

Once you have selected a topic, please reflect (in writing) on any biases that you may already be aware of towards this group. **Answer this question before you complete the implicit bias assessment.**

I selected weight. I believe that there are biases that go both ways with weight. There are biases about bigger individuals where people tend to think that they don't take care of themselves correctly, they eat too much, or that they're lazy but there are also biases about small individuals. People tend to think that they don't ever eat or that maybe they exercise too much. Both sides of biases can be completely wrong and you never know if someone has a health problem that causes weight loss or gain.

2. Next, take the selected implicit association test. What did the results of test say about your implicit biases towards this group?

My test scores said I have a moderate automatic preference for thin people over fat people.

3. Based on your initial reflection, how do these results compare?

I don't think that these results compare to my initial reflection at all. I don't favor a certain weight group over the other because I try to be considerate and give people the benefit of the doubt. You don't know what anyone else is going through whether that issue might be physically or mentally. I am not really sure how this test correlated to my answers because I obviously tried to be as unbiased as possible. I do believe that there are severe biases towards each side, big or small. I think most people think of bigger people as "lazy, fat, eats too much, never eats healthy, etc." I also think most people think of small people as "doing too much, never eats, trying too hard, only eats healthy, etc." I think that these biases are very rude and unfair. I don't believe that just because you are big or small that there should be a pre-bias against you before you know what is going on.

4. As a team leader, how would you respond to another nurse who complains of taking care of a specific ethnic group or states, "I am tired of taking care of patients who don't take care of themselves"?

I would first respond to this statement by saying "Do they have any complications preventing them from taking care of themselves correctly?" Then depending on their answer, I would offer to help clean them up and do any other personal care activities that they need assistance with. I would offer to educate the patient on importance of self care and hygiene and possibly get them into contact with resources such as home health.

Projectimplicit. Take a Test. (n.d.). <https://implicit.harvard.edu/implicit/Study?tid=-1>