicion, using pre-measure SOMI values where available, then substituting post-measures of suspicion for the remaining participants, which form the basis of the results reported (for moderations involving both pre-measured and post-measured suspicion, see Appendix D). Finally, participants also recalled and rated various aspects of their recalled experience, including the race of its perpetrator, their perception of its severity (α = .92), and their sense of closure regarding their experience (α = .64).

2.6 Analytic Approach

Both manipulated variables were effects-coded (same-race = -0.5, White = 0.5; reframing = -0.5, validation = 0.5), and thus reported unstandardized effects (i.e., *b*s) show differences in predicted group means. Coded support (detailed further in the first section of the results) was additionally used as an alternative formulation of support for all analyses (excluding mediations, for brevity). For significant interactions involving coded support, simple interactions or simple effects will be reported at low coded support (=0) and high coded support (=3), as these values approximate the 25th and 75th percentile of the coded support variable. For tested moderations, due to the large sample sizes required to reliably detect interactions at the α = .05 level (da Silva Frost & Ledgerwood, 2020), as well as the exploratory nature of our moderations, marginal interactions (p < .10) were also considered and probed in most cases. By default, two-way interactions were probed by examining the simple effects of race or support at low (-1 *SD*) and high (+1 *SD*) levels of the moderator, while 3-way interactions defaulted to examining the race-by-support interaction at different levels of the moderator, with any deviations explicitly stated.

[2] A technical error led participants to respond to separately to parts of the item "They believe it is wrong to use stereotypes…about people of colour" (split denoted by ellipses). These responses were averaged.

For tested mediations, we report significance tests for both *a* and *b* paths (see Yzerbyt et al., 2018) with a 95% confidence interval for the indirect effect, obtained through the *mediation* package (Tingley et al., 2014) in R (v. 4.4.0). Exact *p*-values are reported for all results.

CHAPTER 3: RESULTS

Our results are organized into five broad sections encompassing comparisons of assigned versus coded support, main effects of condition, tests of hypothesized moderators, tests of hypothesized mediators, and exploratory tests of mediation.

3.1 Coded Support

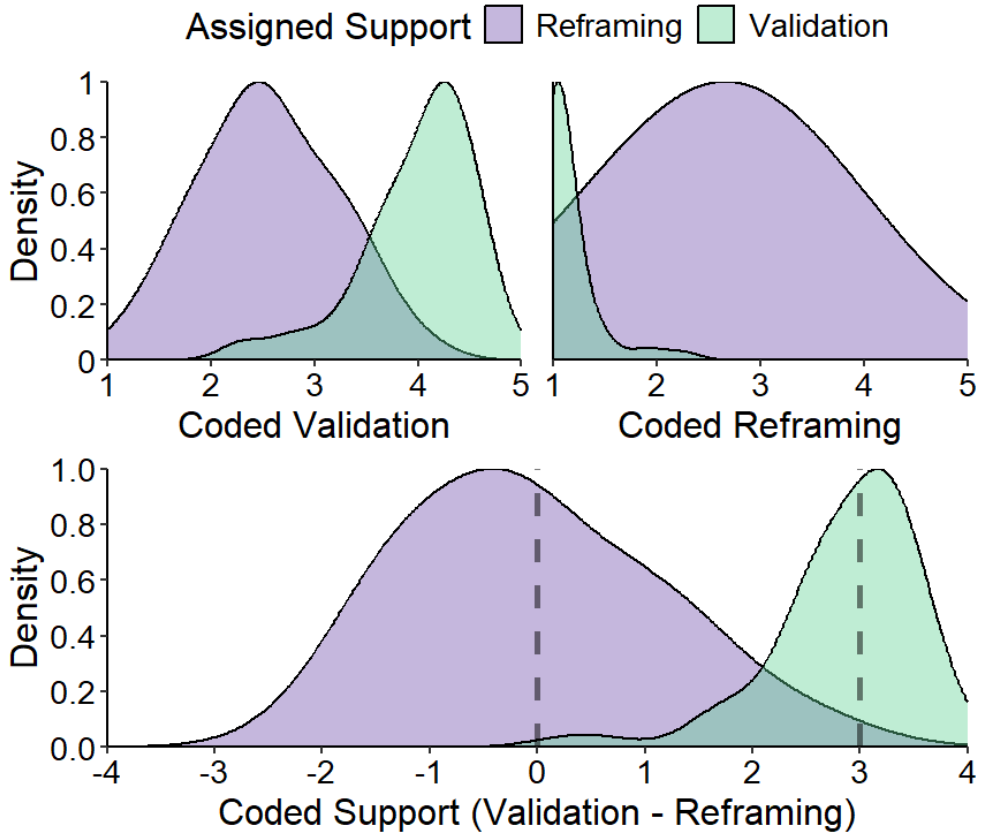
To assess how well confederates managed to provide their assigned support type (either validation or reframing) in their real-time response to a participant's disclosure of an racial discrimination experience, research assistants coded the relevant portion of the chat for the amount of reframing and validation expressed by the confederate, as in past research (Marigold et al., 2014). Three research assistants coded chats (with experimental condition hidden) from 1 (*Not at all*) to 5 (*Extremely*) for three validation-related content categories (expressed empathy, understanding, and agreement about the racial nature of the experience; $\alpha = .88$), and three reframing-related categories (reinterpretation, attempts to psychologically distance from the experience, suggestions of growth or resilience; $\alpha = .91$).

To assess whether confederates delivered the assigned support type effectively, *t*-test manipulation checks compared the validation and reframing conditions, confirming that the confederate's responses were higher on coded validation in the validation condition, $t(224) = 17.90$, $d = 2.38$, and higher on coded reframing in the reframing condition, $t(224) = 19.31$, $d = 2.57$ (both ps $< .001$). Moreover, coded validation and coded reframing correlated negatively, $r(224) = -.75$, $p < .001$, as expected based on the experimental design.

To facilitate comparisons between assigned support type condition (effects-coded validation = 0.5, reframing = -0.5) and coded support type, we simplified the latter by computing a difference score between coded validation and coded reframing. For this coded support

difference score, higher values indicate more validation compared to reframing, lower values indicate the reverse, and 0 indicates an equal level of validation and reframing. Examining the distribution of coded support type across the two assigned support conditions (see Figure 1) confirmed that confederates provided responses with more validation and less reframing when assigned to provide validation rather than reframing, $t(191.77) = 23.14$, $d = 3.00$, $p < .001$. Our subsequent analyses therefore examine effects of support type in two ways: First, testing effects of assigned support type (equivalent to an "intention-to-treat" analysis) alongside testing effects of coded support type (equivalent to a "per protocol" analysis in which cases are assessed based on which protocol, such as treatment or control, they actually followed).

Figure 1: Distribution of Coded Validation and Reframing by Assigned Support Type



Note. Dotted vertical lines are placed at coded support = 0 and coded support = 3 to denote the approximate 25th and 75th percentiles of coded support.

3.2 Condition Effects on Focal Outcomes

Next, we tested main effects of ostensible race and support type (assigned or coded), plus their interaction, on all focal outcomes previously mentioned, including subscales (see Table 1). For concision and ease of comparison, we present results using assigned support type and coded support type (respectively denoted as "AS" and "CS" in parentheses) in parallel, as overall patterns across the two alternative measures of support type were highly similar.

Table 1: Main Effects of Support Type and Ostensible Race

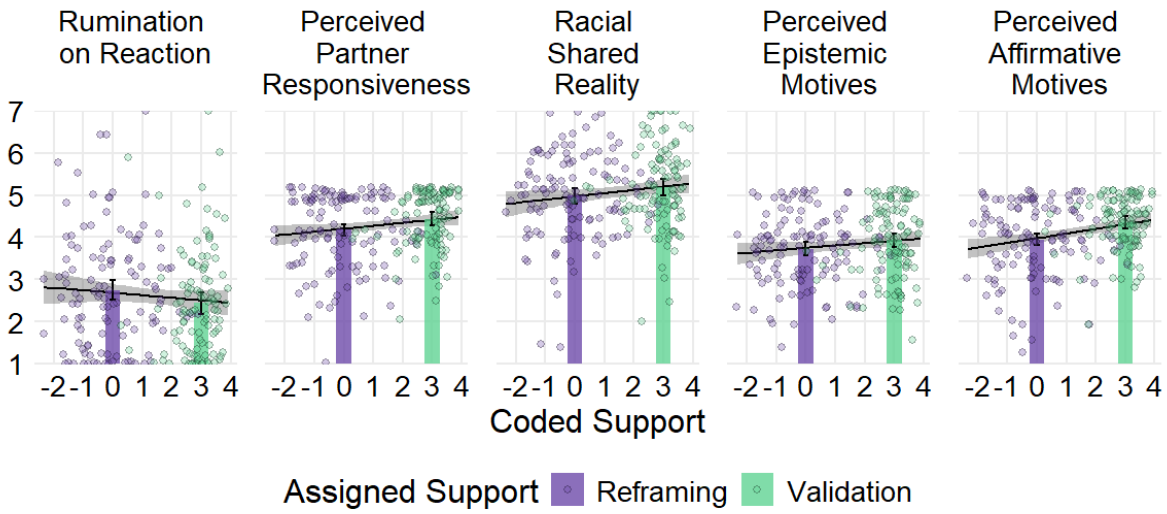
	Ostensible race		Assigned support type		Coded support type	
Outcome	*B*	*(SE)*	*B*	*(SE)*	*B*	*(SE)*
Supportiveness	**-0.20***	(0.08)	**0.25****	(0.08)	**0.08*****	(0.02)
Positive affect	**-0.32***	(0.14)	-0.02	(0.14)	-0.02	(0.04)
Negative affect	**0.11**†	(0.06)	0.05	(0.06)	0.01	(0.02)
Self-directed	0.06	(0.06)	0.02	(0.06)	0.004	(0.02)
Other-directed	**0.19***	(0.08)	0.09	(0.08)	0.01	(0.02)
Rumination	-0.12	(0.14)	-0.15	(0.14)	-0.02	(0.04)
On experience	-0.11	(0.14)	0.03	(0.14)	0.03	(0.04)
On partner's reaction	-0.11	(0.18)	**-0.31**†	(0.18)	-0.06	(0.05)
Conversation quality	-0.03	(0.09)	**0.16**†	(0.09)	**0.05**†	(0.03)
Own enjoyment	-0.02	(0.11)	0.16	(0.11)	0.05	(0.03)
Partner enjoyment	-0.05	(0.11)	0.13	(0.11)	0.03	(0.03)
Own responsiveness	-0.05	(0.10)	0.11	(0.10)	0.04	(0.03)
Partner responsiveness	-0.02	(0.11)	**0.27***	(0.11)	**0.07***	(0.03)
Reconstrual	**-0.35***	(0.14)	-0.18	(0.14)	-0.03	(0.04)
Racial shared reality	**-0.29***	(0.13)	0.20	(0.13)	**0.08***	(0.04)
Perceived uplifting motives	-0.12	(0.10)	**0.20***	(0.10)	**0.05**†	(0.03)
Affiliative	0.19	(0.12)	0.04	(0.12)	0.03	(0.04)
Epistemic	-0.15	(0.11)	**0.20**†	(0.11)	**0.06**†	(0.03)
Affirmative	**-0.17**†	(0.10)	**0.40*****	(0.10)	**0.11*****	(0.03)
Compassionate	**-0.24***	(0.12)	0.10	(0.12)	0.01	(0.03)
Perceived minimizing motives	0.10	(0.11)	**-0.21**†	(0.11)	**-0.09****	(0.03)
Palliative	-0.18	(0.11)	**-0.34****	(0.11)	**-0.11*****	(0.03)
Defensive	0.19	(0.12)	**-0.24***	(0.12)	**-0.10****	(0.03)

Note. Listed ostensible race effects derive from models including assigned support. Significant and marginal effects are bolded for ease of reference. Support type and ostensible race effects for supportiveness and perceived minimizing (specifically defensive) motives are qualified by a significant interaction between ostensible race and coded support, further investigated below.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

3.2.1 Main Effects of Support Type (Assigned and Coded)

As predicted, the predicted effects of support type emerged for several outcomes, generally favoring validation over reframing (evident in positive coefficients for support in Table 1). Participants who received validation rather than reframing perceived the chat as more supportive (AS: $b = 0.25$, $p = 001$; CS: $b = 0.08$, $p < .001$) across all subscales, but these main effects were qualified by a marginal two-way interaction with ostensible race, so we return to this outcome later. Relative to participants who received reframing, those who received validation reported lower rumination on their partner's reaction (AS: $b = -0.31$, $p = .075$), higher conversation quality (AS: $b = 0.16$, $p = .065$; CS: $b = 0.05$, $p = .063$), driven by perceptions of their partner as more responsive during the chat (AS: $b = 0.27$, $p = .013$; CS: $b = 0.07$, $p = .023$), and felt more racial shared reality (AS: $b = 0.20$, $p = .134$; CS: $b = 0.08$, $p = .042$; see Figure 2). Participants receiving validation also attributed marginally more uplifting (AS: $b = 0.20$, $p = .038$; CS: $b = 0.05$, $p = .059$) and less minimizing motives (AS: $b = -0.21$, $p = .057$; CS: $b = -0.09$, $p = .005$) towards their partner, although the latter was also qualified by a two-way interaction, probed later. Investigating motive subscales reveals uplifting motive effects were mainly driven by increased perceptions of affirming motives (AS: $b = 0.40$, $p < .001$; CS: $b = 0.11$, $p < .001$), as well as marginally increased perceptions of epistemic motives (AS: $b = 0.20$, $p = .079$; CS: $b = 0.06$, $p = .086$; see Figure 2). On the other hand, lowered minimizing motives were driven by both palliative (AS: $b = -0.34$, $p = .002$; CS: $b = -0.11$, $p < .001$) and defensive motives (AS: $b = -0.24$, $p = .042$; CS: $b = -0.10$, $p = .002$).

Figure 2: Main Effects of Support Type (Assigned and Coded) on Focal Outcomes

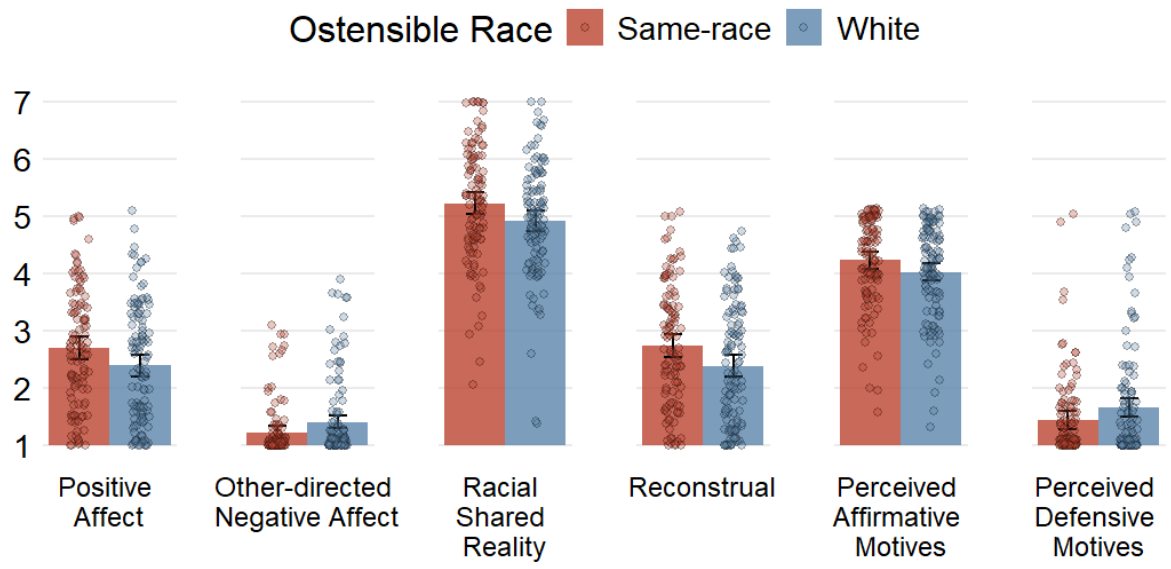


Note. Error bars and confidence bands are 95% CIs. Bars indicate means for assigned support; jittered dots indicate coded support, including a line of best fit. Bars for assigned support are positioned for comparison with coded support (25th percentile ≅ 0, 75th percentile ≅ 3).

3.2.2 Main Effects of Ostensible Race

Race-based main effects emerged for multiple outcomes, typically converging across models that included assigned versus coded support as the other experimental factor. Participants paired with ostensibly same-race (vs. White) partners perceived the chat as more supportive (AS: b = -0.20, p = .011; CS: b = -0.37, p < .001) across all subscales, felt more positive affect (AS: b = -0.32, p = .022; CS: b = -0.31, p = .076), felt less negative affect towards their partner (AS: b = 0.19, p = .027; CS: b = 0.16, p = .137), felt more racial shared reality (AS: b = -0.29, p = .030; CS: b = -0.37, p = .026), and more reconstrual regarding their experience (AS: b = -0.35, p = .016; CS: b = -0.41, p = .023). Participants also perceived same-race (vs. White) partners as possessing more affirmative (AS: b = -.17, p = .097; CS: b = -0.31, p = .017) and compassionate motives (AS: b = -0.24, p = .042; CS: b = -0.19, p = .214), as well as lower minimizing motives (AS: b = 0.10, p = .339; CS: b = 0.28, p = .032), mainly driven by perceptions of defensiveness (AS: b = 0.19, p = .120; CS: b = 0.41, p = .005; see Figure 3).

Figure 3: Main Effects of Ostensible Race on Focal Outcomes



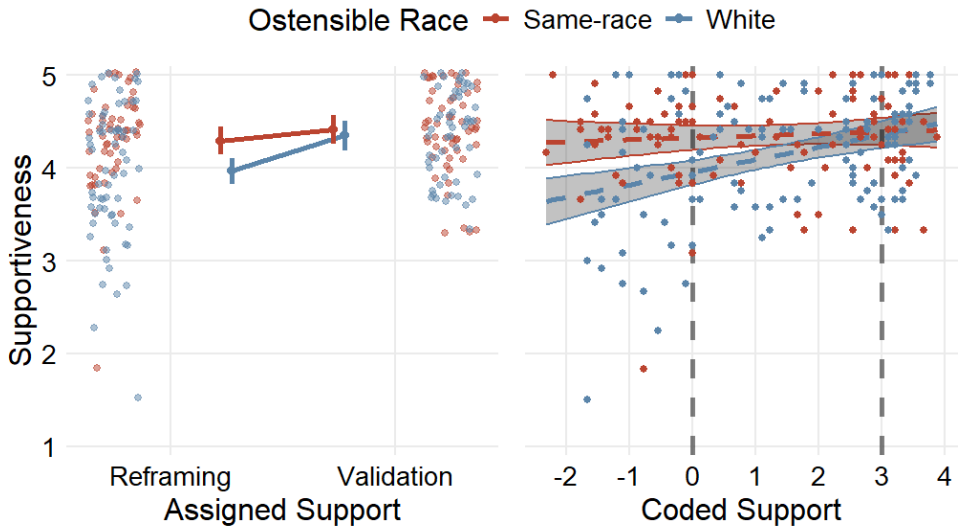
Note. Error bars are 95% CIs. Means derive from coded support models; points are jittered to avoid overlapping.

3.2.3 Interaction Effects

We found some evidence of an ostensible race by support type interaction for supportiveness, AS: $b = 0.26$, $SE = 0.15$, $p = .095$; CS: $b = 0.11$, $SE = 0.04$, $p = .010$ (see Figure 4; similar across subscales), and perceived minimizing motives (AS: $b = -0.11$, $SE = 0.21$, $p = .625$; CS: $b = -0.12$, $SE = 0.06$, $p = .042$; see Figure 5), mainly driven by defensive motives (AS: $b = -0.16$, $SE = 0.24$, $p = .506$; CS: $b = -0.15$, $SE = 0.07$, $p = .025$). Probing these interactions for coded support (at ±1 *SD*), tests of simple effects found that when participants received relatively more reframing, they saw an ostensibly White (vs. same-race) partner as less supportive ($b = -0.37$, $p < .001$) and more defensive ($b = 0.41$, $p = .005$), but these effects disappeared among participants who received relatively more validation (supportiveness: $b = -0.03$, $p = .754$; defensive: $b = -0.08$, $p = .564$). These results align with prior research in which partner race did

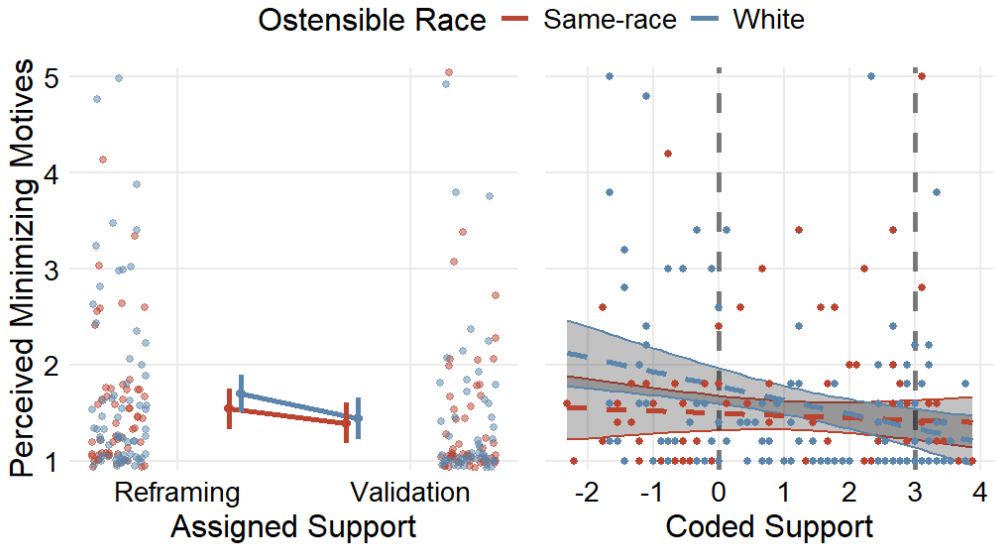
not moderate effects of support type on positive or negative affect and racial shared reality, but marginally moderated support type effects on perceived responsiveness (Caceros et al., 2025).

Figure 4: Supportiveness by Ostensible Race and Support Type (Assigned and Coded)



Note. Error bars and bands indicate 95% CIs. Dashed vertical lines denote the 25th and 75th percentiles, where simple effects were estimated. Raw values jittered to avoid overlap.

Figure 5: Minimizing Motives by Ostensible Race and Support (Assigned and Coded)



Note. Error bars and bands indicate 95% CIs. Dashed vertical lines denote the 25th and 75th percentiles, where simple effects were estimated. Raw values jittered to avoid overlap.

3.3 Moderation of Condition Effects

Next, we tested whether effects of ostensible race and support type varied based on the following potential moderators: suspicion of White people's motives, perpetrator race, racism attribution, experience severity, and experience closure, with continuous predictors mean-centered. Two-way interactions were tested at the theoretical mean of each manipulated factor (because 0 falls halfway between same-race = -0.5 and White = 0.5, and between reframing = -0.5 and validation = 0.5) or at the mean of coded support type (typically $\cong 1.20$, varying slightly for different models based on the number of observations in each model). All relevant lower-order effects (including the Support type × Ostensible race interaction) were included in these models, but only interaction effects involving the potential moderators are reported in tables. For concision, we report results from overall measures, although specific probing procedures are specified in-text if interactions were significant/marginal only within certain subscales. Affiliative and compassionate motives are excluded, as they did not show significant moderation. When moderation results converged across subscales, we report only the overall measure in-text. For all visualizations, solid lines indicate results from assigned support type (AS) models, whereas dashed lines indicate those from coded support type (CS).

3.3.1 Suspicion of White People's Motives

First, we investigated how participants' beliefs about why White people act in nonprejudiced ways (using the SOMI scale) might moderate potential outcomes, focusing on the "blended" measure of suspicion (see Table 2).

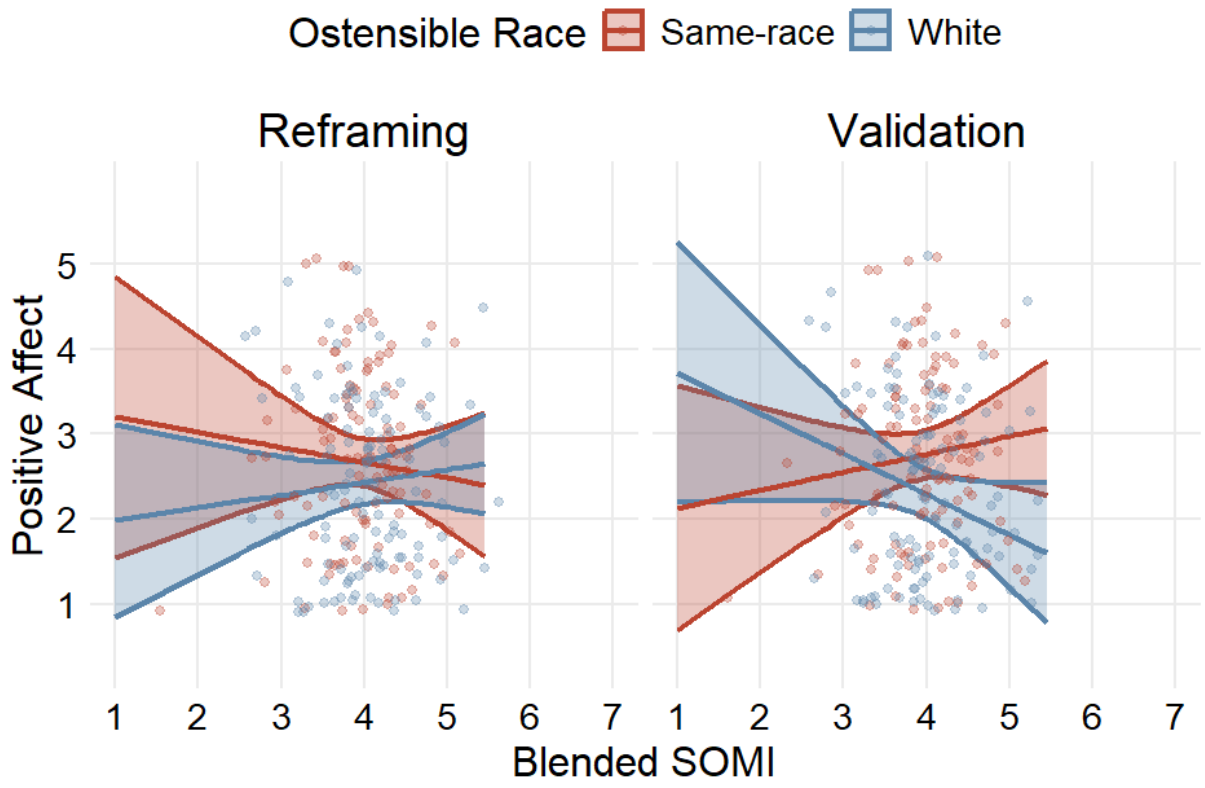
Table 2: Moderation Models with Suspicion of Motives Index (SOMI)

	Support type × SOMI		Ostensible race × SOMI		Support type × Ostensible race × SOMI	
	AS	CS	AS	CS	AS	CS
	B (SE)	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Focal outcomes						
Supportiveness	0.00 (0.14)	0.00 (0.04)	-0.02 (0.14)	0.04 (0.16)	-0.04 (0.27)	-0.05 (0.08)
Positive affect	-0.12 (0.24)	-0.01 (0.07)	-0.18 (0.24)	0.30 (0.30)	**-1.02*** (0.49)	**-0.32*** (0.14)
Rumination	-0.23 (0.25)	0.00 (0.07)	-0.08 (0.25)	-0.03 (0.31)	-0.11 (0.51)	0.01 (0.14)
Reconstrual	-0.21 (0.25)	-0.00 (0.07)	-0.16 (0.25)	-0.16 (0.31)	0.09 (0.50)	0.03 (0.14)
RSR	0.17 (0.23)	0.08 (0.06)	-0.16 (0.23)	-0.11 (0.28)	0.07 (0.46)	-0.04 (0.13)
Perceived partner motives						
Epistemic	0.05 (0.20)	0.06 (0.06)	0.02 (0.20)	0.11 (0.24)	-0.22 (0.40)	-0.04 (0.11)
Affirmative	0.25 (0.18)	**0.09**† (0.05)	0.15 (0.18)	0.15 (0.22)	0.02 (0.36)	0.00 (0.10)
Palliative	**-0.36**† (0.19)	-0.04 (0.05)	0.05 (0.19)	-0.01 (0.23)	0.36 (0.38)	0.07 (0.11)
Defensive	**-0.42*** (0.21)	**-0.10**† (0.06)	0.21 (0.21)	0.13 (0.25)	0.37 (0.41)	0.08 (0.11)

Note. AS = assigned support model; CS = coded support model; RSR = racial shared reality. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

For positive affect, we found a significantly three-way interaction (Support type × Ostensible race × SOMI; AS: $b = -1.02$, $p = .038$; CS: $b = -0.32$, $p = .021$; see Figure 6) with positive affect, with simple interactions of support type × ostensible race emerging at both low (-1 *SD*: Blended SOMI = 3.37) levels of suspicion (AS: $b = 3.84$, $p = .051$; CS: $b = 1.25$, $p = .023$) and high (+1 *SD*: Blended SOMI = 4.56) levels of suspicion (AS: $b = -4.26$, $p = .031$; CS: $b = -1.29$, $p = .022$). At low levels of suspicion, we found weak evidence for more positive affect following an ostensibly White (vs. same-race) partner's validating response (AS: $b = 2.29$, $p = .108$; CS: $b = 2.26$, $p = .091$), whereas at high levels of suspicion, participants reported more positive affect after a same-race (vs. White) partner's validation (AS: $b = -3.19$, $p = .029$, CS: $b = -2.99$, $p = .029$).

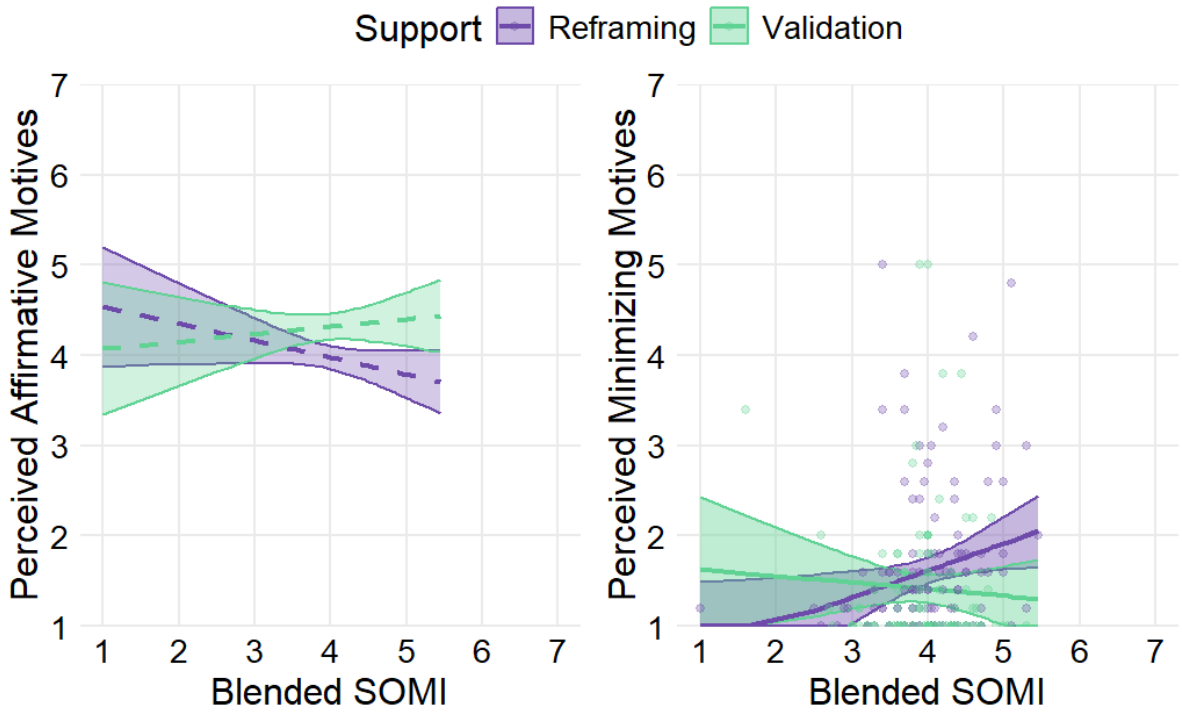
Figure 6: Positive Affect by Suspicion of Motives, Ostensible Race, and Support Type



Note. Confidence bands are 95% CIs, with raw values jittered to avoid overlapping points. Simple slopes are trimmed to reflect the maximum observed Blended SOMI score of 5.45.

Interactions between SOMI and support type also emerged for both perceived affirmative (b = 0.09, p = .080) and minimizing (b = -0.37, p = .047; CS: b = -0.08, p = .117) motives (see Figure 7), and the latter pattern replicated across both palliative (AS: b = -0.36, p = .059) and defensive (AS: b = -0.42, p = .045; CS: b = -0.10, p = .084) subscales. All simple effects were significant only at high levels of suspicion: Participants inferred more affirmative (b = 0.47, p = .025) and less minimizing (AS: b = -1.67, p = .026; CS: b = -0.41, p = .052) motives after receiving validation (vs. reframing). Overall, participants higher in suspicion of White people's motives for unprejudiced actions displayed more positive reactions to validation and ostensibly same-race partners, compared to those who were less suspicious of White people's motives.

Figure 7: Affirmative and Minimizing Motives by Suspicion of Motives and Support



Note. Confidence bands are 95% CIs, with raw values jittered to avoid overlapping points. Simple slopes are trimmed to reflect the maximum observed Blended SOMI score of 5.45.

3.3.2 Perpetrator Race

In addition to individual difference moderators (i.e., SOMI), we also tested whether support type and ostensible race effects varied based on features of the recalled experience, such as the race of the person who treated badly (see Table 3). Most participants (74%) recalled experiences perpetrated by White people, rather fellow POC (26%), consistent with prior literature (e.g.., Zhang et al., 2022), so we dichotomized perpetrator race (effects-coded POC = -1, White = 1). Perpetrator race analyses excluded 23 participants who reported that their experience was not perpetrated by an individual (instead reporting it was perpetrated by an institution, or neither; $n = 20$) or gave ambiguous open-ended responses (i.e., "asian or white", "Not based on race", and "all the races above"; $n = 3$).

Table 3: Moderation Models with Perpetrator Race

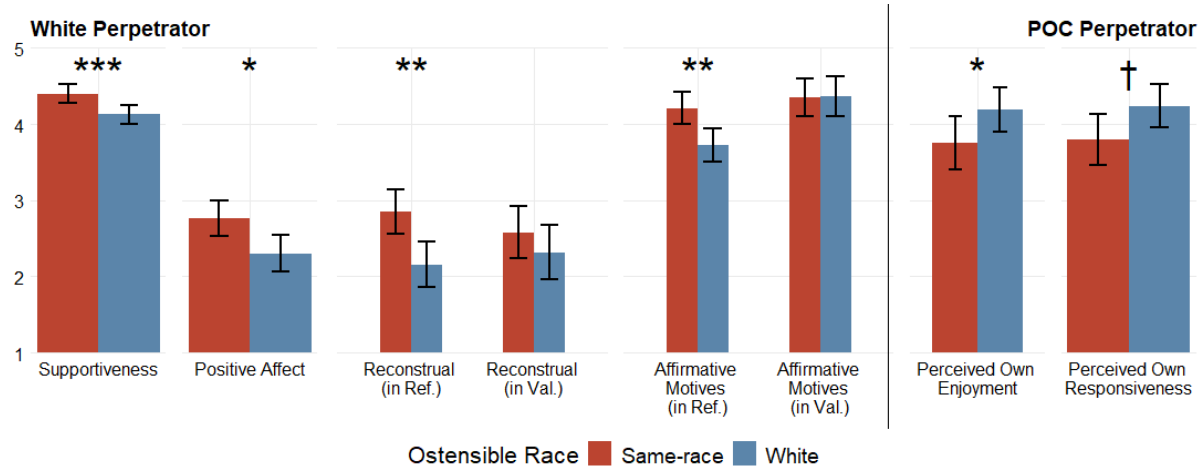
	Support type × Perpetrator Race		Ostensible race × Perpetrator Race		Support type × Ostensible race × Perpetrator Race	
	AS	CS	AS	CS	AS	CS
	B (SE)	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Focal outcomes						
Supportiveness	0.08 (0.09)	0.01 (0.03)	**-0.17**† (0.09)	**-0.26*** (0.12)	0.11 (0.19)	0.06 (0.05)
Positive affect	-0.02 (0.17)	-0.02 (0.05)	**-0.44*** (0.17)	**-0.61****(0.22)	0.19 (0.34)	0.12 (0.10)
Rumination	0.01 (0.18)	-0.01 (0.05)	-0.03 (0.18)	-0.06 (0.23)	-0.01 (0.35)	0.02 (0.10)
Reconstrual	0.20 (0.18)	0.03 (0.05)	**-0.29**† (0.18)	**-0.60*** (0.23)	0.51 (0.35)	**0.21*** (0.10)
RSR	0.16 (0.13)	0.01 (0.04)	-0.16 (0.13)	**-0.41*** (0.17)	**0.45**† (0.26)	**0.17*** (0.08)
Perceived partner motives						
Epistemic	**0.25**† (0.14)	0.04 (0.04)	-0.13 (0.14)	**-0.32**† (0.19)	0.38 (0.28)	0.13 (0.08)
Affirmative	0.16 (0.13)	0.01 (0.04)	-0.16 (0.13)	**-0.41*** (0.17)	**0.45**† (0.26)	**0.17*** (0.08)
Palliative	**0.25*** (0.12)	0.05 (0.04)	**0.27*** (0.12)	0.07 (0.16)	0.34 (0.24)	**0.13**† (0.07)
Defensive	0.02 (0.14)	0.02 (0.04)	0.14 (0.14)	-0.02 (0.18)	0.22 (0.28)	0.10 (0.08)

Note. AS = assigned support model; CS = coded support model; RSR = racial shared reality. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Unsurprisingly, most interactions with perpetrator race involved ostensible race of the conversation partner (see Figure 8). Within focal outcomes, a clear pattern emerges: participants perceived ostensibly same-race (vs. White) partners as more supportive (AS: b = -0.24, p = .013; CS: b = -0.42, p < .001), reported more positive affect after the chat (AS: b = -0.48, p = .006; CS: b = -0.49, p = .018), and reported more reconstrual of their experience (AS: b = -0.50, p = .005), but only for participants perpetrated by a White person. (No such effects emerged for participants whose experiences were perpetrated by POC.) This two-way interaction of perpetrator race and ostensible race predicting reconstrual was qualified by a three-way interaction with coded support (CS: b = 0.21, p = .048), such that this interaction emerged among participants who received relatively more reframing (b = -0.60, p = .010), but not among those who received relatively more validation (b = 0.02, p = .928). Participants who received relatively more reframing for an experience perpetrated by a White person were more likely to reconstrue

their experiences if their partner was ostensibly the same race rather than White (b = -0.70, p = .001; see Figure 8).

Figure 8: Moderation of Focal Outcomes by Perpetrator Race



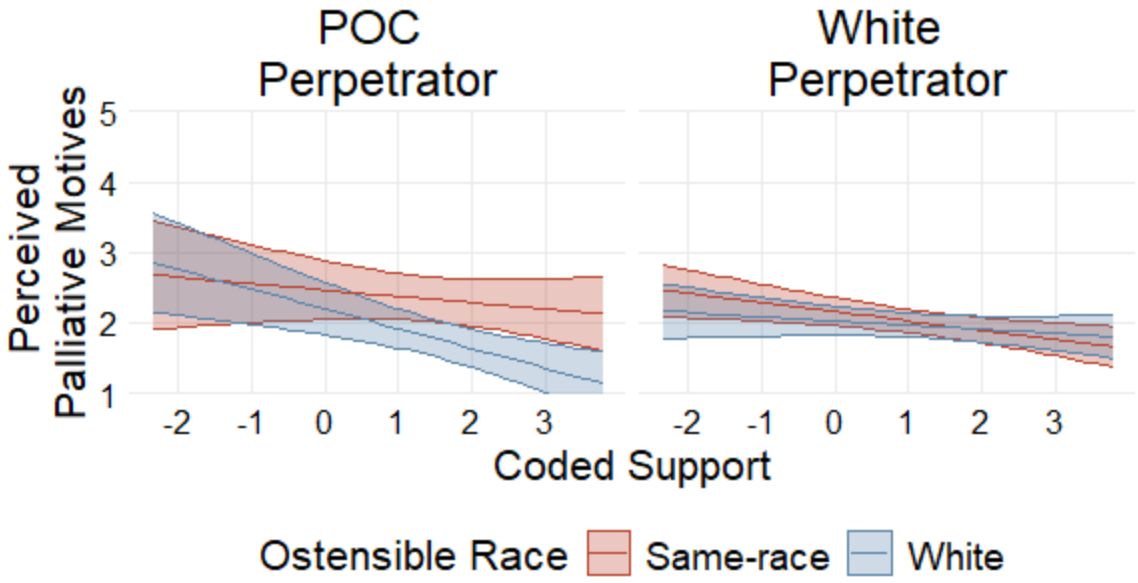
Note. Error bars are 95% CIs, with estimates deriving from coded support type models. $^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

This same three-way pattern was observed for perceptions of affirming motives (AS: b = 0.45, p = .084; CS: b = 0.17, p = .027), with simple interactions finding a significant two-way interaction of perpetrator race and ostensible race at low levels of validation (AS: b = -0.38, p = .038; CS: b = -0.41, p = .015), but not relatively high levels of validation (AS: b = 0.07, p = .711; CS: b = 0.10, p = .584). Participants who received relatively more reframing after disclosing an experience perpetrated by a White person attributed stronger affirmative motives towards a same-race (vs. White) partner (AS: b = -0.39, p = .024; CS: b = -0.48, p = .002; see Figure 8).

However, various other outcomes suggest an opposite effect for participants whose experiences were perpetrated by other POC. These participants felt that their conversation was easier and enjoyable (AS: b = 0.42, p = .067; CS: b = 0.64, p = .043), that they were more able to support their partner (AS: b = 0.43, p = .049; CS: b = 0.51, p = .088), and that their partner had lower palliative motives (AS: b = -0.58, p = .006) if they believed their partner was White (vs.

same-race). For palliative motives a significant interaction with support type emerged (AS: b = 0.25, p = .044; see Figure 9), but it was qualified by a three-way interaction with coded support (CS: b_{int} = 0.13, p = .069); we found an ostensible race-by-perpetrator race simple interaction at only high levels of validation (b = 0.46, p = .005), such that those whose experiences were perpetrated by POC inferred more palliative motives for same-race (vs. White) partners (b = -0.84, p = .003). Though somewhat inconsistent and unstable (due to skewed sample sizes for perpetrator race), these results suggest promising avenues for future research on consequences of racism perpetrated by POC.

Figure 9: Perceived Palliative Motives by Perpetrator Race and Coded Support



Note. Error bars are 95% CIs, with estimates from the top-most graphs deriving from assigned support while estimates for the three-way interaction derive from coded support.

3.3.3 Racism Attribution

Our final set of moderators reflected participant perceptions of their own experience, beginning with attributions to racism (see Table 4). Because we explicitly asked participants to recall experiences that "might be due to [their] race or ethnicity," the distribution of racism

attribution is negatively skewed (M = 4.26, *SD* = 1.04, skew = -1.51), with 55% of participants responding using the maximum value (5) on the scale. This distribution complicates attempts to analyze simple effects, as the standard method of determining "high" racism attribution (i.e., +1 *SD*) produces values outside the scale range. Thus, we used the Johnson-Neyman procedure (Johnson & Fay, 1950) through the R package *interactions* (Long, 2024) to determine the region of significance for all simple effects for all interactions probed.

Table 4: Moderation Models with Attributions to Racism

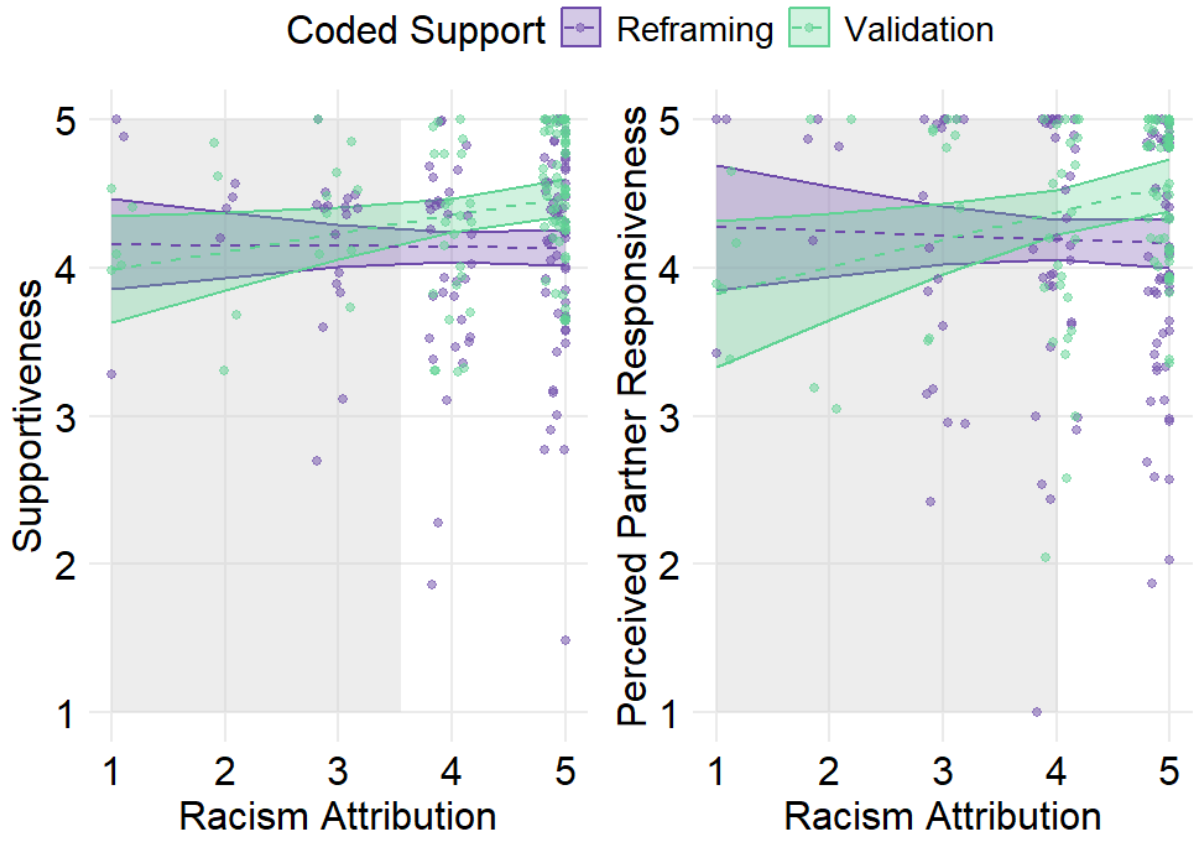
	Support type × Racism Attribution		Ostensible race × Racism Attribution		Support type × Ostensible race × Racism Attribution	
	AS	CS	AS	CS	AS	CS
	B (SE)	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Focal outcomes						
Supportiveness	0.08 (0.08)	**0.04*** (0.02)	-0.04 (0.08)	-0.04 (0.09)	-0.23 (0.15)	-0.03 (0.04)
Positive affect	0.03 (0.14)	0.03 (0.04)	-0.07 (0.14)	-0.04 (0.17)	-0.44 (0.27)	-0.04 (0.08)
Rumination	0.01 (0.14)	-0.02 (0.04)	**-0.32*** (0.14)	**-0.36*** (0.17)	0.34 (0.28)	0.06 (0.08)
Reconstrual	0.08 (0.14)	0.06 (0.04)	**-0.45****(0.14)	**-0.49****(0.17)	-0.19 (0.28)	0.01 (0.08)
RSR	0.06 (0.13)	0.04 (0.04)	-0.12 (0.13)	-0.07 (0.16)	-0.28 (0.26)	-0.06 (0.07)
Perceived partner motives						
Epistemic	0.14 (0.11)	0.01 (0.03)	-0.05 (0.11)	0.09 (0.14)	-0.32 (0.22)	**-0.13*** (0.06)
Affirmative	0.14 (0.10)	0.04 (0.03)	0.03 (0.10)	0.03 (0.13)	-0.05 (0.20)	-0.02 (0.06)
Palliative	0.00 (0.11)	-0.02 (0.03)	0.05 (0.11)	0.13 (0.13)	-0.04 (0.21)	-0.05 (0.06)
Defensive	0.09 (0.12)	0.00 (0.03)	0.03 (0.12)	0.10 (0.14)	0.01 (0.24)	-0.04 (0.07)

Note. AS = assigned support model; CS = coded support model; RSR = racial shared reality. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

A support type-by-racism attribution interaction was found with supportiveness (CS: b = 0.04, p = .045), where Johnson-Neyman plots reveal higher reported supportiveness after receiving relatively high (vs. low) levels of validation, but only for experiences high on racism attribution (attribution > 3.55). Parallel effects emerged with several specific subscales, including other-directed negative affect (AS: b_{int} = 0.14, p = .084) and perceived partner responsiveness (AS: b_{int} = 0.20, p = .050; CS: b_{int} = 0.07, p = .018; see Figure 10). Although both variables

showed the same pattern, with assigned validation (vs. reframing) yielding higher perceived partner responsiveness only for experiences strongly attributed to racism (AS: attribution > 3.89; CS: attribution > 4.01), the region of significance for other-directed negative affect falls above the scale (attribution > 5.29) and is thus not plotted.

Figure 10: Significance Regions for Support Type Interactions with Racism Attribution

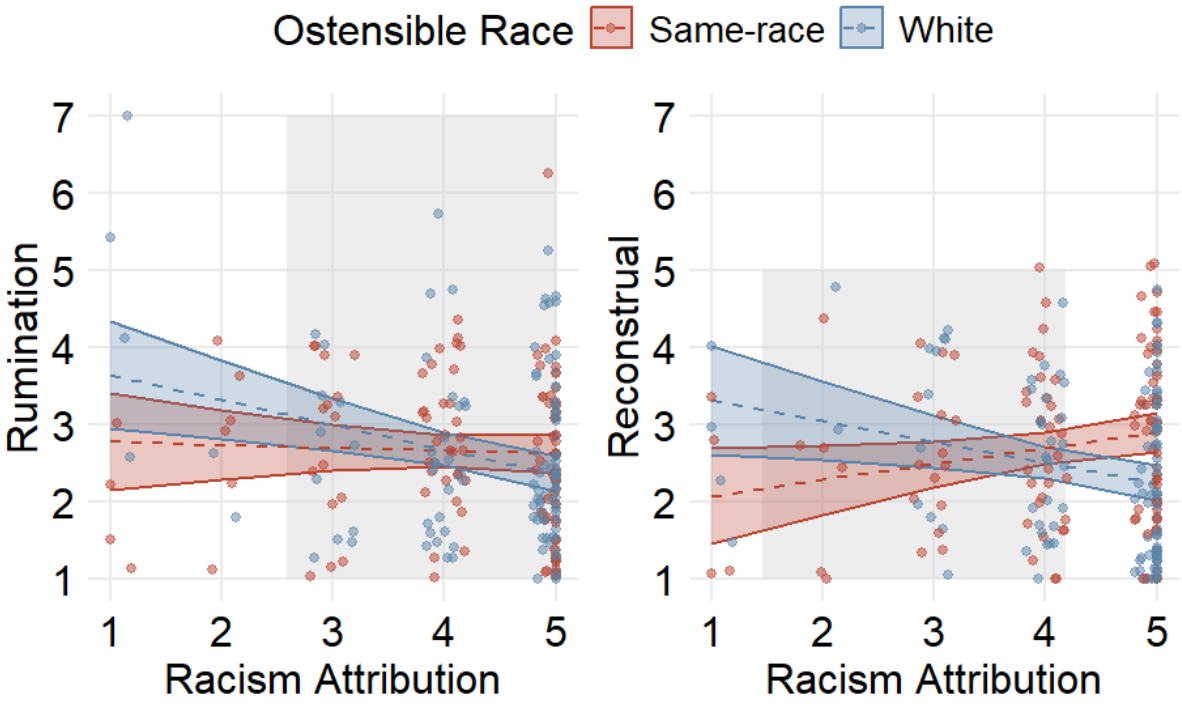


Note. Bands indicate 95% CIs, with scores jittered. Grey highlights indicate regions of nonsignificance.

Racism attribution also moderated effects of ostensible race on rumination (AS: b = -0.32, p = .021; CS: b = -0.18, p = .037) and reconstrual (AS: b = -0.45, p = .001; CS: b = -0.25, p = .005; see Figure 11). For experiences weakly attributed to racism (AS: attribution < 1.88; CS:

attribution < 2.59), participants anticipated more rumination after chats with ostensibly White (vs. same-race) partners. Participants with ostensibly White (vs. same-race) partners were more likely to reconstrue experiences weakly attributed to racism attribution (AS: attribution < 2.13; CS: attribution < 1.46), but less likely to reconstrue those strongly attributed to racism (AS: attribution > 4.20; CS: attribution > 4.18).

Figure 11: Significance Regions for Race Interactions with Racism Attributions

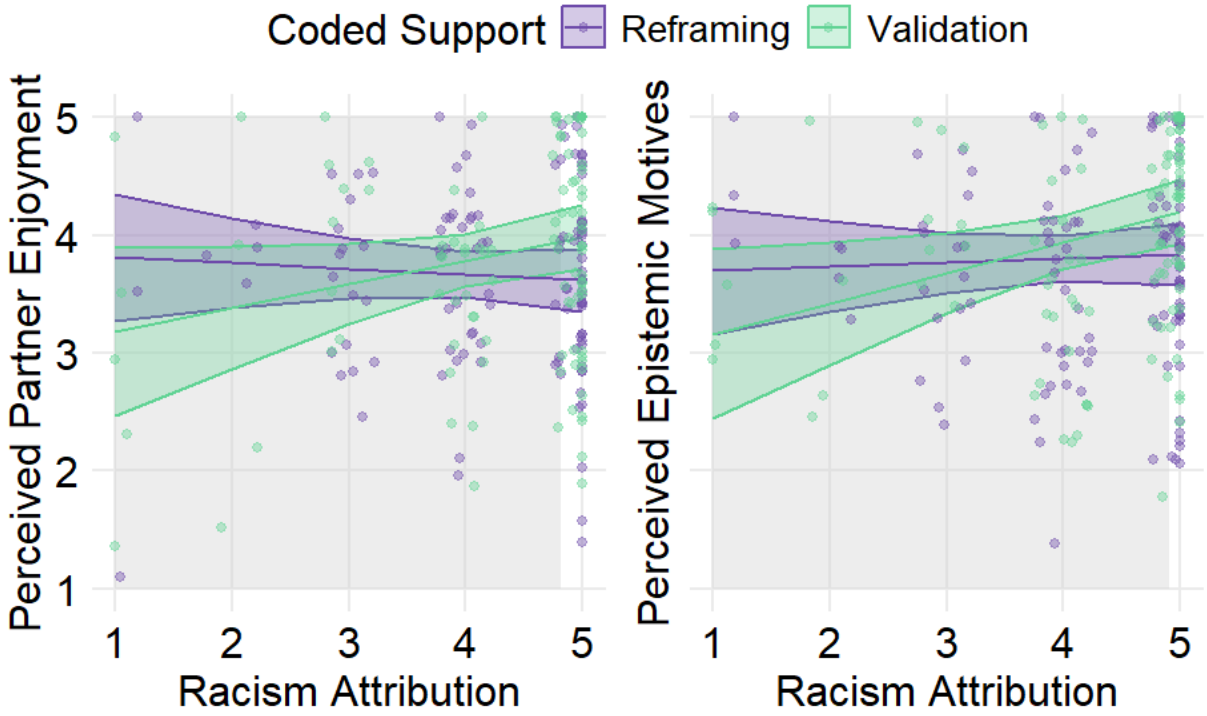


Note. Bands are 95% CIs, with raw values jittered to avoid overlap. Grey highlights indicate regions of nonsignificance, with regions for reconstrual failing to extend beyond five to reflect the range of the scale.

Finally, three-way interactions emerged (see Figure 12) for perceived partner enjoyment (AS: b = -0.43, p = .054; CS: b = -0.06, p = .063) and perceived epistemic motives (CS: b = -0.06, p = .046). We found a significant support-by-racism attribution simple interaction for ostensibly same-race partners (easy/enjoyable$_{AS}$: b = 0.17, p = .021; easy/enjoyable$_{CS}$: b = 0.08, p

= .034; epistemic$_{CS}$: b = 0.07, p = .060), and not for ostensibly White partners. After chatting with an ostensibly same-race partner about an experience that they strongly attributed to racism, participants inferred more epistemic motives (CS: attribution > 4.91) and partner enjoyment (AS: attribution > 4.60; CS: attribution > 4.82) after receiving validation (vs. reframing). Overall, these set of results mirror past results (Yee et al., in prep.) and point to the importance of validation over reframing (and receiving support from ostensibly same-race vs. White partners) when discussing topics proximal to racism.

Figure 12: Significance Regions for Same-race Coded Support with Racism Attributions



Note. Confidence bands are 95% CIs, with raw values (from assigned support models) jittered to avoid overlapping points. Only significant simple interactions (within ostensible same-race support) are visualized.

3.3.4 Experience Severity

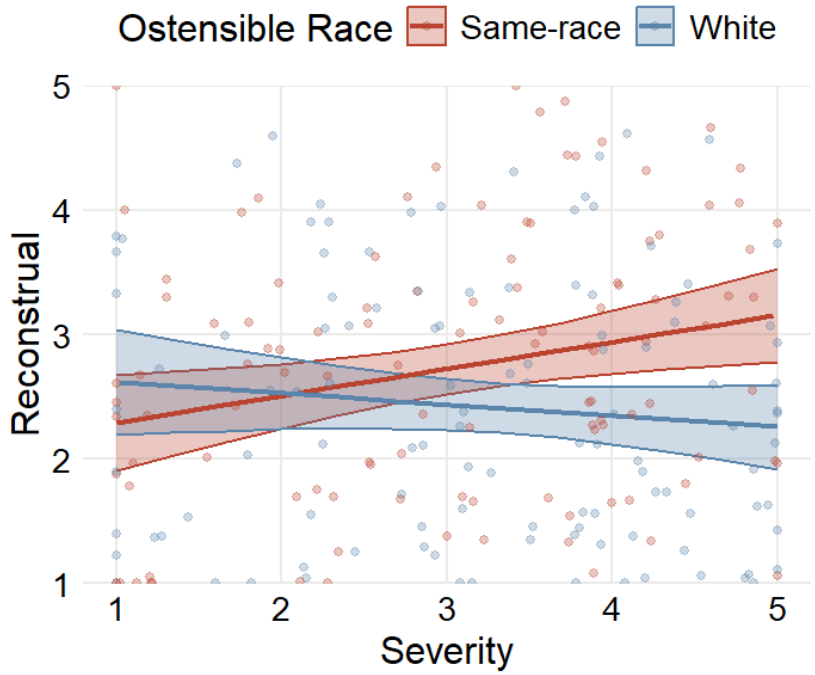
We also tested perceived experience severity as a potential moderator of condition effects (+1 *SD*: 4.39; -1 *SD*: 1.89; see Table 5). An ostensible race interaction was found with reconstrual (AS: b = -0.30, p = .010; see Figure 13), where higher reconstrual was reported for same-race (vs. White) partners, only for participants who reported severe (+1 *SD*) experiences (AS: b = -0.70, p < .001). Independent support- and race-interactions were also found for assigned (b = -0.20, p = .021) and coded support (b = -0.18, p = .083) models respectively for perceptions of palliative motives, again revealing a significantly more perceived palliative motives for reframing (vs. validation; AS: b = -0.56, p < .001) and same-race (vs. White: CS: b = -0.35, p = .068) partners, only for highly severe (+1 *SD*) experiences (see Figure 14).

Table 5: Moderation Models with Experience Severity

	Support type × Experience Severity		Ostensible race × Experience Severity		Support type × Ostensible race × Experience Severity	
	AS	CS	AS	CS	AS	CS
	B (SE)	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Focal outcomes						
Supportiveness	-0.04 (0.06)	-0.01 (0.02)	-0.02 (0.06)	-0.01 (0.08)	-0.07 (0.13)	0.00 (0.04)
Positive affect	-0.03 (0.12)	-0.01 (0.03)	-0.06 (0.12)	-0.11 (0.14)	0.01 (0.23)	0.04 (0.07)
Rumination	-0.10 (0.12)	-0.05 (0.03)	-0.05 (0.12)	-0.12 (0.14)	0.34 (0.24)	0.05 (0.07)
Reconstrual	-0.08 (0.12)	-0.01 (0.03)	**-0.30****(0.12)	**-0.37****(0.14)	0.02 (0.23)	0.06 (0.07)
RSR	0.01 (0.11)	-0.01 (0.03)	-0.11 (0.11)	0.07 (0.13)	**-0.36**† (0.22)	**-0.12*** (0.06)
Perceived partner motives						
Epistemic	-0.06 (0.09)	-0.01 (0.03)	-0.07 (0.09)	-0.07 (0.11)	0.01 (0.19)	0.02 (0.05)
Affirmative	0.03 (0.09)	0.01 (0.02)	-0.03 (0.09)	-0.06 (0.10)	-0.04 (0.17)	0.03 (0.05)
Palliative	**-0.20*** (0.09)	-0.03 (0.02)	-0.14 (0.09)	**-0.18**† (0.10)	0.09 (0.17)	0.04 (0.05)
Defensive	**-0.16**† (0.10)	-0.02 (0.03)	-0.08 (0.10)	-0.08 (0.12)	0.03 (0.19)	0.02 (0.05)

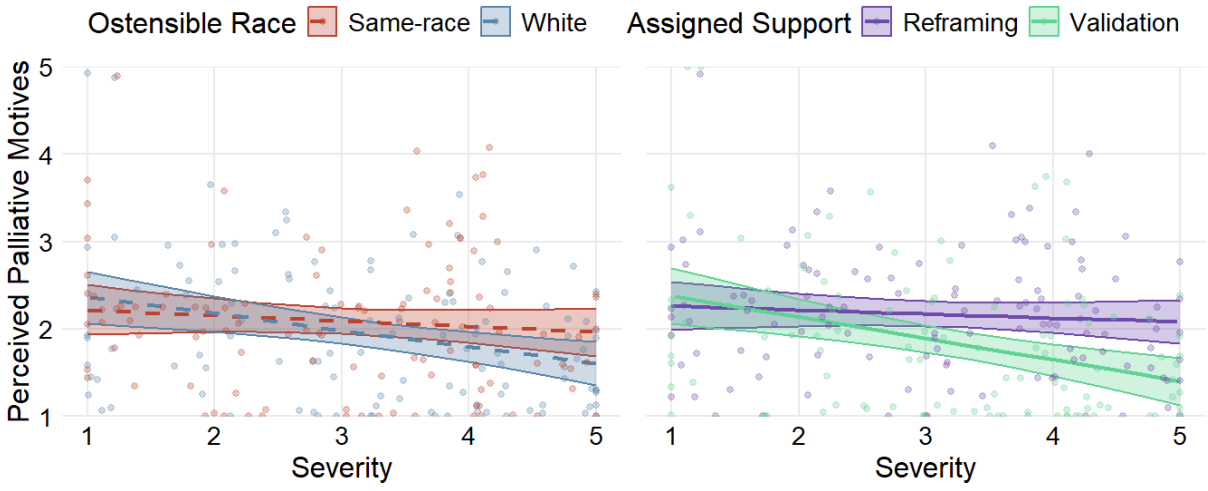
Note. AS = assigned support model; CS = coded support model; RSR = racial shared reality. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p$ < .1. $^{*}p$ < .05. $^{**}p$ < .01. $^{***}p$ < .001.

Figure 13: Reconstrual by Experience Severity and Ostensible Race



Note. Confidence bands are 95% CIs. Raw values are jittered to avoid overlapping points.

Figure 14: Perceived Palliative Motives by Experience Severity and Condition

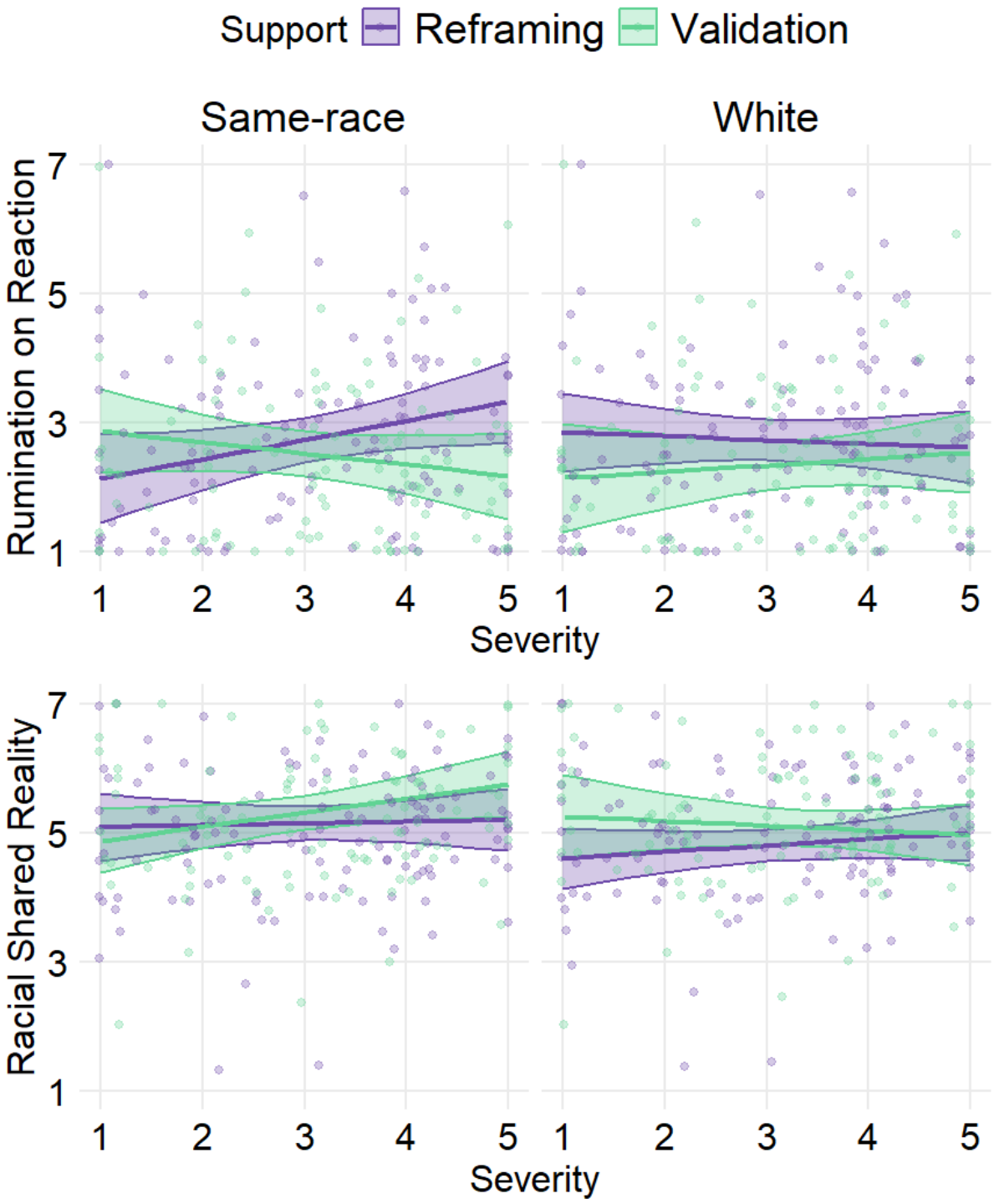


Note. Confidence bands are 95% CIs. Raw values are jittered to avoid overlapping points.

Finally, we found three-way interactions (see Figure 15) for anticipated rumination on the confederate's reaction (AS: $b = 0.63$, $p = .030$) and racial shared reality (AS: $b = -0.36$, $p = .099$;

CS: b = -0.13, p = .046). Simple interaction analyses show a significant support-by-severity interaction only in the same-race condition for rumination (b = -0.47, p = .020), such that participants who received same-race reframing (vs. validation; b = -0.86, p = .021) in response to a more severe experience anticipated ruminating more on their partner's response. For racial shared reality, a significant race-by-severity simple interaction was found only for participants receiving (primarily) validation (AS: b = -0.29, p = .079; CS: b = -0.30, p = .050), such that participants who received same-race (vs. White) validation in response to a more severe experience perceived more racial shared reality (AS: b = -0.61, p = .029; CS: b = -0.58, p = .026). Altogether, these results further suggest the importance of providing validation during discussions of more severe experiences.

Figure 15: Rumination and Racial Shared Reality Moderated by Experience Severity



Note. Confidence bands are 95% CIs. Raw values are jittered to avoid overlapping points.

3.3.5 Experience Closure

Lastly, we tested whether perceptions of experiential closure (e.g., distant, resolved) moderated condition effects (+1 *SD*: 4.60; -1 *SD*: 2.64; see Table 6). Interestingly, compared to the other moderators examined, effects from the assigned support and coded support models are less congruent regarding experiential closure.

Table 6: Moderation Models with Experience Closure

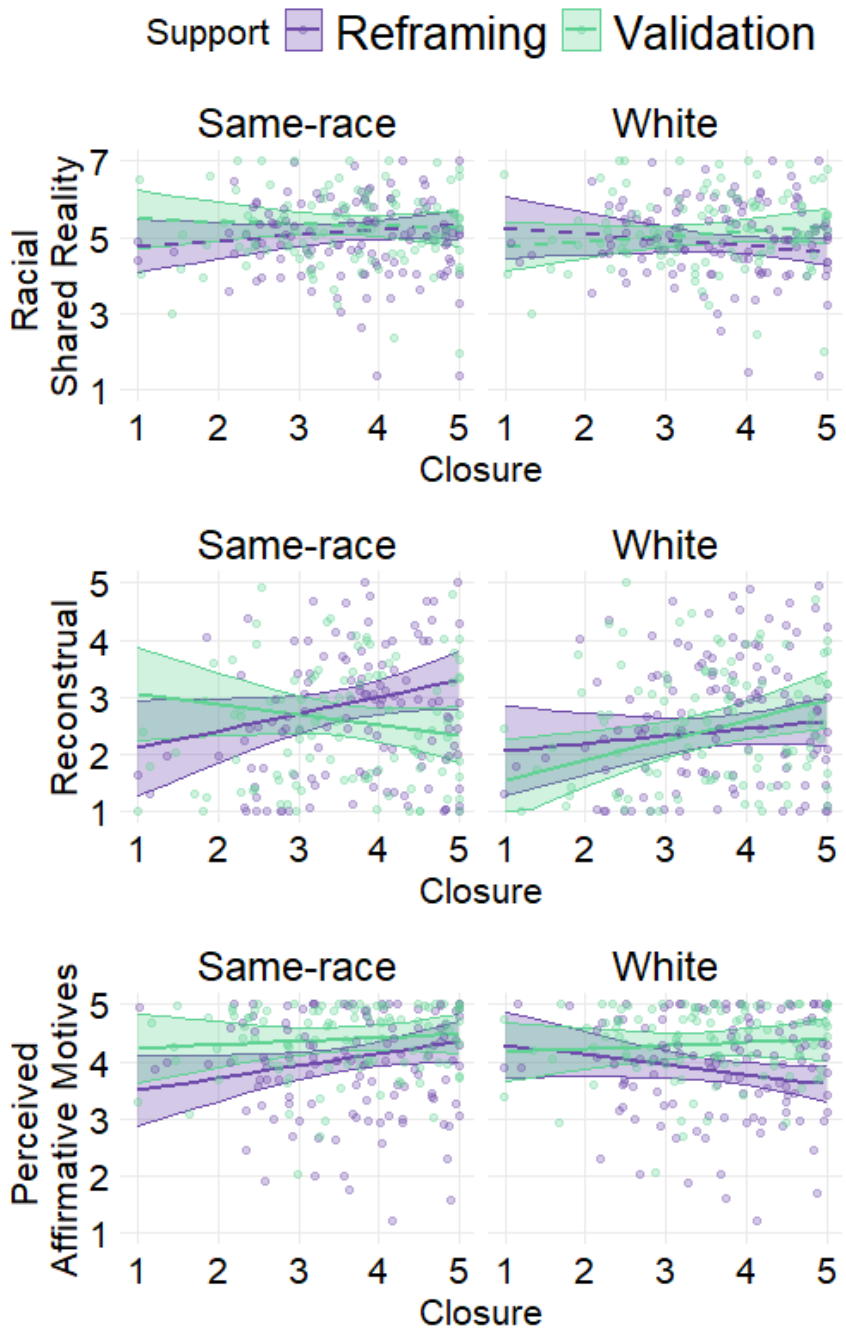
	Support type × Experience Closure		Ostensible race × Experience Closure		Support type × Ostensible race × Experience Closure	
	AS	CS	AS	CS	AS	CS
	B (SE)	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Focal outcomes						
Supportiveness	0.04 (0.08)	-0.01 (0.02)	-0.00 (0.08)	-0.02 (0.10)	0.15 (0.16)	0.03 (0.05)
Positive affect	0.07 (0.14)	0.03 (0.04)	0.04 (0.14)	-0.14 (0.19)	**0.56**† (0.29)	0.13 (0.09)
Rumination	0.07 (0.15)	0.02 (0.04)	**0.24**† (0.15)	0.07 (0.20)	0.40 (0.29)	0.11 (0.09)
Reconstrual	-0.13 (0.14)	-0.03 (0.04)	0.18 (0.14)	0.04 (0.19)	**0.69*** (0.29)	0.12 (0.09)
RSR	0.03 (0.14)	0.02 (0.04)	-0.07 (0.14)	-0.30 (0.18)	0.44 (0.28)	**0.16*** (0.08)
Perceived partner motives						
Epistemic	-0.05 (0.12)	-0.01 (0.03)	-0.08 (0.12)	-0.15 (0.16)	0.08 (0.23)	0.06 (0.07)
Affirmative	0.04 (0.11)	-0.01 (0.03)	**-0.20**† (0.11)	**-0.30*** (0.14)	**0.38**† (0.21)	0.09 (0.06)
Palliative	-0.11 (0.11)	-0.02 (0.03)	0.13 (0.11)	0.12 (0.15)	-0.07 (0.22)	0.01 (0.07)
Defensive	-0.10 (0.12)	-0.02 (0.04)	0.19 (0.12)	0.19 (0.16)	-0.09 (0.25)	-0.02 (0.07)

Note. AS = assigned support model; CS = coded support model; RSR = racial shared reality. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Nevertheless, several three-way interactions emerged for reconstrual (AS: $b = 0.69$, $p = .018$), perceptions of affirming motives (AS: $b = 0.38$, $p = .070$), and racial shared reality (CS: $b = 0.16$, $p = .045$). Each outcome had significant ostensible race-by-support type simple interactions among participants who felt a high degree of closure regarding their experience (reconstrual: $b = 1.05$, $p = .010$; affirming: $b = 0.50$, $p = .089$; shared reality: $b = -0.19$, $p = .068$; see Figure 16). For all three outcomes, participants who felt a high degree of closure around their experience and received reframing from an ostensibly same-race (as opposed to White) partner

felt more reconstrual (b = -0.65, p = .018), racial shared reality (b = -0.59, p = .008), and perceived their partner as possessing more affirming motives (b = -0.59, p = .003).

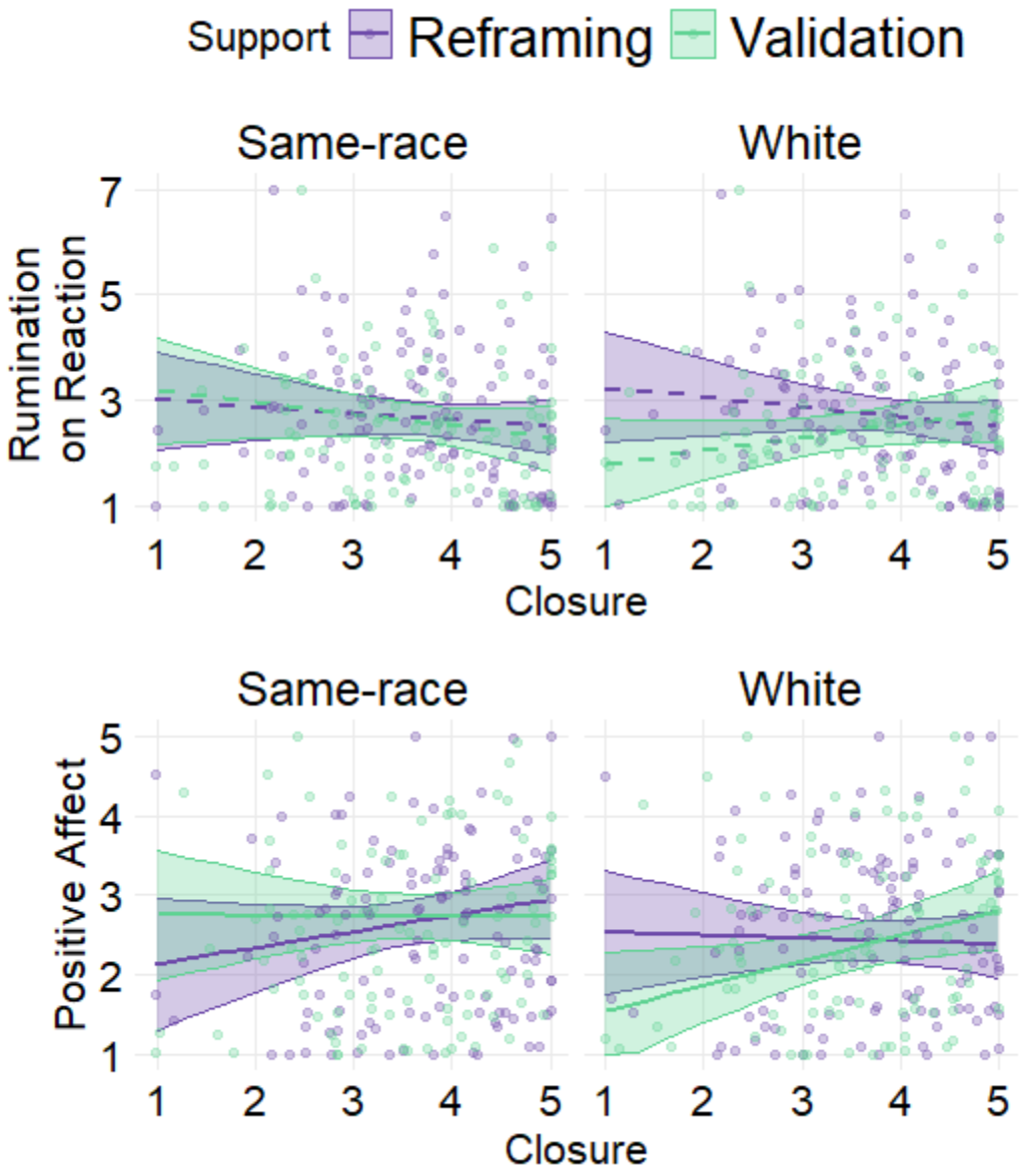
Figure 16: Shared Reality, Reconstrual, and Affirmative Motives Moderated by Closure



Note. 95% CIs are graphed, with estimates for racial shared reality deriving from the coded support type model and estimates for reconstrual and perceived affirmative motives deriving from the assigned support type model.

Three-way interactions were also found for positive affect (AS: $b = 0.56$, $p = .050$) and anticipated rumination regarding the confederate's reaction (CS: $b = 0.18$, $p = .095$; see Figure 17). For positive affect, an initial support type-by-ostensible race simple interaction emerged only at low closure ($b = -0.68$, $p = .087$); follow-up analyses revealed that participants who felt low closure about their experience reported more positive affect after receiving validation from an ostensibly same-race (vs. White) partner ($b = -0.67$, $p = .015$). Regarding anticipated rumination, a significant support type-by-closure simple interaction was observed in the White condition ($b = 0.15$, $p = .061$), such that participants who felt less closure regarding their validation anticipated increased rumination on the confederate's reaction if they received reframing (vs. validation; $b = -0.25$, $p = .034$). Overall, these results suggest the possibility of promoting reconstrual and racial shared reality for more distant/resolved experiences, but still emphasizing the importance of (same-race) validation for fostering positive affect and reducing rumination for those with more ambiguous/recent experiences.

Figure 17: Rumination and Positive Affect by Closure, Race, and Support



Note. 95% CIs are graphed, with estimates for rumination deriving from the coded support type model and estimates for positive affect from the assigned support type model.

3.4 Hypothesized Mediation Models

Next, several mediation models were conducted, focusing only on assigned (as opposed to coded) support, as well as a subset of five key well-being-related outcomes (i.e., responsiveness, positive affect, negative affect, rumination, reconstrual). First, we tested for

condition effects on other potential mediators, including anticipated comfort discussing the racial topic or non-racial topics and perceived experience similarity for the racial experience shared by the participant and the non-racial experience shared by their ostensible partner. As noted above, participants anticipated feeling more comfort discussing their racial topic (b = -1.45, p < .001), felt more racial shared reality (b = -0.29, p = .028), and thought their partner was more likely to have had a similar racial experience to their own (b = -1.94, p < .001) with ostensibly same-race (vs. White) partners (see Table 7). In contrast, no condition effects emerged for anticipated comfort discussing non-racial topics or non-racial experience similarity.

3.4.1 Simultaneous Mediation of Ostensible Race Effects

We first entered all viable mediators (i.e., racial shared reality, anticipated comfort for the racial topic, perception of racial experience similarity) simultaneously, to isolate unique effects of each mediator on each outcome. Next, supplemental models (see Appendix E) focused on racial shared reality or on anticipated comfort as the mediator tested for condition-mediator interactions (i.e., moderations by ostensible race and support type), following suggestions by Montoya (2024). For indirect effects, 95% percentile confidence intervals were obtained through the *mediation* package (Tingley et al., 2014) in R (v. 4.4.0), across 1000 bootstrapped samples.

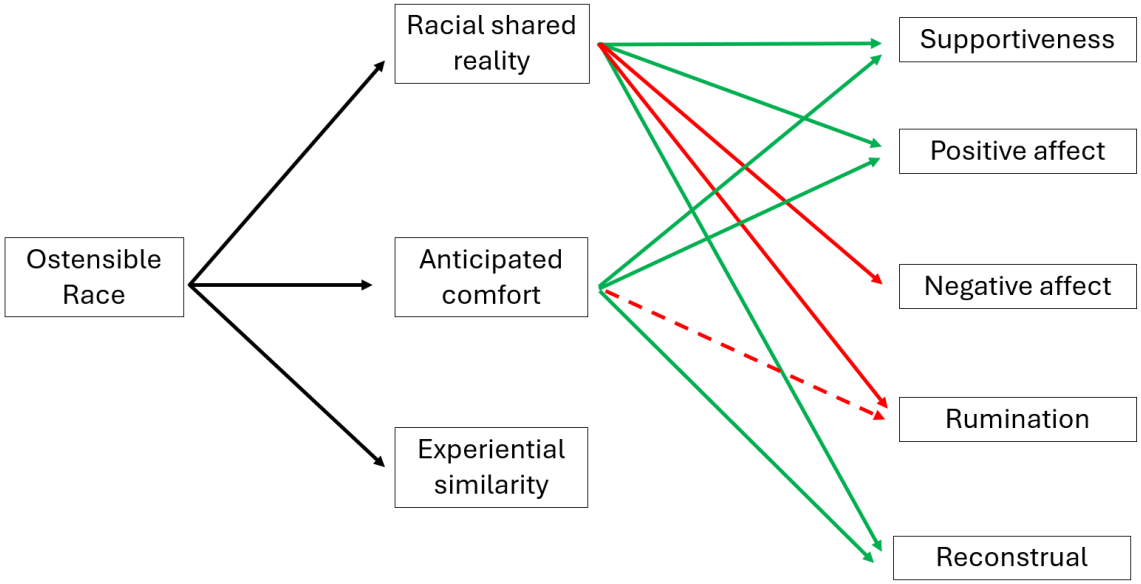
Testing all three mediators concurrently showed a clear pattern (see Table 7): racial shared reality uniquely predicted all outcomes (support: b = 0.25, p < .001; positive affect: b = 0.22, p = .001; negative affect: b = -0.07, p = .016; rumination: b = -0.15, p = .041; reconstrual: b = 0.23, p = .001), with anticipated comfort for discussing the racial topic as an additional mediator for support (b = 0.11, p = .014), positive affect (b = 0.29, p = .001), rumination (b = -0.16, p = .093), and reconstrual (b = 0.31, p < .001; see Figure 18).

Table 7: Mediation of Ostensible Race Effects on Focal Outcomes

	Mediator (Med)		
	Racial shared reality	*Anticipated comfort*	*Experiential similarity*
Path variables	*B (SE)*/[95% *CI*]	*B (SE)* /[95% *CI*]	*B (SE)*
***a* path**			
Race → *Med*	**-0.29*** (0.13)	**-1.45***** (0.11)	**-1.94***** (0.20)
***b* path**			
Med → Supportiveness	**0.25***** (0.04)	**0.11*** (0.04)	0.04 (0.02)
Med → Positive affect	**0.22**** (0.07)	**0.29**** (0.09)	-0.03 (0.05)
Med → Negative affect	**-0.07*** (0.03)	0.04 (0.04)	0.01 (0.02)
Med → Rumination	**-0.15*** (0.07)	**-0.16**† (0.09)	-0.03 (0.05)
Med → Reconstrual	**0.23**** (0.07)	**0.31***** (0.09)	0.05 (0.05)
***ab* path**			
Supportiveness	**-0.07** [-0.15, -0.01]	-0.03 [-0.09, 0.01]	–
Positive affect	**-0.06** [-0.15, -0.002]	**-0.09** [-0.19, -0.003]	–
Negative affect	**0.02** [0.0005, 0.06]	-0.01 [-0.04, 0.01]	–
Rumination	0.04 [-0.007, 0.13]	0.05 [-0.01, 0.14]	–
Reconstrual	**-0.07** [-0.15, -0.01]	**-0.09** [-0.22, -0.01]	–

Note. Anticipated comfort and experiential similarity are for the racial experience. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Figure 18: Simultaneous Mediation of Ostensible Race Effects on Focal Outcomes

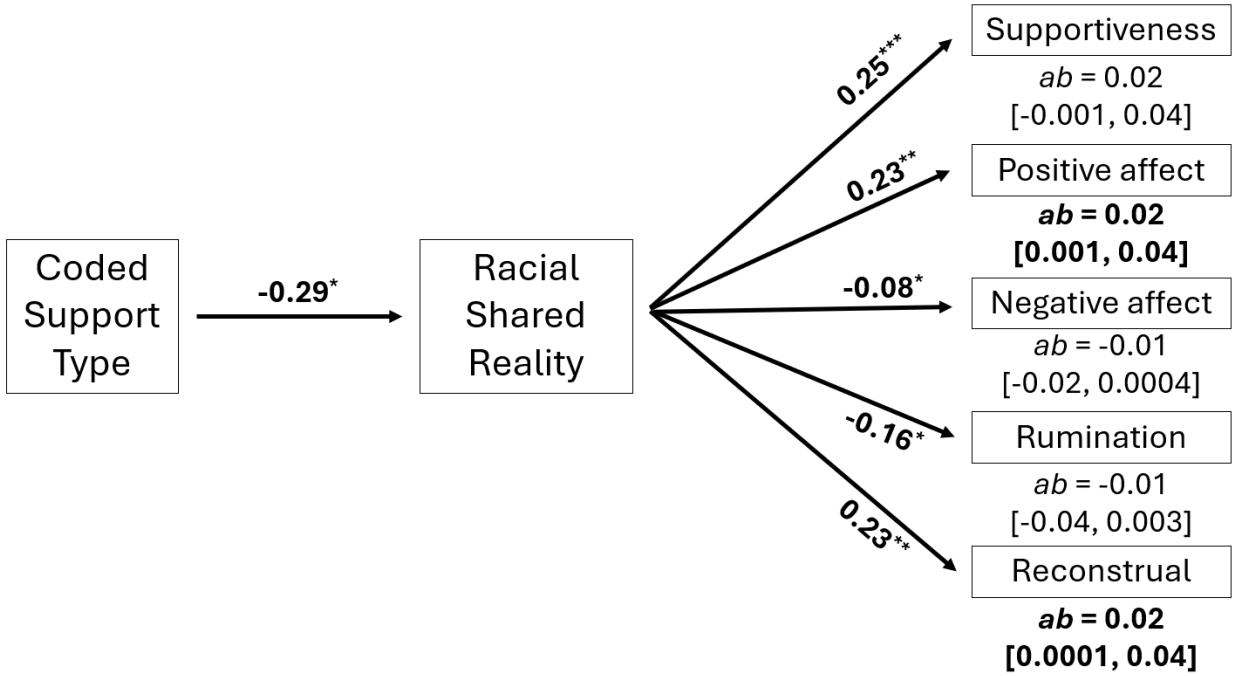


Note. Solid lines indicate significant effects; dashed lines indicate marginal associations (see path coefficients in Table 7). Green lines indicate positive associations, redlines indicate negative associations.

3.4.2 Mediation of Support Type Effects on Focal Outcomes

Regarding support type effects, as previously noted, a condition effect was only found for coded support on racial shared reality ($b = 0.08$, $p = .044$), while no significant effect of support type (assigned or coded) was found for other viable mediators (i.e., experiential similarity). Thus, the only mediator we tested for support type effects was racial shared reality, which we found significant paths predicting all outcomes (see Figure 19). In summary, these results clearly present racial shared reality and anticipated comfort (for discussing racial topics) as significant mediators, above and beyond the effects of perceived racial experiential similarity.

Figure 19: Simultaneous Mediation of Ostensible Race Effects on Focal Outcomes



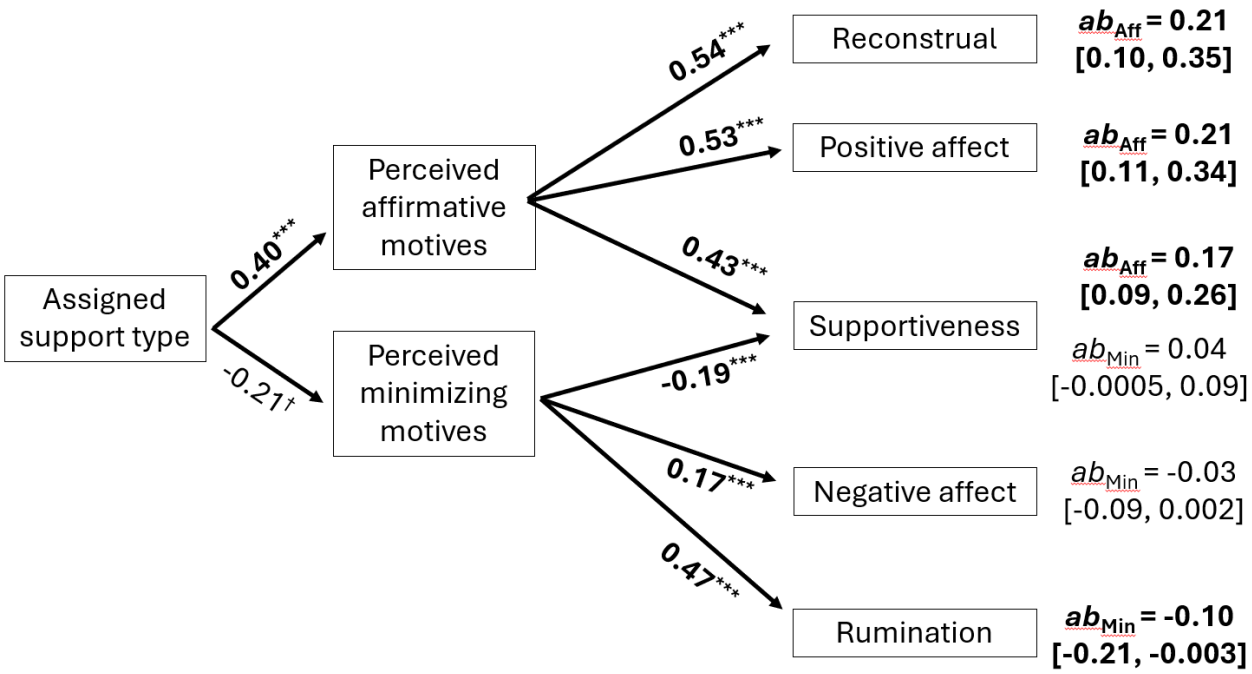
Note. Path estimates are unstandardized; 95% confidence intervals are given for indirect effects. Bolded paths significantly differ from 0.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

3.5 Exploratory Mediator Models

Finally, several exploratory (post-hoc) analyses were conducted based on insights gleaned from previous results, focusing on the same five outcomes as in previous mediation

models. Firstly, we wanted to examine possible mediators of the support type (specifically assigned support) effect, as our hypothesized mediators mainly addressed the ostensible race effect. We focused on our set of variables measuring perceived partner motives as simultaneous mediators, focusing on perceived affirming and minimizing motives, as these variables were more consistently associated with condition effects in the prior results (see Table 8). As reported previously, both perceived affirming (b = 0.40, p < .001) and minimizing motives (b = -0.21, p = .057) were associated with assigned support type. Moreover, perceived affirming motives uniquely predicted supportiveness, positive affect, and reconstrual, while perceived minimizing motives negatively predicted supportiveness and positively predicted both negative affect and rumination (see path coefficients in Figure 20).

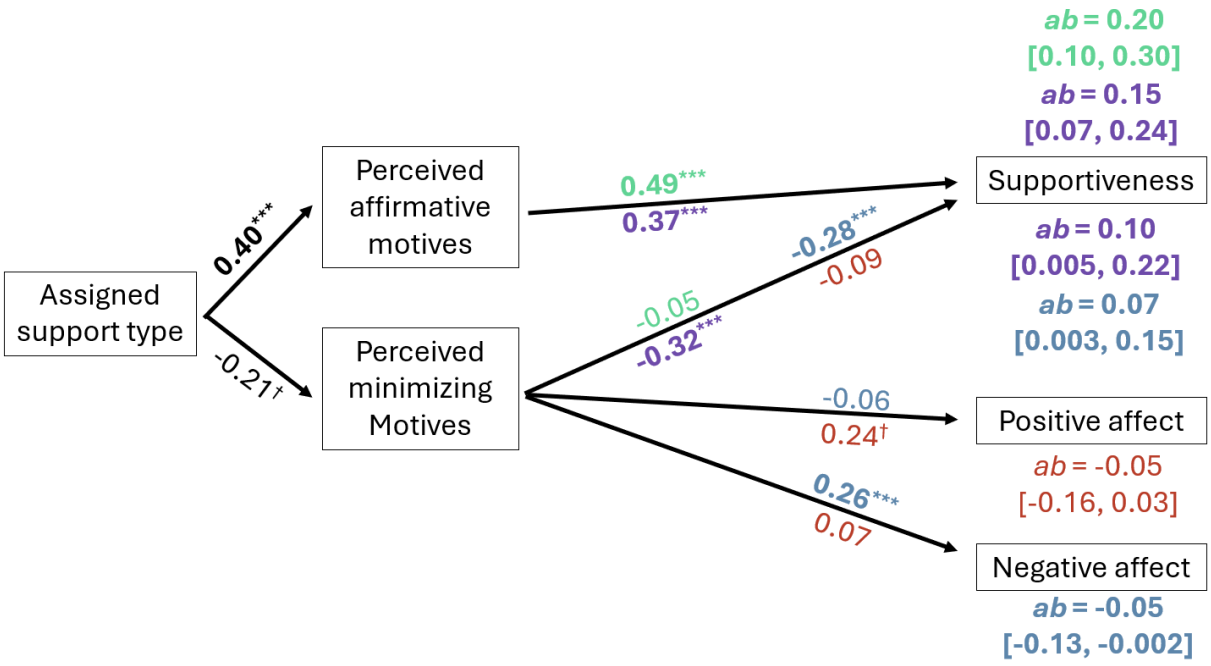
Figure 20: Mediation of Assigned Support with Affirmative and Minimizing Motives



Note. Aff = perceived affirmative motives; Min = perceived minimizing motives. Path estimates are unstandardized; 95% confidence intervals are given for indirect effects. Bolded paths significantly differ from 0.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Additional exploratory moderation involving the *b* and *c'* paths were tested, finding significant moderations with supportiveness and affect (see path coefficients in Figure 21). Perceived minimizing motives positively predicted negative affect only for participants assigned to ostensibly White partners, while minimizing motives marginally positively predicted positive affect only for participants assigned to ostensibly same-race partners. While the former finding conforms with past moderations emphasizing greater differences within the White (vs. same-race) condition, the latter finding echoes marginal effects found with perceived palliative motives (a subscale of defensive motives) as higher for ostensibly same-race partners. Perceived affirming motives more strongly predicted supportiveness among participants assigned to receive validation (vs. reframing), while perceived minimizing motives predicted supportiveness only within the reframing and ostensibly White partner conditions. These results suggest perceived partner motives as a mediator of support-based effects, further emphasizing the negative consequences of receiving reframing and receiving support from (ostensibly) White partners.

Figure 21: Moderated Mediation of Support with Affirmative and Minimizing Motives



Note. Path estimates are unstandardized; 95% confidence intervals are given for indirect effects. Green and purple coefficients denote paths split by assigned validation and reframing conditions respectively, while red and blue coefficients denote paths split by same-race and White conditions respectively. Bolded paths significantly differ from 0.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Table 8: Moderation Mediation of Outcomes by Affirmative and Minimizing Motives

	Supportive-ness	Positive affect	Negative affect	Rumination	Reconstrual
Coefficient	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Intercept	2.77*** (0.18)	0.23 (0.45)	1.30*** (0.20)	2.32*** (0.46)	0.25 (0.45)
Assigned support (AS)	-0.88* (0.35)	-0.20 (0.89)	-0.03 (0.40)	-0.45 (0.91)	-0.61 (0.91)
Ostensible race (OR)	0.24 (0.35)	1.11 (0.89)	0.09 (0.40)	0.97 (0.91)	-0.23 (0.91)
AS × OR	-0.02 (0.71)	1.07 (1.79)	0.15 (0.79)	2.76 (1.83)	1.98 (1.81)
AFF	**0.43*** (0.04)**	**0.53*** (0.10)**	-0.06 (0.04)	-0.11 (0.10)	**0.54*** (0.10)**
AFF × AS	**0.13†** (0.08)	-0.03 (0.19)	-0.00 (0.08)	0.15 (0.20)	-0.03 (0.19)
AFF × OR	-0.01 (0.08)	-0.21 (0.19)	-0.07 (0.08)	-0.19 (0.20)	0.03 (0.19)
AFF × AS × OR	-0.00 (0.15)	-0.21 (0.38)	-0.04 (0.17)	-0.53 (0.39)	-0.32 (0.39)
MIN	**-0.19*** (0.04)**	0.09 (0.09)	**0.17*** (0.04)**	**0.47*** (0.09)**	0.07 (0.09)
MIN × AS	**0.26*** (0.07)**	0.07 (0.18)	0.10 (0.08)	-0.10 (0.19)	0.25 (0.18)
MIN × OR	**-0.19** (0.07)**	**-0.31† (0.18)**	**0.19* (0.08)**	-0.21 (0.19)	-0.09 (0.18)
MIN × AS × OR	0.12 (0.14)	-0.28 (0.36)	0.05 (0.16)	-0.41 (0.37)	-0.34 (0.37)

Note. AFF = perceived affirmative motives; MIN = perceived minimizing motives. Interactions involving perceived partner motives are emphasized for ease of reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Second, we examined the possible mediating effect of anticipated comfort discussing racial and non-racial experiences, assessed prior to the conversation (see Table 9). First, we calculated differential comfort discussing racial versus non-racial experiences (a difference score with higher scores indicating higher comfort for the racial experience), and overall comfort across racial and non-racial experiences. Both differential and average comfort were analyzed as parallel mediators of the effect of ostensible race on all five focal outcomes, with assigned support and ostensible race as potential moderators of the *b* path. Participants with ostensibly White (vs. same-race) partner anticipated less comfort on average ($b = -0.75$, $SE = 0.08$, $p <$

.001) and less differential comfort discussing racial (vs. non-racial) experiences (b = -1.40, SE = 0.11, $p < .001$).

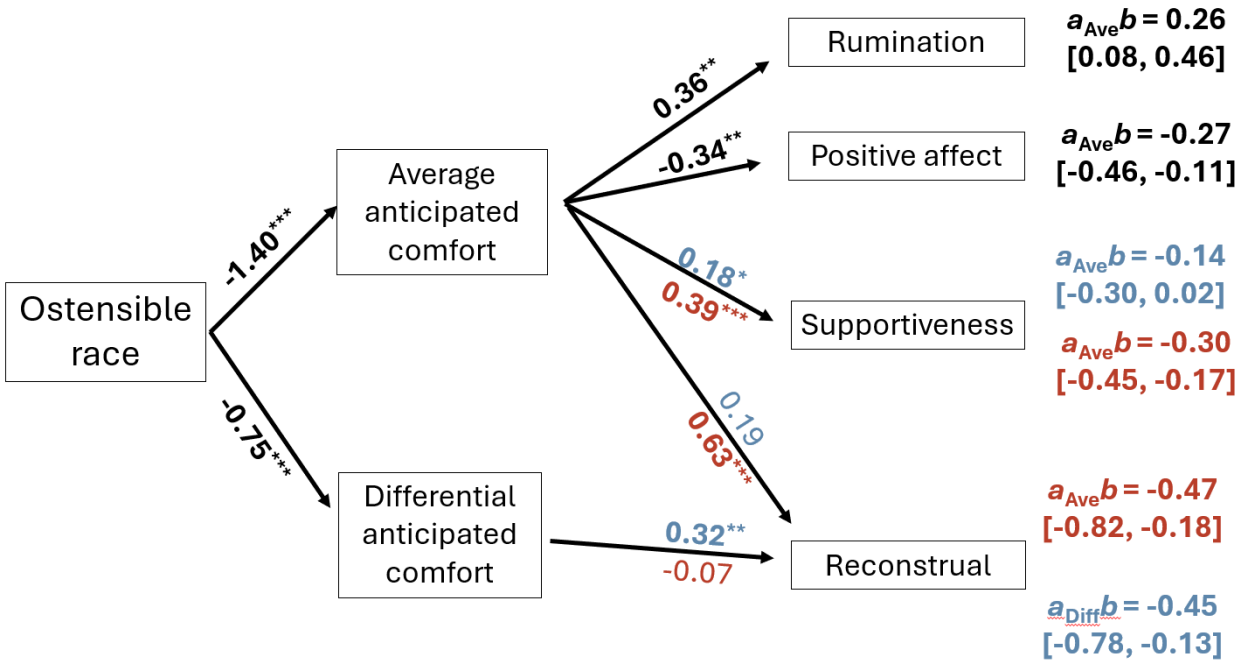
Table 9: Moderation Mediation of Outcomes by Differential and Average Comfort

	Supportive-ness	Positive affect	Negative affect	Rumination	Reconstrual
Coefficient	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Intercept	4.22*** (0.05)	2.54*** (0.10)	1.31*** (0.04)	2.57*** (0.10)	2.63*** (0.10)
Assigned support (AS)	0.34** (0.11)	0.05 (0.20)	-0.02 (0.09)	-0.06 (0.21)	0.08 (0.20)
Ostensible race (OR)	0.03 (0.11)	0.12 (0.20)	0.18† (0.09)	-0.26 (0.21)	0.25 (0.20)
AS × OR	0.27 (0.22)	0.01 (0.40)	-0.01 (0.18)	-0.01 (0.41)	0.29 (0.40)
AC-Diff	-0.01 (0.05)	0.11 (0.09)	0.05 (0.04)	0.05 (0.10)	0.12 (0.09)
AC-Diff × AS	-0.00 (0.10)	0.23 (0.19)	0.07 (0.08)	0.11 (0.20)	0.11 (0.19)
AC-Diff × OR	0.03 (0.10)	0.08 (0.19)	0.10 (0.08)	0.14 (0.20)	**0.39* (0.19)**
AC-Diff × AS × OR	0.10 (0.21)	0.08 (0.37)	-0.19 (0.17)	0.22 (0.39)	0.42 (0.38)
AC-Ave	**0.29*** (0.06)**	**0.36** (0.11)**	-0.02 (0.05)	**-0.34** (0.12)**	**0.41*** (0.11)**
AC-Ave × AS	0.03 (0.12)	-0.15 (0.23)	-0.04 (0.10)	-0.01 (0.24)	-0.23 (0.23)
AC-Ave × OR	**-0.21† (0.12)**	-0.30 (0.23)	-0.14 (0.10)	-0.38 (0.24)	**-0.44† (0.23)**
AC-Ave × AS × OR	0.14 (0.25)	-0.38 (0.45)	-0.11 (0.20)	0.07 (0.47)	0.13 (0.46)

Note. AC-Diff = differential anticipated comfort; AC-Ave = average anticipated comfort. Interactions involving perceived partner motives are emphasized for ease of reference.
†$p < .1$. *$p < .05$. **$p < .01$. ***$p < .001$.

Average comfort significantly predicted both positive affect and rumination, with differential comfort failing to predict either outcome (positive affect: b = 0.11, p = .244; rumination: b = 0.05, p = .611). Furthermore, average anticipated comfort significantly predicted supportiveness, an effect which was particularly strong in the ostensibly same-race (vs. White) partner condition. Average anticipated comfort also showed the same pattern with reconstrual, but only within the same-race condition. Interestingly, differential anticipated comfort was found to predict reconstrual only within the White condition, where participants with larger discrepancies between their anticipated comfort for the racial versus non-racial topics positively predicted their level of felt reconstrual after discussing their experience with an ostensibly White partner (see path coefficients in Figure 22).

Figure 22: Moderated Mediation of Race with Differential and Average Comfort



Note. Ave = average anticipated comfort; Diff = differential anticipated comfort. Path estimates are unstandardized; 95% confidence intervals are given for indirect effects. Red and blue coefficients denote paths split by same-race and White conditions respectively. Bolded paths significantly differ from 0.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

CHAPTER 4: DISCUSSION

The present study investigated the effect of support type (validation vs. reframing) and ostensible race (same-race vs. White) on affective, cognitive, and interpersonal outcomes among POC disclosing experiences of racial discrimination. We found convergent evidence across many outcomes (e.g., perceived supportiveness, affect, rumination) that receiving validation (vs. reframing) and ostensible same-race (vs. White) support led to more positive outcomes for POC in general, consistent with much of prior literature (e.g., Caceros et al., 2025). Interactions further elucidated these effects, showing that receiving relatively low levels of validation from ostensibly White support providers was especially inadequate (yielding the lowest perceived supportiveness and highest perceived minimizing motives). Moderation analyses also revealed these positive outcomes for validation and same-race providers were especially prominent among participants who (a) were chronically suspicious of White people's motives for unprejudiced actions, (b) disclosed an experience of racial discrimination perpetrated by White people (vs. POC), or (c) highly attributed their experience to racism and perceived their experience as more severe and more distant. Our hypothesized and exploratory mediations also showed correlational evidence consistent with mediation via racial shared reality with partners (i.e., perceived agreement about the role and relevance of race in daily life), anticipated comfort prior to the chat (for discussing both racial and non-racial experiences), and affirming and minimizing motives attributed to the partner during the discussion (e.g., "wanted to respect my opinion about my experience" and "seemed to excuse those who mistreated me" respectively).

4.1 Support Type Considerations During Social Support

In addition to our general effects of support type and ostensible race, broadly similar patterns emerged for reconstrual (i.e., thinking differently about one's experience) and perceived

palliative motives (e.g., inferring that the partner wanted to help the participant see their experience less negatively). Through our moderation analyses, both variables were rated as higher in the same-race (vs. White) and reframing (vs. validation) conditions. These results (especially with palliative motives as separate from the overall minimizing motives composite) suggest possible upsides to reframing (i.e., feeling a sense of closure/clearer understanding of the disclosed experience), but primarily when reframing is provided by an ostensibly same-race partner. Plausibly, reframing may have some beneficial outcomes (Riepenhausen et al., 2022; Troy et al., 2010; Webb et al., 2012), but only for support providers who are already assumed to share reality with the support recipient. Otherwise, attempts to reframe may be even worse (see supportiveness interaction previously mentioned). Still, the general negative consequences of reframing urge additional considerations for *how* reframing is provided to maximize possible benefits while minimizing harm.

4.1.1 Heterogeneity in Reframing

A common supplementary finding from past research (e.g., Caceros et al., 2025; Yee et al., in prep.) notes increased variance for results regarding reframing, implying individuals vary to the extent to which they find reframing helpful or harmful. Extending those findings, this study finds that the relative provision of reframing (vs. validation) evident in coder-assessed support type was also highly variable, Levene's $F(1, 224) = 34.17$, $p < .001$ (see lower panel of Figure 1), and that the distributions of coded support type when split by assigned validation and reframing are not symmetrically mirrored around zero. Both characteristics may be artefacts of confederate training; during training, confederates were instructed to avoid overly minimizing language (e.g., explicitly arguing against the participant's interpretation of the experience as racist), a trait which has characterized some forms of reframing in prior research (see Caceros et

al., 2025). Instead, we instructed confederates to focus on themes of growth and strength, prompting participants to reconsider their experiences, typically through question-asking and suggesting the experience might have made the participant more resilient. These techniques (intended to feel less potentially upsetting for recipients than minimizing forms of reframing) may have been more difficult to successfully execute compared to more generic responses used to provide validation (e.g., "That sucks, I'm sorry that happened"), leading to increased heterogeneity in the reframing condition due to its skill threshold. Furthermore, actions taken prior to reframing such as question-asking can lead confederates to a better understanding of the participant's experience, increasing coded validation and explaining the "shift" towards validation shown.

4.1.2 Support Sorting

Together, the increased variance in the reframing condition and the "shift" in coded support towards validation motivated further attempts to confirm that the support type manipulation was properly executed, as largest differences have emerged between validation and minimizing forms of reframing in past research (Caceros et al., 2025), yet we explicitly avoided the latter. Thus, two additional research assistants and I sorted each chat into either the validation or reframing condition, based only on the content from the latter half of the chat (i.e., concerning the participant's disclosure). Both research assistants were men of color, did not previously act as confederates, and thus had no prior knowledge of the purpose of the study prior to sorting. Each research assistant was informed only that there were two experimental conditions (referred to only as "Condition A" and "Condition B"), and that the conditions were approximately equally distributed. Given my knowledge of the study design, I sorted the chats with 89% accuracy, yet both research assistants achieved similar levels of accuracy, at 81% and 92% respectively. Both

research assistants were also asked to describe the coding scheme they used and independently noted condition A (Validation) as "validat[ing] the participant's racial experience", and having "a more natural, informal, and supportive vibe", while Condition B (Reframing) was described as "less connected, try[ing] to justify discriminatory actions" and involving a "positive interpretation of the participant's experiences". These results imply a successful manipulation, given that condition-unaware POC can differentiate between chats using different support types with high levels of accuracy.

4.1.3 Real-time Reframing as Less Negative than Feared

Despite evidence for clear manipulation, the main effects of support reported above remain relatively small. Comparing to our lab's most recent analogous work (Caceros et al., 2025), descriptive means for perceived supportive for the current study (Validation: $M = 4.38$; Reframing: $M = 4.12$) more closely align with means reported for the validation condition (when converted to a 5-point scale like ours) from Caceros and colleagues ($M = 3.81$), even when considering their "comforting" ($M = 2.81$) versus "minimizing" ($M = 2.15$) form of reframing. This pattern replicates across all variables shared between the two studies (see Table 10).

Table 10: Means for Shared Variables from Yee (2025) and Caceros et al. (2025)

	Yee (2025)		**(Caceros et al., 2025)**		
Outcome	*Validation M (SD)*	*Reframing M (SD)*	*Validation M (SD)*	*"Comforting" Reframing M (SD)*	*"Minimizing" Reframing M (SD)*
Supportiveness	4.38 (0.47)	4.12 (0.68)	3.81 (0.68)	2.81 (1.07)	2.15 (0.93)
Positive affect	2.54 (1.06)	2.54 (1.04)	2.81 (0.93)	2.05 (0.96)	1.66 (0.78)
Negative affect	1.31 (0.47)	1.27 (0.44)	1.71 (0.68)	2.10 (0.78)	2.40 (0.80)
Rumination	2.51 (1.05)	2.65 (1.09)	3.17 (1.18)	3.83 (1.48)	4.50 (1.39)
RSR	5.18 (1.00)	4.96 (1.01)	5.09 (1.26)	4.78 (1.30)	4.47 (1.39)

Note. RSR = Racial shared reality. Descriptive means are reported.

The less negative outcomes observed here, relative to prior research, may reflect two key differences in how reframing was operationalized and delivered. Specifically, Caceros and

colleagues employing standardized vignettes asking participants to imagine (in the comforting versus minimizing versions, respectively) that a friend expressed either "consolation" or "skepticism" and went on to either "encourage you to talk about the details of the event" or "not to blow things out of proportion" while seeking "to offer a more positive perspective." In contrast, in this study (as noted above) confederates were instructed to emphasize growth and strength, and chat transcripts from the current study showed that a large majority of chats remained amicable, even when participants received reframing, with only a few instances of participants explicitly resisting confederates' attempts to reinterpret their experiences. Participants may be more likely to give support providers the benefit of the doubt in real-time discussions than in imagined interactions, especially in contexts like this study, in which confederates had previously disclosed their "own" prior experience in the chat, building rapport. These mitigating factors, which led to fewer negative effects of reframing than initially expected, may be more indicative of real-world instances of support provision (at least between strangers), suggesting reception of reframing may not be as negative as prior literature implies. Future research should continue examining the complexities of support provision and strive towards ecologically valid mediums of support (e.g., face-to-face) to accurately estimate effect sizes.

4.2 Race-Based Expectations as Legitimate

Our manipulation of ostensible race also warrants additional discussion. As all confederates were women of color, reported race-based effects are driven entirely by participant expectancy effects. One possible interpretation of these effects posits them as only "imagined", despite the form of support remaining constant as confederates were not made aware of the ostensible race manipulation. However, moderation analyses involving perpetrator race (combined with a majority of disclosed experiences as perpetrator by White people) provide

evidence for these expectancy effects as legitimate responses to past experiences of racial discrimination. Repeated exposure to racism (given the high rates of racial discrimination previously discussed) likely cause POC to remain "on guard" when talking to White people, especially when discussing racism. Future research should seek to support these conclusions by investigating how often participants experience racial discrimination as an individual factor moderating the ostensible race effects reported here.

4.3 Racial Anonymity in Online Interactions

Past research has also shown POC expect more reframing from White (vs. same-race) support providers (Caceros et al., 2025), but it remains unclear whether a "reverse" effect may emerge such that support type influences presumed support provider race. As anonymous online support provision forums continue to become more common, these spaces provide a unique medium to explore this possibility by including a "race-unknown" condition, where support provider race remains unmentioned. Although anonymity has been previously explored as a strategy support seekers may employ during online social support (Fish et al., 2020), concealing the support provider's race has yet to be tested empirically. Furthermore, previous research investigating racial ambiguity has primarily focused on the experiences of bi- or multiracial people or individuals whose group membership is not visually apparent (Gaither et al., 2018; Pauker et al., 2009; Willadsen-Jensen & Ito, 2008), which are not interchangeable with "generic" individuals whose race is not specified. We suspect that participants who receive reframing will be more inclined to perceive their partners as White, while those who receive validation will perceive their partners as POC. Moreover, without race-based information, support type may play a larger role in promoting racial shared reality between parties, possibly providing a mechanism for White support providers to bypass stereotypes POC hold about them.

Alternatively, POC may demonstrate vigilance or caution by treating race-unknown support providers as similar to White support providers, reminiscent of restrictive ingroup boundaries in other group contexts, such as East Asian communities (Chen et al., 2019).

4.4 Limitations and Constraints on Generality

The current study possesses several limitations. Although the real-time format of the current procedure increases external validity and mundane realism relative to imagined interactions, various aspects of the chat remain highly artificial. For example, chats were limited to 16 minutes, with only half of the time allotted for participants to share their experience and receive support. This limit led to variability in how much support participants could receive, as some chats ended abruptly, cutting off the confederate or participant. Additionally, increased question-asking from confederates assigned to provide reframing may have decreased the amount of time allotted for support provision. Furthermore, participants and confederates knew that the chats were recorded and may have altered their behavior to maintain social norms or avoid displaying high levels of vulnerability.

Regarding constraints on generality, the current study examined only emotion-focused social support as a potential alleviator of racial discrimination. Other forms of social support include instrumental support, which involve concrete, practical assistance (see Li et al., 2022; Morris et al., 2023), and may possess different mechanisms compared to verbal support. Additionally, we recruited a convenience sample of Canadian undergraduates, and some results may not generalize to the broader population of POC. Finally, the current study required participants to select a "primary" racial group (not capturing the identities of multiracial participants), collapsed across specific participant racial identities (i.e., treating East Asian/East Asian conversations as similar to Black/Black), and omitted cross-minority interactions (e.g.,

East Asian/Black). Future research might examine these effects explicitly manipulating the support provider's ostensible or actual same-race contact within different POC groups.

4.5 Conclusion

The present study investigated social support reception from POC who disclosed experiences of racial discrimination through an online chat platform (Chatplat). Building on prior research with imagined support providers (Caceros et al., 2025), we found participants preferred responses validating their negative experiences over responses reframing and focusing on the upsides of their experience (see Marigold et al., 2014). Taking advantage of the real-time but not in-person nature of an online chat, we also found participants preferred ostensibly same-race (vs. White) partners. Both support type and ostensible race effects were especially strong for participants highly suspicious of White people, those who disclosed an experience that (a) was perpetrated by a White person, (b) was more strongly attributed to racism, or (c) felt more severe or distant. Racial shared reality and anticipated comfort mediated these effects of ostensible race effects and perceived affirmative and minimizing motives mediated support type effects. Our results suggest promising future avenues for promoting effective social support to "buffer the sting of oppression" (Shorter-Gooden, 2004) for POC by fostering racial shared reality and focusing on affirming the participant's experience.

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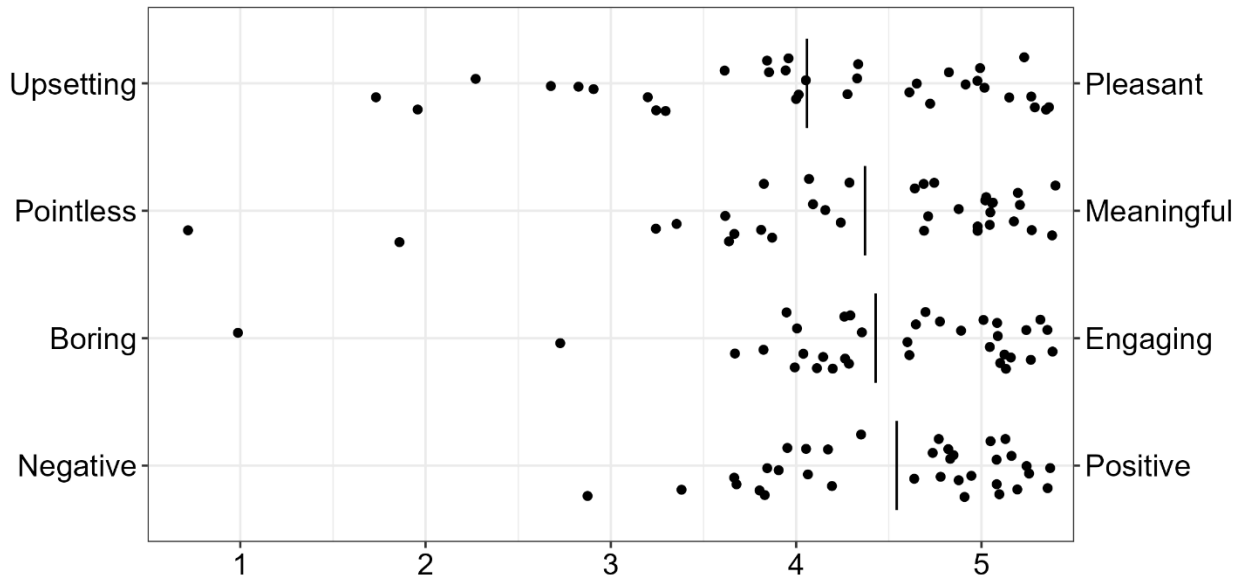
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Appendix A: Pilot Study

We conducted a pilot study ($N = 36$) to test our procedure for its believability and to ensure our procedure did not invoke highly negative reactions (i.e., study impressions) in participants, especially for those who received reframing. We also hosted post-study focus group discussions to request open-ended feedback from participants. Both participants and confederates generally reported the original time limit for the chat (12 minutes total, 6 minutes for participant disclosure) as too short, mentioning "there wasn't adequate time to actually discuss what was going on". Thus, we extended our chat to 16 minutes total for the main study. We also noted several instances where participants seemed confused regarding when they versus their partner would share their negative experiences, and thus we included extra questions to ensure participants understood the experience sharing order. Additionally, all measures included in the pilot study were retained for the main study.

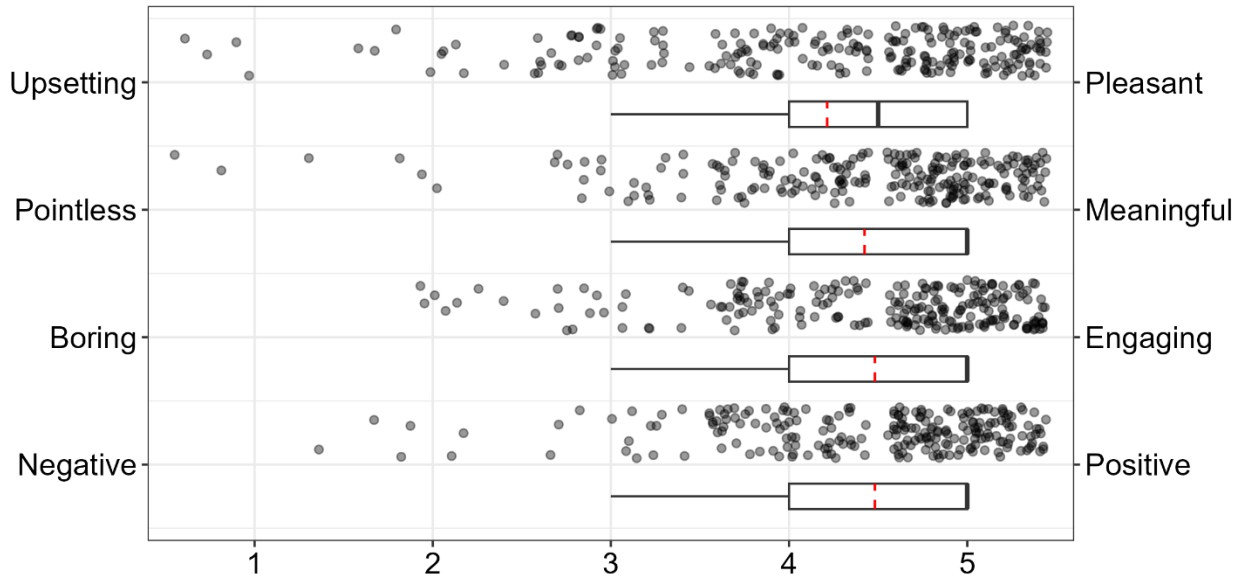
Regarding study impressions, participants responded on four bimodal scales measuring the extent to which they found the study pleasant (vs. upsetting), meaningful (vs. pointless), engaging (vs. boring), and positive (vs. negative). Participants overwhelmingly left the study with positive impressions, with means for all items above 4 on a 5-point scale (see Figure A1). Survey impressions were equally positive for the main study (all means above 4; see Figure A2).

Figure A1: Pilot Study Post-Survey Impressions



Note. Lines indicate means.

Figure A2: Main Study Post-Survey Impressions

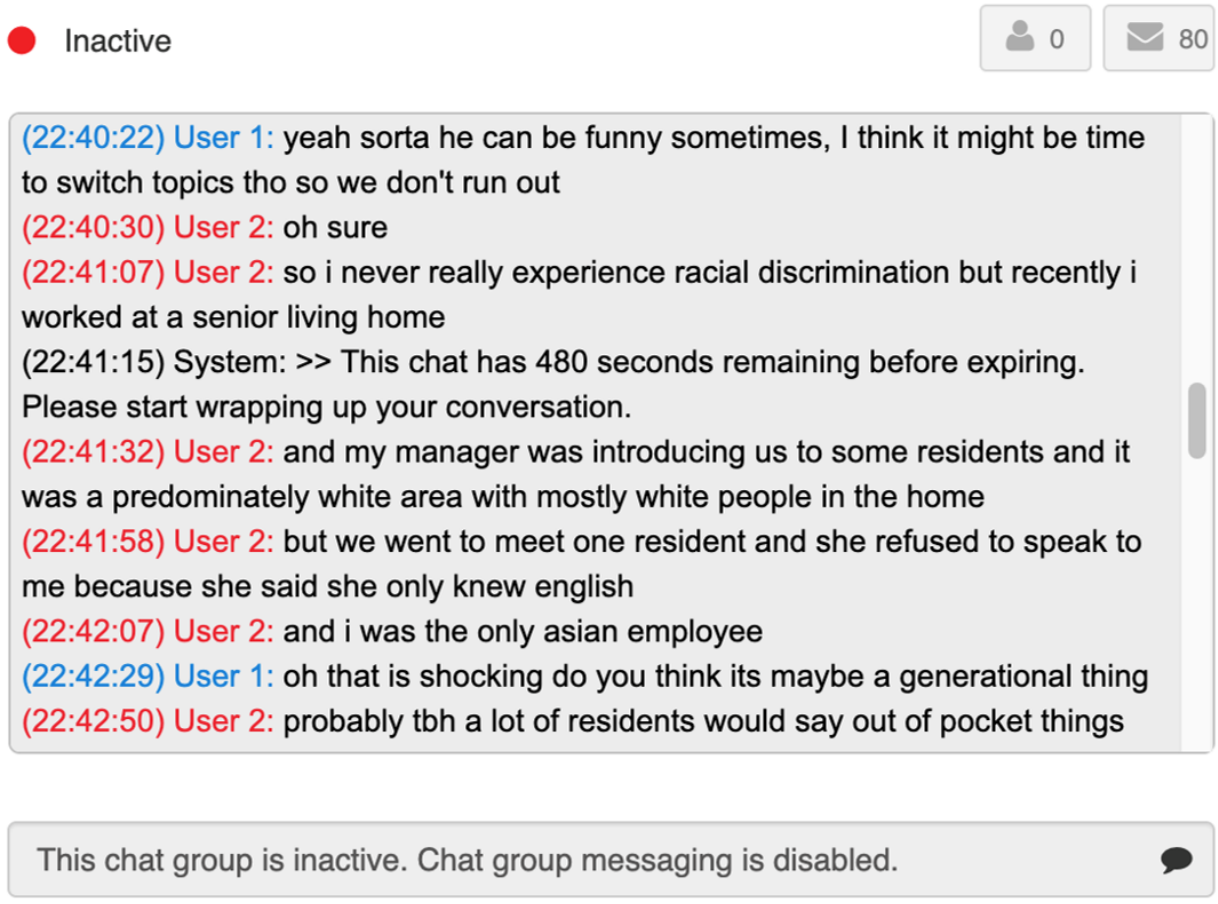


Note. Thicker black lines indicate medians, while red dotted lines indicate means.

Appendix B: Embedded Live Chat Example and Detailed Materials

The interactive chat portion of the study was embedded directly in Qualtrics (see Figure B1). A standardized system-wide reminder served as the cue for both parties to transition to the second half of the conversation, in which the participant shared their experience of racism.

Figure B1: Sample Chatplat Conversation



Note. Here, "User 1" denotes the confederate and "User 2" denotes the participant.

Additionally, we include all reported measures in the main study below, appearing in chronological order (accompanied with a flowchart in Figure B2).

Anticipated Comfort

Please answer the following questions for each experience using the following scale:

Not at all	A little	Somewhat	A lot	A great deal
1	2	3	4	5

For each experience, how much do you think:

	[WorkTitle]					[FamilyTitle]					[RaceTitle]				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
you will feel comfortable discussing it with your partner?	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
your partner will be able to empathize with/understand it?	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
your partner will be able to provide you with useful advice about it?	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
your partner will be able to see your point of view?	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Experiential Similarity

To what extent do you think that:

	Extremely unlikely	Moderately unlikely	Slightly unlikely	Neither likely nor unlikely	Slightly likely	Moderately likely	Extremely likely
you have had past experience(s) like the one your partner disclosed?	○	○	○	○	○	○	○
your partner has had past experience(s) like the one you disclosed?	○	○	○	○	○	○	○

Positive and Negative Affect

Right now, thinking about **your study partner's responses to your experience,** to what extent do you feel:

	Not at all	Slightly	Moderately	Very	Extremely
Distressed	○	○	○	○	○
Proud	○	○	○	○	○
Determined	○	○	○	○	○
Upset	○	○	○	○	○
Afraid	○	○	○	○	○
Hostile	○	○	○	○	○
Guilty	○	○	○	○	○
Inspired	○	○	○	○	○
Ashamed	○	○	○	○	○
Strong	○	○	○	○	○
Irritated	○	○	○	○	○
Nervous	○	○	○	○	○

Supportiveness

Right now, thinking about **your study partner's responses to your experience,** to what extent do you feel:

	Not at all	Slightly	Moderately	Very	Extremely
Supported	○	○	○	○	○
Disrespected	○	○	○	○	○
Validated	○	○	○	○	○
Rejected	○	○	○	○	○
Misinterpreted	○	○	○	○	○
Accepted	○	○	○	○	○
Understood	○	○	○	○	○
Unappreciated	○	○	○	○	○
Affirmed	○	○	○	○	○
Cared for	○	○	○	○	○
Disregarded	○	○	○	○	○
Disappointed	○	○	○	○	○

Conversation Quality

Please answer the following questions about the conversation with your study partner.

	Not at all	A little	Somewhat	A lot	A great deal
How easy was it for you to talk to your partner?	○	○	○	○	○
How enjoyable was the interaction for you?	○	○	○	○	○
How well did you listen to your partner?	○	○	○	○	○
How well did you support your partner?	○	○	○	○	○
How easy do you think it was for your partner to talk to you?	○	○	○	○	○
How enjoyable do you think the interaction was for your partner?	○	○	○	○	○
How well did your partner listen to you?	○	○	○	○	○
How well did your partner support you?	○	○	○	○	○

Reconstrual

Right now, thinking about the **negative experience** you discussed, to what extent did your discussion:

	Not at all	Slightly	Moderately	Very	Extremely
cause you to think differently about your experience?	○	○	○	○	○
make you feel a sense of closure regarding your experience?	○	○	○	○	○
lead you to a clearer and more coherent understanding of your experience?	○	○	○	○	○

Rumination

Right now, thinking about **your study partner's responses to your experience,** how likely would you be to:

	Extremely unlikely	Moderately unlikely	Slightly unlikely	Neither likely nor unlikely	Slightly likely	Moderately likely	Extremely likely
find it easy to move on to thinking about other topics	○	○	○	○	○	○	○
dwell on the negative aspects of the experience itself	○	○	○	○	○	○	○
rehash in your mind the things your partner said in response to your experience	○	○	○	○	○	○	○
regret telling your partner about your experience	○	○	○	○	○	○	○
keep thinking about the possible meaning of your partner's reaction	○	○	○	○	○	○	○
think about your partner's reaction, wishing it had gone differently	○	○	○	○	○	○	○
dwell on negative aspects of your partner's reaction	○	○	○	○	○	○	○
keep thinking about the possible meaning of the experience itself	○	○	○	○	○	○	○

Perceived Partner Motives

Right now, thinking about **your study partner's responses to your experience,** I feel that my partner:

	Not at all	Slightly	Moderately	Very	Extremely
wanted me to feel heard (AF)	○	○	○	○	○
seemed to excuse those who mistreated me (D)	○	○	○	○	○
wanted to downplay the negativity of my experience (P)	○	○	○	○	○
trusted that I knew what I was talking about (AF)	○	○	○	○	○
was trying to be my friend (AL)	○	○	○	○	○
wanted me to like them (AL)	○	○	○	○	○
tried to remind me worse things could happen (P)	○	○	○	○	○
wanted to respect my opinion about my experience (AF)	○	○	○	○	○
wanted to say I was overreacting (D)	○	○	○	○	○
seemed reluctant to consider my experience as part of a broader problem (D)	○	○	○	○	○
was trying to understand my feelings (E)	○	○	○	○	○
intended to make me feel good (C)	○	○	○	○	○
seemed eager to learn about my experience (E)	○	○	○	○	○
was trying to say what they thought I wanted to hear (AL)	○	○	○	○	○
truly wanted to help me to the best of their ability (C)	○	○	○	○	○
was genuinely interested in what I had to say (E)	○	○	○	○	○
wanted to give advice about my situation (C)	○	○	○	○	○
wanted to help me see possible upsides of my experience (P)	○	○	○	○	○
	Not at all	Slightly	Moderately	Very	Extremely

Note. Letters in parentheses are added to indicate the proposed motive each item measured, where AL = affiliative, E = epistemic, AF = affirmative, C = compassionate, P = palliative, and D = defensive.

Racial Shared Reality

Based on your conversation, please consider how you think **your study partner** would agree or disagree with you on these topics:

	would definitely disagree	would probably disagree	might disagree	could agree or disagree	might agree	would probably agree	would definitely agree
the importance of one's race to who they are as a person	○	○	○	○	○	○	○
the extent to which race plays a role in **positive** events in someone's life	○	○	○	○	○	○	○
the extent to which race plays a role in **negative** events in someone's life	○	○	○	○	○	○	○
how frequently people should discuss race with their **friends**	○	○	○	○	○	○	○
how frequently people should discuss race with their **family**	○	○	○	○	○	○	○

Experience Severity and Closure

As a reminder, here is the negative experience that you described earlier in this study:

[RaceEvent]

In the context of your general day-to-day experiences, to what extent did you find this experience:

	Not at all	Slightly	Moderately	Very	Extremely
Negative	○	○	○	○	○
Upsetting	○	○	○	○	○
Hurtful	○	○	○	○	○

To what extent does this experience feel:

	Not at all	Slightly	Moderately	Mostly	Entirely
Distant / in the past	○	○	○	○	○
Resolved	○	○	○	○	○
Chronic / ongoing	○	○	○	○	○

Racism Attribution

As a reminder, here is the negative experience that you described earlier in this study:

[RaceEvent]

To what extent do you believe this experience was due to:

	Not at all	Slightly	Moderately	Very	Extremely
Your personality/social skills?	○	○	○	○	○
Racism?	○	○	○	○	○
Bad luck/random chance?	○	○	○	○	○
Other's incompetence?	○	○	○	○	○
Other aspects of the situation not listed here?	○	○	○	○	○

Perpetrator Race

Think about the person who treated you negatively. How would you describe/estimate their primary race?

- ○ East Asian (e.g., Chinese, Japanese)
- ○ Black or African (e.g., Somali, Haitian)
- ○ Middle Eastern or Arabic (e.g., Egyptian, Iranian)
- ○ South Asian (e.g., Indian, Pakistani)
- ○ Hispanic or Latino/a (e.g., Brazilian, Mexican)
- ○ White or European (e.g., Irish, Australian)
- ○ Southeast Asian (e.g., Filipino, Thai)
- ○ Indigenous (e.g., First Nations, Inuit)
- ○ Not listed (please specify):

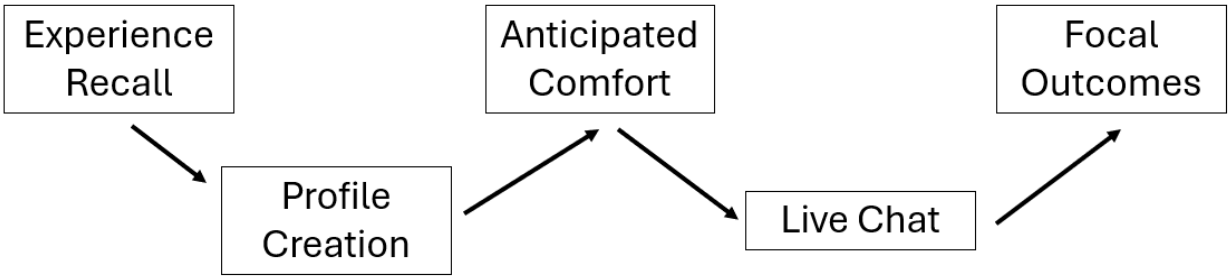
Suspicion of Motives Index

The following items concern your beliefs about other people's behaviour. For each of the next items, think about when White people act in a nonprejudiced way towards people of colour.

When White people act in a nonprejudiced way towards people of colour it is **primarily** because:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
They want to avoid disapproval from others	○	○	○	○	○	○	○
It is in accordance with their personal values to be unprejudiced	○	○	○	○	○	○	○
They feel pressure from others to act nonprejudiced	○	○	○	○	○	○	○
They are trying to act politically correct	○	○	○	○	○	○	○
They believe it is wrong to use stereotypes about people of colour	○	○	○	○	○	○	○
They want to avoid negative reactions from others	○	○	○	○	○	○	○
It is personally important to them not to be prejudiced	○	○	○	○	○	○	○
It is important to their self-concept to be unprejudiced	○	○	○	○	○	○	○
They think other people would be angry with them if they acted prejudiced	○	○	○	○	○	○	○
They are personally motivated by their beliefs	○	○	○	○	○	○	○

Figure B2: Study Procedure Flowchart



Note. "Focal Outcomes" includes all psychological outcomes and moderators.

Appendix C: Confederate Support Training Materials

All confederates completed at least one training session detailing how to provide validation and reframing to participants. Confederates were introduced to reframing as involving reinterpretation ("offer/suggest a new interpretation of the event") and/or resilience ("suggest taking a more positive angle centered on how such experiences and lead to or be countered with strength, resilience, etc."). Discussions extracted from the pilot study were used as particularly good examples of validation (see Figure C1) and reframing (see Figure C2).

Figure C1: Example Chat Providing Validation

User 2	During middle school, I remember the teacher of our math class taking multiple students of color and sitting them aside during lessons and instead of giving us regular class material he would give us much easier or watered down versions of the content. It was very humiliating and honestly pretty unnecessary.
User 1	omg tahst so insane
User 2	rightt
User 1	im so sorry you had to go through that
User 1	i cant even imagine
User 2	no omg I didn't really think much of it until I was telling someone else one day and they were super confused
User 2	and i was like oh thats not rlly normal now that i think abt it
User 1	yea its not normal at all
User 2	trust i never visited that middle school ever again
User 1	good thing cause that teacher is terrible, they should face consequences for that
User 1	that so frustrating and hard to experience like damn
User 2	yeahhh whats worse is he's still doing it to students like every year :(
User 1	WHAT?? stop
User 2	YEAH
User 1	the fact that so many POC kids have to experience that including you is horrible
User 2	no i know i genuinely warn people about that school like all the time
User 1	wow buts that even crazier that you as a victim have to warn other people about this
User 2	yeah it really is

Figure C2: Example Chat Providing Reframing

User 2	so I was walking towards a store in a parking lot beside a series of cars. Someone who had just left their car and was walking towards the same store looked directly at me and locked their car multiple times in order to signify that I wanted to break into their car and could not be trusted which was not nice
User 1	woah omg thats sounds intense
User 1	do you think maybe they had a recent expeirence was break ins and thats why they were super cautious?
User 2	thats possible but i feel like it was also directed exactly at me
User 2	but i get that tho i would be super paranoid of people breaking in if i had a car i would forget to lock it then lock it so many times
User 1	yes same here. like there have been times where i was hearing a lot of news about car break ins and stealing cars and became super paranoid of everyone so maybe thats what they felt like
User 1	maybe they wouldve been like that to everyone?
User 2	this is fair i just feel like the direct eye contact while locking the car multiple times was not needed and threatening in the way like i have no interest in doing that but i get why they would think that
User 1	ohh thats interesting that they locked the car multiple times. i feel like one time wouldve sufficed. idk maybe they always feel unsettled no matter what
User 2	ok i think we will be kicked from the chat soon but thank you for sharing your story and listening to mine!
User 1	no problem
User 1	nice talking to u
User 2	you too!

Appendix D: Suspicion of Motives Index Moderation

In addition to the "blended" Suspicion of Motives Index (SOMI) scored reported in the main text, we also investigated whether pre- and post-measure SOMI scores independently moderated effects of our manipulations on focal outcomes for participants (see Table D1) and perceived partner motives (see Table D2). Here, as in the main text, "AS" denotes assigned support type and "CS" denotes coded support type.

Table D1: Pre- and Post-SOMI Moderation of Focal Outcomes

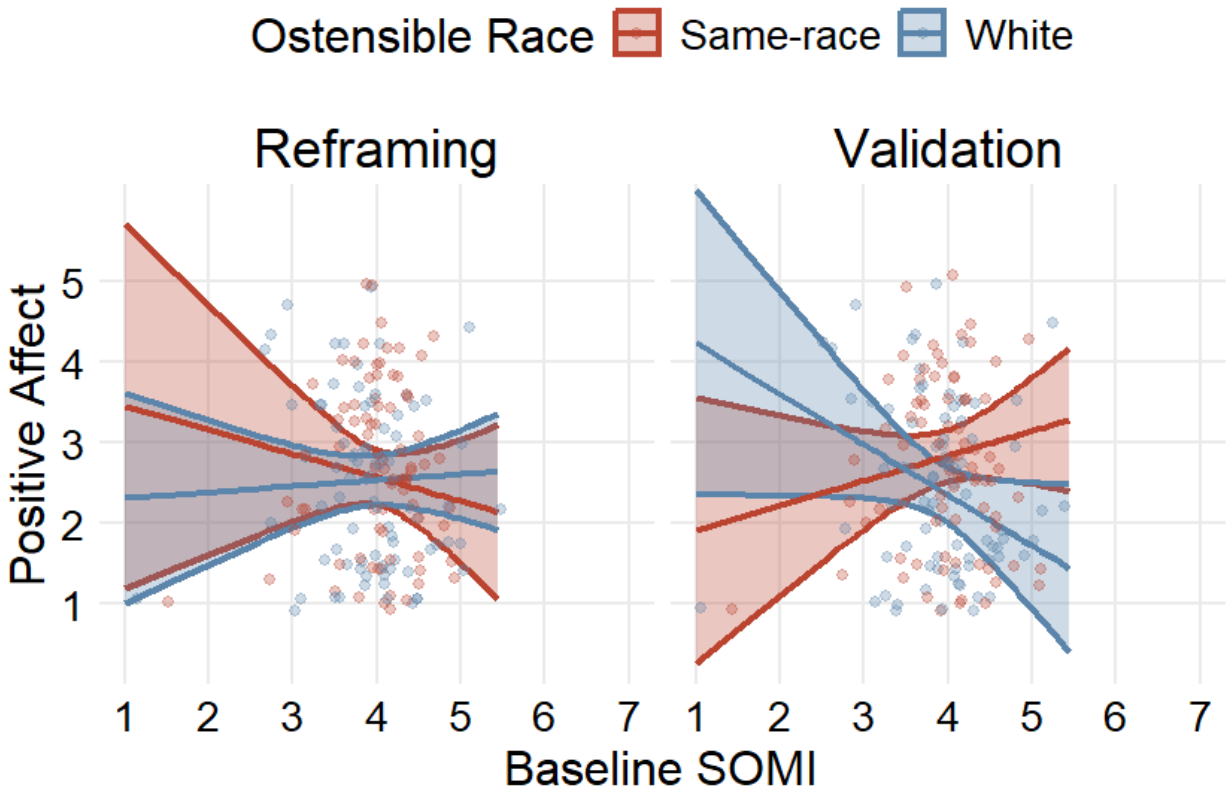
	Supportiveness		Positive affect		Rumination		Reconstrual		Racial Shared Reality	
	AS	CS	AS	CS	AS	CS	AS	CS	AS	CS
Mod: Pre-SOMI	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Support × Mod	-0.00 (0.18)	-0.01 (0.05)	-0.05 (0.30)	0.00 (0.08)	-0.31 (0.33)	-0.01 (0.09)	-0.25 (0.31)	-0.03 (0.08)	-0.11 (0.30)	-0.03 (0.08)
Race × Mod	-0.09 (0.18)	0.03 (0.22)	-0.29 (0.30)	0.28 (0.37)	-0.42 (0.33)	-0.39 (0.40)	-0.50 (0.31)	-0.44 (0.38)	-0.27 (0.30)	-0.23 (0.36)
3-way	-0.09 (0.36)	-0.09 (0.10)	**-1.31*** **(0.61)**	**-0.41*** **(0.17)**	0.02 (0.66)	0.04 (0.18)	0.16 (0.61)	-0.02 (0.17)	0.33 (0.59)	-0.02 (0.16)
Mod: Post-SOMI										
Support × Mod	0.01 (0.11)	0.01 (0.03)	-0.19 (0.20)	-0.03 (0.06)	**-0.43*** **(0.21)**	-0.07 (0.06)	-0.32 (0.21)	-0.04 (0.06)	0.30 (0.19)	**0.11*** **(0.06)**
Race × Mod	**-0.27*** **(0.11)**	**-0.42**** **(0.15)**	-0.29 (0.20)	-0.22 (0.28)	-0.13 (0.21)	-0.06 (0.29)	**-0.39†** **(0.21)**	-0.27 (0.28)	**-0.42*** **(0.19)**	-0.30 (0.26)
3-way	0.29 (0.22)	0.09 (0.07)	-0.13 (0.41)	-0.02 (0.12)	-0.32 (0.42)	0.01 (0.13)	0.12 (0.41)	-0.02 (0.12)	-0.40 (0.38)	-0.12 (0.11)

Note. AS = assigned support models; CS = coded support models; SOMI = Suspicion of Motives' Index. Marginal and significant terms are bolded for ease for reference.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

Focusing first on pre-measured SOMI (n = 162; +1 *SD*: 4.55; -1 *SD*: 3.37), we find some consistent results with blended SOMI through a three-way interaction with positive affect positive affect (AS: b_{int} = -1.31, p = .033; CS: b_{int} = -0.41, p = .014; see Figure D1) and conversation quality. Results for positive affect follow the same pattern as blended SOMI; follow-up simple interactions revealed a significant interaction for those highly suspicious of

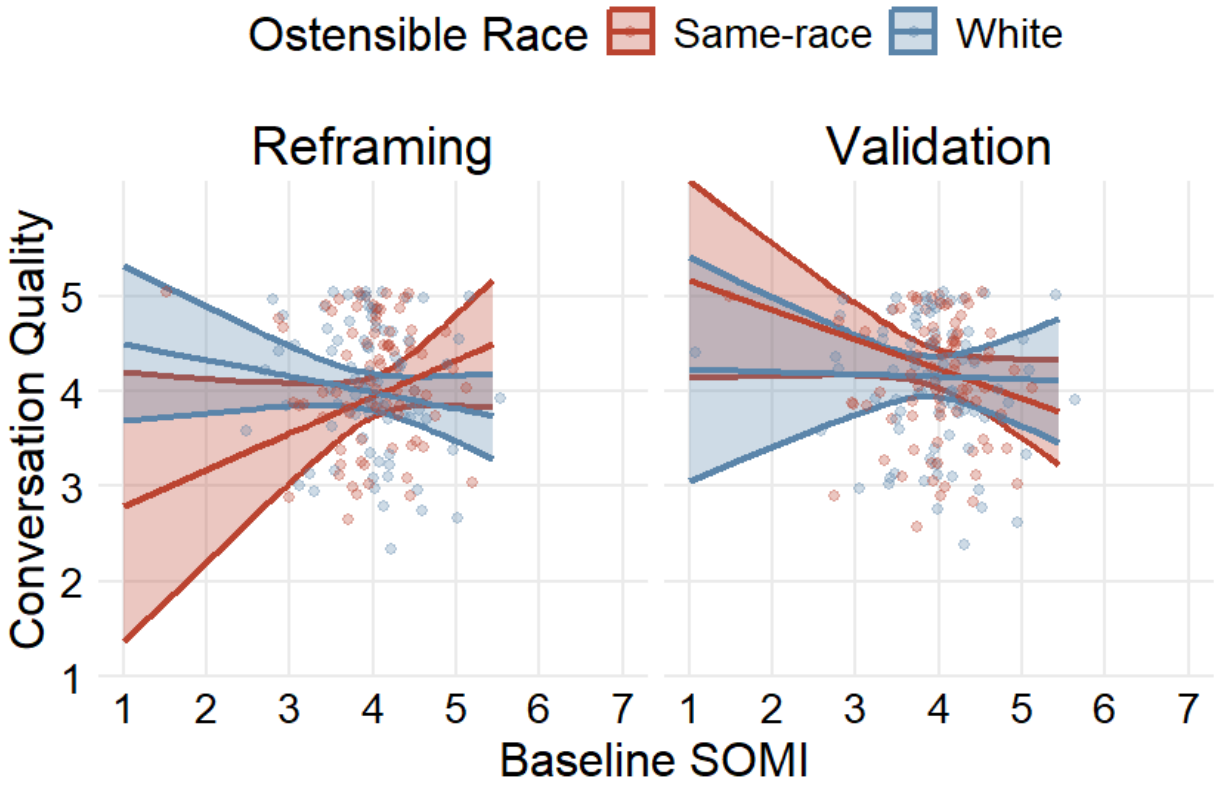
Whites' motives (AS: b = -1.17, p = .017; CS: b = -0.35, p = .010), where validation (vs. reframing) resulted in marginally more positive affect from a same-race support provider (AS: b = 0.60, p = .081; CS: b = 0.18, p = .093), and marginally less positive affect from a White support provider (AS: b = -0.57, p = .097; CS: b = -0.18, p = .044). Marginal to significant 3-way interactions were also found for all conversation quality subscales (AS: .045 < ps < .095), so we decided to analyze the full aggregated scale, which revealed a significant 3-way interaction (AS: b = 0.84, p = .028; see Figure D2). A simple interaction was only significant for those less suspicious of Whites' motives (AS: b = -0.66, p = .035), and simple simple race effects showed a marginal effect of ostensible race for participants assigned to receive reframing (b = 0.39, p = .085), which was not present for participants assigned to receive validation (b = -0.26, p = .207).

Figure D1: Pre-measured SOMI Moderation of Positive Affect



Note. Confidence bands are 95% CIs, with estimates deriving from assigned support models. Simple slopes are trimmed to reflect the maximum observed pre-measured SOMI score of 5.45.

Figure D2: Pre-measured SOMI Moderation of Conversation Quality



Note. Confidence bands are 95% CIs, with estimates deriving from assigned support models. Simple slopes are trimmed to reflect the maximum observed pre-measured SOMI score of 5.45.

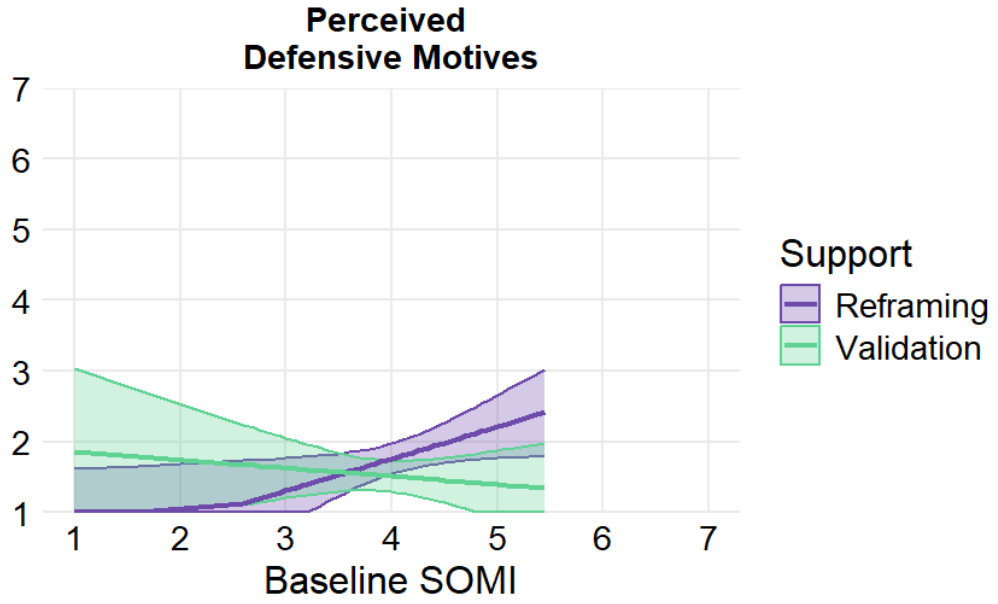
We found an additional congruent interaction between pre-measured SOMI and support type regarding perceptions of defensive motives (AS: b = -0.57, p = .047; see Table D2), finding that those assigned to receive reframing (vs. validation) perceived their partner as more defensive during the chat, but only if they were highly suspicion of Whites' motives (+1 *SD*: b = -0.56, p = .014; -1 *SD*: b = 0.11, p = .632; see Figure D3).

Table D2: Pre- and Post-SOMI Moderation of Perceived Partner Motives

	Epistemic motive		Affirmative motive		Palliative motive		Defensive motive	
	AS	CS	AS	CS	AS	CS	AS	CS
Mod: Pre-SOMI	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Support	0.04	0.04	0.27	0.06	-0.29	-0.01	**-0.57***	-0.12
× Mod	(0.26)	(0.07)	(0.24)	(0.06)	(0.24)	(0.07)	**(0.28)**	(0.08)
Race	-0.06	-0.03	0.01	-0.05	0.15	0.11	0.25	0.07
× Mod	(0.26)	(0.32)	(0.24)	(0.29)	(0.24)	(0.30)	(0.28)	(0.35)
3-way	0.09	0.01	0.29	0.05	0.46	0.07	0.65	0.17
	(0.52)	(0.14)	(0.47)	(0.13)	(0.49)	(0.13)	(0.57)	(0.15)
Mod: Post-SOMI								
Support	-0.00	0.02	0.16	0.05	-0.21	-0.05	**-0.29**†	**-0.12***
× Mod	(0.17)	(0.05)	(0.15)	(0.05)	(0.16)	(0.05)	**(0.17)**	**(0.05)**
Race	-0.18	-0.10	-0.02	-0.17	-0.05	0.28	0.17	**0.54***
× Mod	(0.17)	(0.23)	(0.15)	(0.21)	(0.16)	(0.21)	(0.17)	**(0.23)**
3-way	-0.20	-0.06	0.22	0.06	-0.31	**-0.17**†	-0.30	**-0.19**†
	(0.33)	(0.10)	(0.30)	(0.09)	(0.31)	**(0.09)**	(0.35)	**(0.10)**

Note. AS = assigned support models; CS = coded support models; SOMI = Suspicion of Motives' Index. Marginal and significant terms are bolded for ease for reference. Affiliative and compassionate motives are excluded, as they did not show significant moderation.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

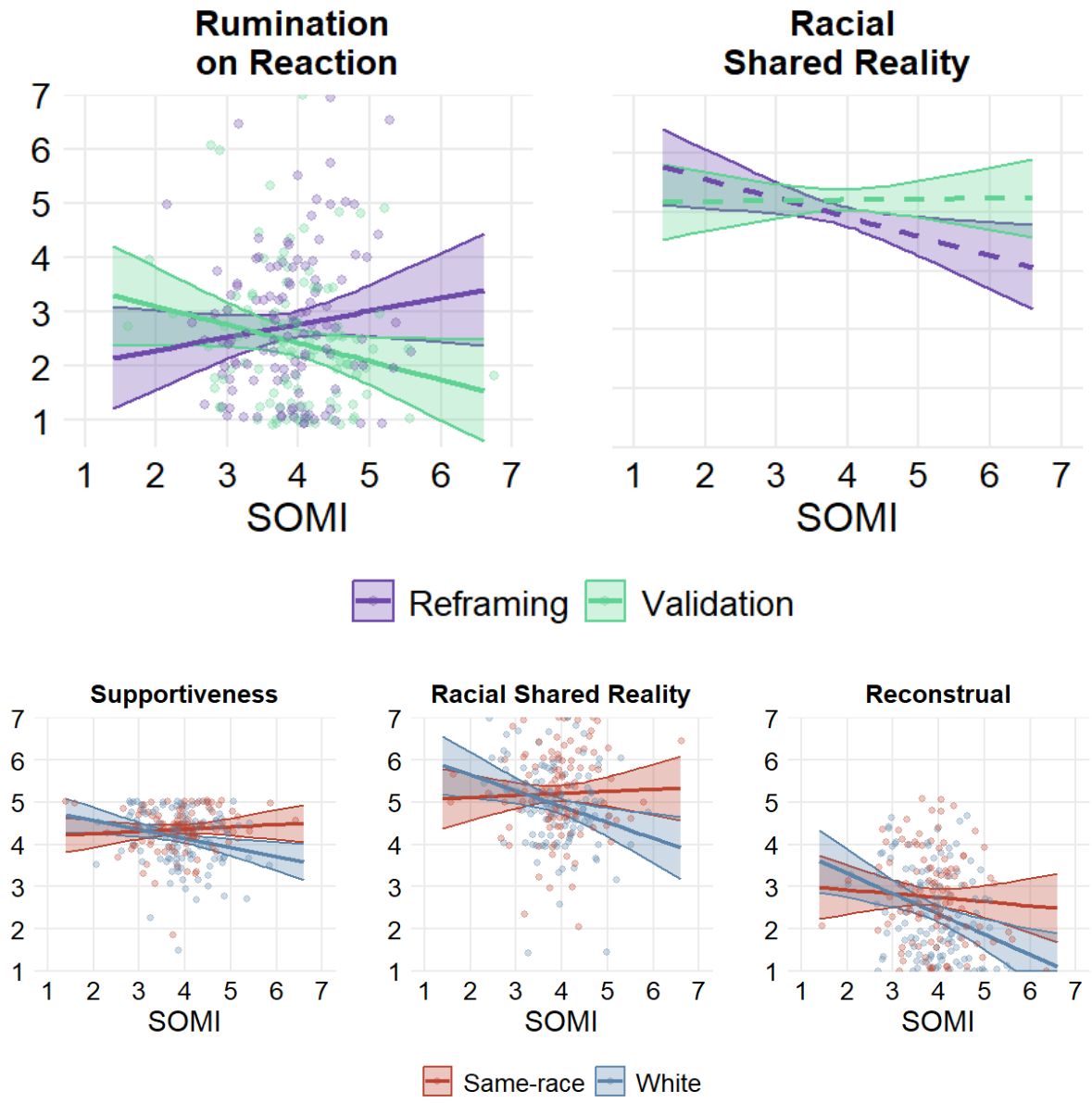
Figure D3: Pre-measured SOMI Moderation of Perceptions of Defensive Motives



Note. Confidence bands are 95% CIs, with estimates deriving from the assigned support model. Simple slopes are trimmed to reflect the maximum observed pre-measured SOMI score of 5.45.

Regarding post-measured SOMI (+1 *SD*: 4.62; -1 *SD*: 3.20), we found several significant moderations (see Figure D4): participants who were highly suspicious of Whites' motives (+1 *SD*) were more likely to anticipate ruminating on the confederate's reaction (AS: b_{int} = -0.58, p = .025) after receiving assigned reframing compared to validation (b = -0.71, p = .006), an effect which disappeared for participants who were not suspicious of Whites' motives (b = 0.11, p = .659). A similar pattern was observed for racial shared reality (CS: b_{int} = 0.11, p = .049), where coded support was only positively predictive of racial shared reality for participants highly suspicious of Whites' motives (+1 *SD*: b = 0.17, p = .003; -1 *SD*: b = 0.01, p = .902). We also found several moderations involving the manipulation of ostensible race; participants who were highly suspicious of Whites' motives perceived ostensibly White support providers as less supportive overall (AS: b = -0.39, p < .001), felt less racial shared reality (AS: b = -0.57, p = .003), and lower reconstrual regarding their experience (AS: b = -0.63, p = .002). These effects were nonsignificant for those who were less suspicious of Whites' motives (support: b = -0.01, p = .946; racial shared reality: b = 0.03, p = .885; reconstrual: b = -0.08, p = .701).

Figure D4: Moderation of Focal Outcomes by Suspicion of Motives Index

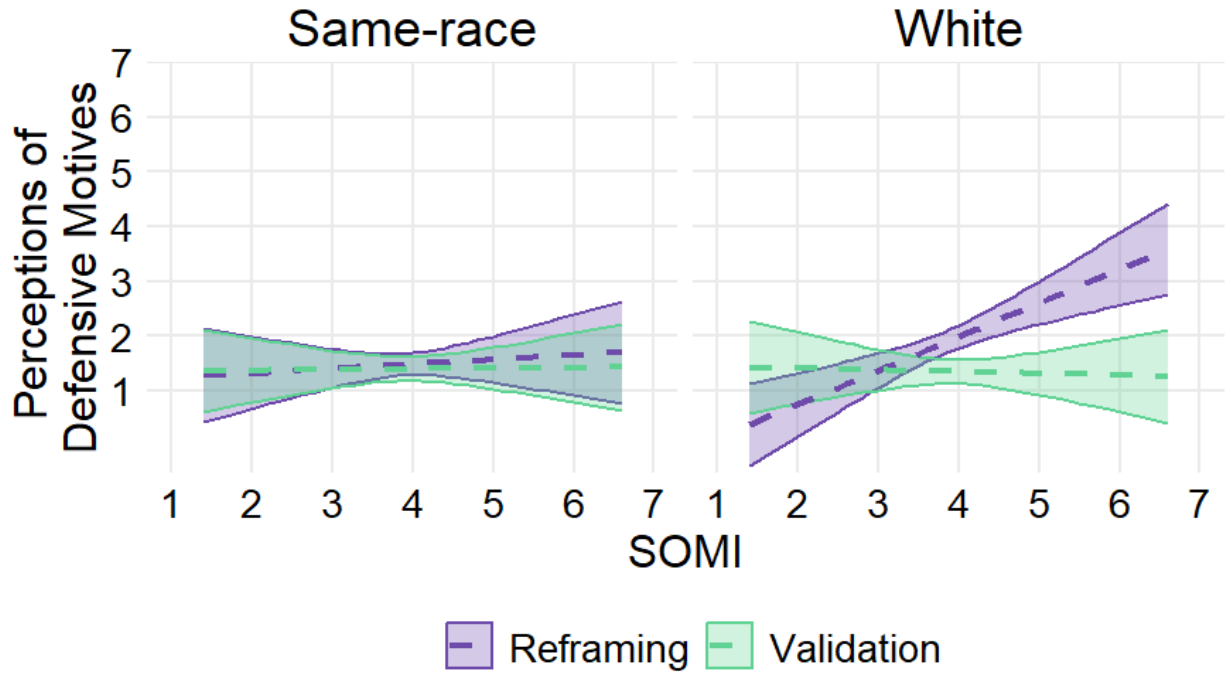


Note. Confidence bands are 95% CIs, with solid (vs. dashed) lines indicating estimated values from assigned (vs. coded) support models respectively.

Additionally, a marginal 3-way interaction was found for perceived minimizing motives (CS: b = -0.16, p = .081), mainly driven by perceived defensive motives (b = -0.19, p = .054; see Figure D5); follow-up simple interaction analyses revealed a significant interaction for those highly suspicious of Whites' motives (+1 *SD*: b = -0.31, p = .002; -1 *SD*: b = -0.03, p = .757).

Following up with simple simple race effects found that ostensibly White (vs. same-race) partners who provided relatively low levels of validation (coded support = 0) were perceived as more defensive (b = 0.83, p < .001), an effect which was nonsignificant for confederates who provided relatively high levels of validation (coded support = 3; b = -0.08, p = .716).

Figure D5: Post-measured SOMI Moderation of Perceptions of Defensive Motives



Note. Confidence bands are 95% CIs, with estimates deriving from the coded support model.

Appendix E: Moderated Mediation with Racial Shared Reality and Anticipated Comfort

We tested whether ostensible race or support type might moderate all paths of the basic mediation models, focusing on both racial shared reality and racial anticipated comfort individually, although no moderations were found involving the latter. While moderation for all paths was considered for racial shared reality, moderation of the *a* path was not tested when anticipated comfort for discussing the racial topic was considered as a mediator, as this variable was measured prior to the chat (and thus, prior to the manipulation of support). As such, all mediations reported below (similar to those above) focus on the mediation of the ostensible race effect, using racial shared reality as a mediator (see Table E1 for all coefficients).

Table E1: Moderation Mediation of Focal Outcomes by Racial Shared Reality

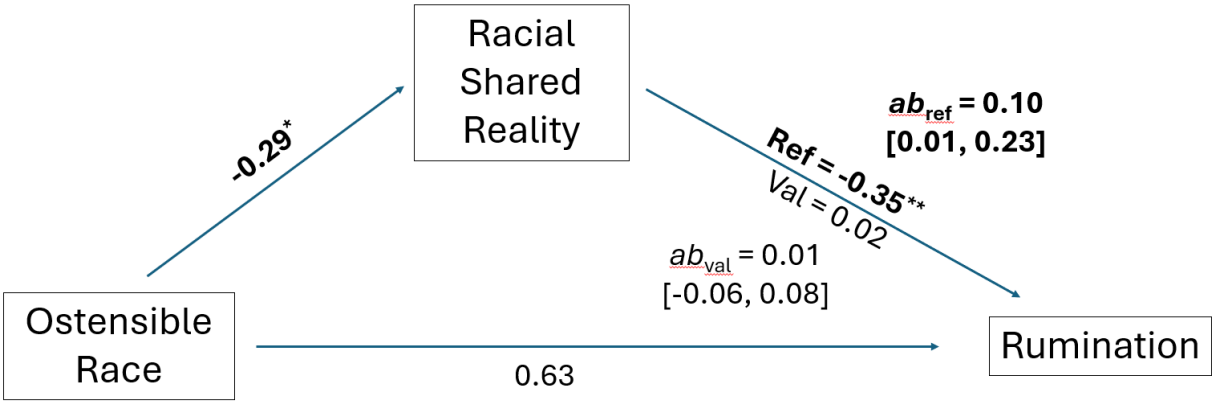
	Supportiveness	Positive affect	Negative affect	Rumination	Reconstrual
Coefficient	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*	*B (SE)*
Intercept	2.92*** (0.19)	1.46*** (0.38)	1.72*** (0.17)	3.51*** (0.39)	1.18** (0.39)
Ostensible race (OR)	-0.39 (0.38)	0.69 (0.76)	0.99** (0.33)	0.63 (0.78)	0.04 (0.78)
Assigned support (AS)	0.72† (0.38)	0.52 (0.76)	-0.02 (0.33)	-1.78* (0.78)	0.12 (0.78)
RSR	0.27*** (0.04)	0.21** (0.07)	-0.09** (0.03)	-0.19* (0.08)	0.27*** (0.08)
OR × AS	0.56 (0.76)	1.92 (1.52)	1.14† (0.67)	1.04 (1.57)	1.01 (1.55)
OR × RSR	0.05 (0.07)	-0.18 (0.15)	**-0.18** (0.06)**	-0.15 (0.15)	-0.06 (0.15)
AS × RSR	-0.10 (0.07)	-0.12 (0.15)	0.02 (0.06)	**0.33* (0.15)**	-0.07 (0.15)
OR × AS × RSR	-0.07 (0.15)	-0.42 (0.29)	**-0.22† (0.13)**	-0.21 (0.30)	-0.15 (0.30)

Note. RSR = racial shared reality. Interactions involving racial shared reality are emphasized for ease of reference.
†$p < .1$. *$p < .05$. **$p < .01$. ***$p < .001$.

Although the *a*-path (from ostensible race to racial shared reality) was not significantly moderated by ostensible race or support type, the *b* path (from racial shared reality to each outcome) was significantly moderated by assigned support type ($b = 0.33$, $p = .031$) specifically for rumination. Follow-up analyses revealed a significant negative effect of racial shared reality on rumination that was only present for participants assigned to receive reframing ($b = -0.35$, $p <$

.001, *ab* 95% *CI*: [0.01, 0.23]; see Figure E1), complementing prior results that suggest the detrimental effects of reframing on rumination.

Figure E1: Moderated Mediation of Ostensible Race on Rumination Via Racial Shared Reality

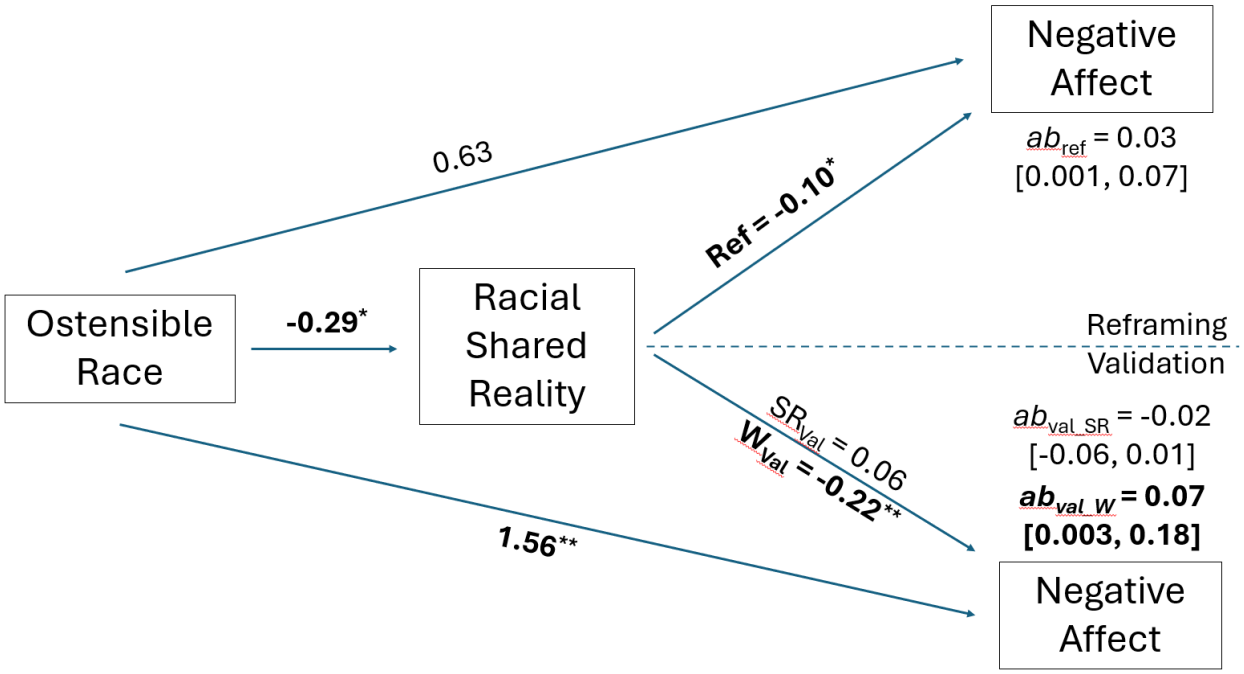


Note. Val = validation; Ref = reframing. Path estimates are unstandardized; 95% confidence intervals are presented alongside indirect effects.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.

For negative affect, we found moderation by support type for both the *b* path (Racial shared reality × Assigned support: $b = -0.22$, $p = .094$) and *c'* path (Ostensible race × Assigned support: $b = 1.14$, $p = .089$). Thus, separate mediation models were tested across the validation and reframing conditions to probe both moderations simultaneously. For those assigned to receive reframing, these paths showed an insignificant direct path ($b = 0.42$, $p = .340$), as well as a significant *b* path from racial shared reality to negative affect ($b = -0.10$, $p = .029$, *ab* 95% *CI*: [0.001, 0.07]), implying a complete mediation under reframing. On the other hand, for those assigned to receive validation, a direct effect remains ($b = 1.56$, $p = .002$), alongside a significant ostensible race × racial shared reality *b* path simple interaction. This was further probed to show a significant b-path for White validation ($b = -0.22$, $p = .006$, *ab* 95% *CI*: [0.003, 0.18]), but not same-race validation ($b = 0.06$, $p = .234$; see Figure E2). Altogether, these results further validate

racial shared reality as a mediator of support outcomes, and suggest that mediations involving negative outcomes (i.e., negative affect, rumination) are particularly salient when participants are assigned to receive reframing.

Figure E2: Moderated Mediation of Ostensible Race on Negative Affect Via Racial Shared Reality



Note. Ref = reframing; Val = validation; W = White; SR = same-race. Path estimates are unstandardized; 95% confidence intervals are presented alongside indirect effects.
$^{\dagger}p < .1$. $^{*}p < .05$. $^{**}p < .01$. $^{***}p < .001$.