

# Methodological approach



This study addressed the racial malleability of multiracial individuals and the overall impact on psychological well-being. Given existing mixed evidence for the relationship between psychological well-being and multiracial identity, this study first examined the relationship between racial malleability and psychological well-being. The study involved collecting quantitative measures of multiracial individuals' avowed identity, malleability, experiences, and sense of authenticity. Data from quantitative measures was collected from multiracial self-identifying participants to test multiracial identity theory, and explain how racial malleability, authenticity, identity questioning, identity challenges, and identity resilience relate to psychological well-being. Examining the complexity of multiracial identity and the factors associated with identifying such as others' perceptions and multiracial experiences might add to existing multiracial identity theory and self-concept theory. In the media, there have been portrayals of multiracial children as confused. In contrast, this study is not in support of this portrayal, rather this research acknowledges the unique experience of being multiracial and the potential implications for how individuals negotiate the emerging racial category.

This study investigated how multiracial experiences, such as being having one's identity questioned, may impact the relationship between racial malleability and psychological well-being. Exploring these experiences and the relationship between these variables helped to identify the gaps and limitations of existing multiracial theory. Addressing the complexity of the lived multiracial experience contributes to the ongoing need for more complex methodology to capture lived experiences of diverse groups. This

study provided more information about processes that might aid in the development of identity programs and awareness in a growing segment of the population. Further, findings may implicate helpful therapeutic approaches for working with multiracial clients. Understanding a range of clients' experiences may guide a strengths based approach to the treatment of multiracial individuals.

Additionally, the application of such insight will assist with culturally appropriate interventions. Therapists in the United States are projected to see a vast increase in the number of clients identifying as multiracial given the “ biracial baby boom” that occurred in the 1970's and 1980's (Bratter, 2007). Findings from the present study may also provide more insight into the experiences of multiracial individuals and dispel lingering myths about the “ tragic mulatto” often portrayed as confused in historical popular culture (Bogle, 2001).