



Gender, ethnic differences in trauma coping

BUFFALO, N.Y., Dec. 20 (UPI) -- U.S. white men were more likely to adopt a problem-focused approach to coping with the trauma of the Sept. 11, 2001, attacks than women or non-whites.

However, women and those of non-white ethnicity were more likely to have an initial reaction of sympathy for the victims or sadness, according to researchers at the University at Buffalo and the University of California-Irvine.

"Whites and men in this study expressed fewer sad and sympathetic responses to 9/11 than did women and other ethnicities -- African-American, Hispanic and a third category made up largely of Asian-Americans, except for the propensity of whites and men to advocate violent retaliation, which was associated with poorer health outcomes over time," said Mark D. Seery of the University of Buffalo.

"Taken as a whole, our findings demonstrate that men and whites were more likely to adopt a problem-focused approach to coping with the trauma, while women and those of non-white ethnicity were more likely to adopt an emotion-based approach."

Both approaches, in terms of long-term health, he added, contained "positive and negative aspects."

The findings are published in the journal *Basic and Applied Social Psychology*.

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