

# FOSTERING RACIAL ALLYSHIP AMONG PSYCHOLOGISTS IN AOTEAROA NEW ZEALAND BY SVANTE JOHANSSON, SUPERVISED BY ASSOC. PROF. WAIKAREMOANA WAITOKI & DR KYLE TAN

## INTRODUCTION

Racism significantly impacts mental health in Aotearoa, especially among Māori, Pasifika, and Asian groups.[1]

Racist rhetoric hinders Māori's rights under Te Tiriti to tino rangatiratanga (self-determination) in health care.[2]

With these challenges, anti-racist allies in psychology is essential to public health.

Racial allies are people who recognise their undeserved advantages from social inequities and actively fight unjust laws and practices.[3]

Our aim was to measure the attitudinal factors correlated to racial allyship to better inform future interventions in psychology.

## METHOD

Psychology practitioners and trainees participated in our online survey which used a five-point Likert scale with questions contained in three sections:

- 1) Attitudes towards Māori perspectives and world views (taha Māori).
- 2) Attitudes to racism, in terms of acknowledging colonisation and settler privilege as a current problem.
- 3) Attitudes surrounding allyship: How active participants are in self-education and opposing injustices they are not directly affected by.

## RESULTS

Both 'attitudes towards taha Māori' and 'attitudes to racism and colonisation' were correlated with anti-racist allyship, although the latter had a higher predictive power.

The correlation between the attitudinal factors and anti-racist allyship remain even after adjusting for demographic factors (e.g., age, ethnicity, and entry period into psychology training) and social desirability bias.

## DISCUSSION

Participants supportive of incorporating taha Māori in psychology generally recognise historical racial injustices affecting Māori and minority mental health in Aotearoa.

Upskilling psychologists in taha Māori and racism is crucial to address the current gaps in training in Indigenous and culturally diverse psychology, respond to the Waitangi Tribunal claim, and create platforms for Māori to exercise tino rangatiratanga in Indigenising psychology.[4]

Bridging these gaps will benefit all groups as envisioned in Te Tiriti o Waitangi, fostering equal opportunities for all in the discipline.

## REFERENCES

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