Strategies to Reduce/Neutralize Implicit Bias

Quinn Capers MD OHSU Grand Rounds October 2019

The Lack of Diversity in Medicine is a National Emergency: The Way Forward

- Common identity formation. Ask interviewee questions about interests and activities that you share in common (Focus on a shared, common identity between YOU and the interviewee)
- Perspective taking. (Take the perspective of a member of the group against which you have the unconscious bias)
- "Consider the opposite". (When data seem to point to one conclusion, briefly look for data supporting the opposite conclusion before making a final decision.)
- Counter-stereotypical exemplars. (Spend time with or focus on individuals you admire from groups against which you have a bias.)

4. Lai. J of Exp Psychology: General. 2014, 143, 1765-1785.



^{1.} Lai. J of Exp Psychology: General. 2014, 143, 1765-1785.

^{2.} Blatt. Academic Medicine. 2010, 85, 1445-1452.

^{3.} Lord. J Pers Soc Psychol. 1984 Dec;47(6):1231-43