

Toward an understanding of micro-aggressions and micro-affirmations experienced by people living with physical disabilities: A mixed-methods scale development study

A research team from Wilfrid Laurier University and the University of British Columbia is conducting a study on subtle forms of discrimination and affirmations experienced by people living with physical disabilities. These experiences are sometimes referred to as micro-aggressions and micro-affirmations, respectively.

The research team invites you to participate in a personal interview where you will have the opportunity to share examples of

- subtle, possibly unintentional comments or behaviours that discriminate against you because you have a physical disability;
- small, but positive remarks or actions that affirm you as a person with a physical disability.

Questions will relate to your experiences of micro-aggressions and micro-affirmations in a variety of contexts in your life, such as family, at work or school. Your experiences will promote understanding of micro-aggressions and micro-affirmations experienced by people with disabilities and inform the creation of scales to measure the prevalence of micro-aggressions and micro-affirmations. Such a scale will help counsellors, advocates, policymakers and researchers understand the impacts of micro-aggressions and micro-affirmations. This can also provide useful information on how the society may better support the well-being of people living with physical disabilities.

To participate, you must:

- Be 16 years of age or older
- Be living with a physical disability (visible or not for others)
- Be able to provide informed consent
- Be able to understand English
- Not have cognitive or intellectual impairments that impact your ability to understand or answer the questions.

Your involvement will consist of participating in a 60-minute (approximately) interview with a member of the research team. The interview can take place online (using a secured meeting website) or in-person at the location of your choice (in the Waterloo Region or Greater Toronto Area). A total of 20 participants are expected to take part in the study. To thank you for your participation, you will receive a \$25 gift-card of your choice from Tim Hortons, Amazon, or iTunes. **Your name and any personal information you share will be kept confidential.**

If you would like to participate:

Click the following link to provide your contact information. A member of the research team will contact you as soon as possible:

https://wluppsychology.co1.qualtrics.com/jfe/form/SV_cZVQ6MuPvr2drHD

If you have any questions, please contact the principal researcher:

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The study, conducted by Dr. Simon Coulombe and Dr. Michael Woodford (Wilfrid Laurier University) and Dr. Delphine Labbe (University of British Columbia), has been approved by Wilfrid Laurier University's ethics board (REB#5360)