

# Perceived chronotype-related discrimination

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## AIM OF THE STUDY

To investigate the association between diurnal preferences and perceived discrimination of chronotypes and determine whether and to what extent the sense of chronotype-related stigma may underpin the association between morningness-eveningness and the tendency to experience both positive and negative emotions.

## HYPOTHESIS

Eveningness is associated with greater perceived discrimination for chronotype. Moreover, perceived chronotype-related stigma mediates the association between chronotype and positive and negative affect.

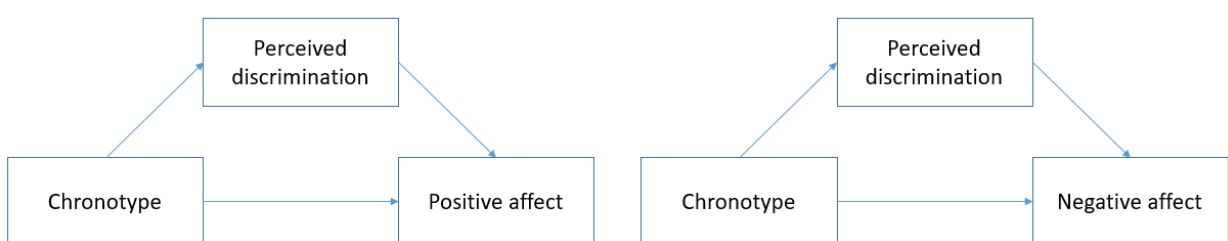
## METHODS

The study was conducted on a group of 768 individuals aged between 18 and 56 years who filled measures of morningness-eveningness, positive and negative affect, as well as a Perceived Chronotype-Related Discrimination scale, developed to measure the sense of chronotype-based discrimination.



## RESULTS

- Evening-oriented individuals report lower positive affect, higher negative affect and higher perceived discrimination.
- Perceived discrimination partly mediated the associations between morningness-eveningness and both positive affect and negative affect.



## CONCLUSION

- Our results provide initial evidence for another mechanism through which chronotype may impact emotional functioning, namely the experience of chronotype-based stigmatisation.
- We hope that they will also spark a broader social discussion about the role of social processes in shaping the situation of evening-oriented members of society

## READ MORE

Stolarski, M., & Gorgol, J. (2023). Blame it on the “night owls”: Perceived discrimination partly mediates the effects of morningness-eveningness on positive and negative affect. *Journal for Sleep Research*, e14097. <https://doi.org/10.1080/07420528.2022.2123740>