Supporting Material for
Anxiety Reduces Empathy Toward Outgroup Members But Not Ingroup Members

A1. Study Recruitment

Study 1. Between March 28 and April 4, 2011, 238 adult whites living in the United States who identify as white were recruited from the *Amazon Mechanical Turk* Internet panel to participate in a "Public Opinion Study." Participants in this study were compensated $0.50 in Amazon.com credit for completing the brief five-minute study. The *Mechanical Turk* panel has become a staple in psychology experiments (Buhrmester, Kwang, and Gosling 2011) and increasingly in political science. The panel is more diverse than typical college student convenience samples and, more important, scholars have replicated canonical experiments with *Mechanical Turk* subjects (Berinsky, Huber, and Lenz 2012). Consequently, it possesses internal validity comparable to a laboratory experiment, while offering a bit more external validity.

Study 2. Between September 14 and September 19, 2016, Survey Sampling International (SSI) recruited 588 adult whites living in the United States to participate in the "Opinions and Perspectives Study." SSI provides members of its Internet Panel incentives in return for completing surveys. For this study, it used a quota-based sampling frame that was census balanced to age, gender, region, and household income.

Study 3. Between January 29 and March 11, 2013, 1,264 adult whites living in the United States were recruited from the *Amazon Mechanical Turk* Internet panel to participate in an "Information Assimilation Study" in exchange for $0.50 in Amazon.com credit.

A2. Descriptive Statistics

	Study 1		Study 2		Study 3	
Variable	**Mean (SD)**	**N**	**Mean (SD)**	**N**	**Mean (SD)**	**N**
Age	36.436 (11.559)	227	51.577 (16.710)	586	35.026 (12.656)	1256
Education	4.156 (1.294)	237	4.007 (1.423)	588	4.031 (1.287)	1257
Income	4.324 (2.147)	238	4.927 (2.501)	588	4.233 (2.333)	1260
Conservatism	2.751 (1.220)	233	4.092 (1.642)	588	2.582 (1.166)	1260
Modern Racism	NA		4.661 (1.425)	588	NA	
Democrat	0.315	238	0.406	588	0.429	1264
Republican	0.252	238	0.413	588	0.184	1264
Female	0.567	238	0.568	588	0.542	1264
Prefer Trump	NA		0.415	520	NA	

Across all three samples: age was measured in years; education is coded as 1 = less than high school, 2 = high school, 3 = some college, 4 = currently a college student, 5 = college graduate, and 6 = post-college degree; family income is coded as 1 = under $15k, 2 = $15k-$25k, 3 = $24k-$35k, 4 = $35k-$50k, 5 = $50k-$65k, 6 = $65k-$80k, 7 = $80k-$100k, 8=$100k-$150k, 9=$150k-$200k, 10 = over $200k; conservatism is coded as 1 = very liberal, 2 = liberal, 3 = somewhat liberal, 4 = moderate, 5 = somewhat conservative, 6 = conservative, 7 = very conservative; Democrat is coded as 0 = Republican or Independent, 1 = Democrat; Republican is coded as 0 = Democrat or Independent, 1 = Republican; female is coded as 0 = male, 1 = female.

Study 2 included two additional measures. The modern racism scale was developed by Henry and Sears (2002) and I drew four commonly used questions from the scale. 1) “Irish, Italians, Jews, and many other minorities overcame prejudice and worked their way up. Blacks should do the same without any special favors.” 2) Generations of

slavery and discrimination have created conditions that make it difficult for Blacks to work their way out of the lower class." 3) Blacks are demanding too much from the rest of society." 4) Over the past few years, blacks have gotten less than they deserve." Answers to these questions were placed on a seven-point scale where 1 = strongly agree and 7 = strongly disagree. Items 1 and 3 were reverse coded and then all of the items were averaged to generate one score ($\alpha = 0.83$). Because the survey was conducted in September 2016, participants were also asked whom they planed to vote for as President of the United States. It is coded as 0 = Hillary Clinton or someone else, 1 = Donald Trump.

A3. Modified Reading Mind in the Eyes Test and Group Empathy Index

Participants in Study 1 were asked to complete a shortened, modified version of the Reading the Mind in the Eyes Test (RMET; see Baron-Cohen, et al. 2001). The RMET presents subjects with a series of photos of human faces closely cropped around the eyes. Four emotional terms accompany every photo and, for each one, subjects are asked to select the term that "best describes what the person in the picture is thinking or feeling." Only one of the options is correct (as unanimously judged by eight independent raters) and getting the correct answer demonstrates the ability to accurately infer the mental states of others from facial expressions. Seven photographs were selected from the original test (4 in which the correct answers are positive mental states and 3 in which the correct answers are negative mental states; the positivity of the mental state does not interact with the treatments). The gender of the individuals in the pictures was held constant (all are men) in order to avoid confounding the mindreading task with the gender of the target. The skin tone of the faces in the photos was modified with the help of a graphics software package. For each photo, subjects were randomly assigned to view either a white face or a non-white face. This procedure is similar to the one employed by (Adams et al. 2010), but differs in one important respect. In the Adams, et al. study, the researchers compared subjects' performance on the original RMET to their performance on a version of the RMET that featured newly selected pictures of Asian faces, whereas in this study, the faces are held constant while the race of the face is randomly manipulated. In doing so, the studies presented here do not confound the outgroup picture with different faces. The response set for each photo is the same as the response

set in the original RMET. These photos along with the response set for each is shown in Figure S1.

[Figure S1 about here]

In Study 2, I measured outgroup empathy with the Group Empathy Index developed by Sirin, Valentino, and Villalobos (2016). Participants completed the following battery:

> We are interested in how you feel about people from other groups in our society in general. For each item below, please indicate how well it describes you. Please read each item carefully and answer as honestly as you can.
>
> 1. I believe that there are two sides to every question and try to look at them both, including for issues involving other racial or ethnic groups.
> 2. I sometimes find it difficult to see things from the "other person's" point of view, particularly someone from another race or ethnicity.
> 3. When I'm upset at someone from another racial or ethnic group, I usually try to "put myself in their shoes" for a while.
> 4. I try to look at everybody's side of a disagreement (including those of other racial or ethnic groups) before I make a decision.
> 5. I sometimes try to better understand people of other racial or ethnic groups by imagining how things look from their perspective.
> 6. If I'm sure I'm right about something, I don't waste much time listening to the arguments of people, particularly those of other racial or ethnic groups.
> 7. Before criticizing somebody from another racial or ethnic group, I try to imagine how I would feel if I were in their place.
> 8. I often have tender, concerned feelings for people from another racial or ethnic group who are less fortunate than me.
> 9. The misfortunes of other racial or ethnic groups do not usually disturb me a great deal.

10. I would describe myself as a pretty soft-hearted person towards people of another racial or ethnic group.
11. When I see someone being treated unfairly due to their race or ethnicity, I sometimes don't feel very much pity for them.
12. Sometimes I don't feel very sorry for people of other racial or ethnic groups when they are having problems.
13. When I see someone being taken advantage of due to their race or ethnicity, I feel kind of protective towards them.
14. I am often quite touched by things that I see happen to people due to their race or ethnicity.

Participants placed their answers on a 5-point scale that ranged from 1 = does not describe me at all to 5 = describes me well. The items loaded on a single factor using the principal factors method (Eigenvalue = 4.799). Confirmatory factor analysis was used to model the latent affective and cognitive dimensions of outgroup empathy, (affective items are 8-14 and cognitive items are 1-7). Although results for the single factor scores and the two-factor scores (affective and cognitive dimensions) are reported in the paper, the data supported the single-factor model as superior to the two-factor model (AIC_{single} = 22988.417, AIC_{two} = 22865.604, LR test = 124.81, $p < 0.001$).

A4. Affect-Inducing Images

International Affective Picture System (IAPS) database, housed by the Center for the Study of Emotion and Attention (CSEA), includes hundreds of images that have been rated for emotional content (valence and arousal) and validated through numerous studies (http://csea.phhp.ufl.edu/media/iapsmessage.html). Researchers may receive the image database from CSEA in return for agreeing not to publish them. Consequently, researchers may only report the IAPS identification number for images. In Studies 1, 2 and 3, the anxiety-inducing images have been shown in norming studies to cause elevated arousal and negative valence (IAPS identification numbers: 1300, 1930, and 6370). In Study 1, the happy-inducing images have been shown in norming studies to cause medium arousal and positive valence (IAPS identification numbers: 1710, 5825, and 7502). In Studies 2 and 3, the neutral images caused low arousal and neutral valence (IAPS identification numbers: 7004, 7010, and 7175) These arousal and valence states are associated with anxiety, happiness, calmness respectively (see Lang 1995).

A5. Covariate Balance

Study 1: Anxiety Manipulation

	Anxiety Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	37.119	35.697	-1.421	227
	(1.134)	(1.024)	t=-0.925, p=0.356	
Education	4.024	4.306	0.282	237
	(0.115)	(0.122)	t=1.683, p=0.094	
Income	4.142	4.532	0.390	238
	(0.189)	(0.205)	t=1.4, p=0.163	
Conservatism	2.691	2.818	0.127	233
	(0.113)	(0.113)	t=.793, p=0.429	
Democrat	0.283	0.351	0.068	238
			z=1.125, p=0.261	
Republican	0.244	0.261	0.017	238
			z=0.304, p=0.761	
Female	0.551	0.586	0.034	238
			z=0.534, p=0.593	
		Joint Test	$\chi^2(7)=7.06$, p=0.423	221

Study 1: Outgroup Manipulation

Picture 1

	Outgroup Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	35.798	36.019	0.221	227
	(1.108)	(1.110)	t=.141, p=0.888	
Education	4.061	4.243	0.182	237
	(0.124)	(0.117)	t=1.063, p=0.289	
Income	4.351	4.286	-0.065	238
	(0.208)	(0.202)	t=-0.225, p=0.822	
Conservatism	2.670	2.750	0.080	233
	(0.116)	(0.116)	t=0.49, p=0.625	
Democrat	0.272	0.366	0.094	238
			z=1.519, p=0.129	
Republican	0.254	0.223	-0.031	238
			z=-0.549, p=0.583	
Female	0.579	0.536	-0.043	238
			z=-0.654, p=0.513	
		Joint Test	χ^2 (7)=5.00, p=0.66	209

Picture 2

	Outgroup Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	36.089	36.846	0.757	227
	(1.111)	(1.043)	t=0.491, p=0.624	
Education	4.200	4.103	-0.097	237
	(0.111)	(0.129)	t=-0.575, p=0.566	
Income	4.305	4.346	0.040	238
	(0.201)	(0.189)	t=0.144, p=0.885	
Conservatism	2.724	2.783	0.059	233
	(0.100)	(0.129)	t=0.364, p=0.716	
Democrat	0.328	0.299	-0.029	238
			z=-0.482, p=0.63	
Republican	0.237	0.271	0.034	238
			z=0.608, p=0.543	
Female	0.550	0.589	0.039	238
			z=0.607, p=0.544	
		Joint Test	χ^2 (7)=2.08, p=0.955	221

Picture 3

	Outgroup Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	36.632	36.239	-0.393	227
	(1.056)	(1.119)	t=-0.255, p=0.799	
Education	4.161	4.151	-0.010	237
	(0.122)	(0.117)	t=-0.058, p=0.954	
Income	4.370	4.277	-0.092	238
	(0.200)	(0.194)	t=-0.332, p=0.741	
Conservatism	2.790	2.711	-0.079	233
	(0.119)	(0.106)	t=-0.496, p=0.621	
Democrat	0.328	0.303	-0.025	238
			z=-0.419, p=0.676	
Republican	0.286	0.218	-0.067	238
			z=-1.194, p=0.232	
Female	0.521	0.613	0.092	238
			z=1.439, p=0.15	
		Joint Test	χ^2 (7)=3.25, p=0.861	221

Picture 4

	Outgroup Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	37.558	35.325	-2.233	227
	(1.137)	(1.026)	t=-1.459, p=0.146	
Education	4.263	4.050	-0.212	237
	(0.114)	(0.123)	t=-1.264, p=0.207	
Income	4.415	4.233	-0.182	238
	(0.193)	(0.201)	t=-0.653, p=0.514	
Conservatism	2.853	2.650	-0.204	233
	(0.114)	(0.112)	t=-1.277, p=0.203	
Democrat	0.297	0.333	0.037	238
			z=0.61, p=0.542	
Republican	0.246	0.258	0.013	238
			z=0.223, p=0.823	
Female	0.576	0.558	-0.018	238
			z=-0.279, p=0.78	
		Joint Test	χ^2 (7)=6.19, p=0.518	221

Picture 5

Variable	Outgroup Manipulation Control	Treatment	Difference	N
Age	36.648	36.244	-0.404	227
	(1.082)	(1.089)	t=-0.263, p=0.793	
Education	4.114	4.195	0.081	237
	(0.115)	(0.123)	t=0.481, p=0.631	
Income	4.184	4.452	0.267	238
	(0.194)	(0.199)	t=0.96, p=0.338	
Conservatism	2.709	2.789	0.080	233
	(0.114)	(0.113)	t=0.496, p=0.621	
Democrat	0.325	0.306	-0.018	238
			z=-0.3, p=0.764	
Republican	0.289	0.218	-0.072	238
			z=-1.273, p=0.203	
Female	0.588	0.548	-0.039	238
			z=-.612, p=0.541	
		Joint Test	χ^2 (7)=10.02, p=0.187	221

Picture 6

Variable	Outgroup Manipulation Control	Treatment	Difference	N
Age	36.349	36.512	0.163	227
	(1.124)	(1.054)	t=0.106, p=0.916	
Education	4.167	4.146	-0.020	237
	(0.116)	(0.121)	t=-0.121, p=0.904	
Income	4.272	4.371	0.099	238
	(0.209)	(0.187)	t=0.355, p=0.723	
Conservatism	2.634	2.860	0.226	233
	(0.118)	(0.108)	t=1.413, p=0.159	
Democrat	0.333	0.298	-0.035	238
			z=-0.58, p=0.562	
Republican	0.263	0.242	-0.021	238
			z=-0.377, p=0.706	
Female	0.579	0.556	-0.022	238
			z=-0.35, p=0.726	
		Joint Test	χ^2 (7)=5.91, p=0.550	221

Picture 7

Variable	Outgroup Manipulation Control	Treatment	Difference	N
Age	36.349	36.512	0.163	227
	(1.124)	(1.054)	t=0.106, p=0.916	
Education	4.167	4.146	-0.020	237
	(0.116)	(0.121)	t=-0.121, p=0.904	
Income	4.272	4.371	0.099	238
	(0.209)	(0.187)	t=0.355, p=0.723	
Conservatism	2.634	2.860	0.226	233
	(0.118)	(0.108)	t=1.413, p=0.159	
Democrat	0.333	0.298	-0.035	238
			z=-0.58, p=0.562	
Republican	0.263	0.242	-0.021	238
			z=-0.377, p=0.706	
Female	0.579	0.556	-0.022	238
			z=-0.35, p=0.726	
		Joint Test	χ^2 (7)=5.33, p=0.619	221

The emotion manipulation did not interact with the skin tone manipulation in influencing participants' racial categorization of the faces on the RMET (z = -0.59, p = 0.56).

Study 2

	Anxiety Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	50.338	52.742	2.404	586
	(0.986)	(0.963)	t=1.743, p=0.082	
Education	4.049	3.967	-0.082	588
	(0.084)	(0.082)	t=-0.699, p=0.485	
Income	4.968	4.888	-0.081	588
	(0.152)	(0.140)	t=-0.39, p=0.696	
Conservatism	4.056	4.125	0.069	588
	(0.097)	(0.095)	t=0.511, p=0.61	
Modern Racism	4.631	4.690	0.059	588
	(0.086)	(0.080)	t=0.502, p=0.616	
Democrat	0.361	0.449	0.087	588
			z=2.157, p=0.031	
Republican	0.425	0.403	-0.022	588
			z=-0.539, p=0.59	
Female	0.579	0.558	-0.021	588
			z=-0.518, p=0.604	
Prefer Trump	0.440	0.392	-0.049	520
			z=-1.126, p=0.26	
		Joint Test	χ^2 (9)=14.59, p=0.103	518

Study 3

	Anxiety Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	35.027	35.026	-0.001	1256
	(0.488)	(0.522)	t=-0.001, p=0.999	
Education	4.108	3.952	-0.157	1257
	(0.051)	(0.051)	t=-2.161, p=0.031	
Income	4.305	4.158	-0.147	1260
	(0.093)	(0.093)	t=-1.121, p=0.263	
Conservatism	2.602	2.561	-0.041	1260
	(0.046)	(0.047)	t=-0.621, p=0.535	
Democrat	0.415	0.443	0.028	1264
			z=1.007, p=0.314	
Republican	0.195	0.172	-0.023	1264
			z=-1.068, p=0.286	
Female	0.534	0.551	0.017	1264
			z=0.607, p=0.544	
		Joint Test	χ^2 (7)=7.68, p=0.362	1241

	Outgroup Manipulation			
Variable	**Control**	**Treatment**	**Difference**	**N**
Age	34.413	35.621	1.208	1256
	(0.506)	(0.503)	t=1.692, p=0.091	
Education	4.021	4.041	0.020	1257
	(0.051)	(0.051)	t=0.27, p=0.787	
Income	4.110	4.352	0.243	1260
	(0.094)	(0.092)	t=1.847, p=0.065	
Conservatism	2.556	2.607	0.052	1260
	(0.046)	(0.046)	t=0.786, p=0.432	
Democrat	0.442	0.416	-0.026	1264
			z=-0.942, p=0.346	
Republican	0.178	0.188	0.010	1264
			z=0.46, p=0.646	
Female	0.516	0.567	0.051	1264
			z=1.816, p=0.069	
		Joint Test	χ^2 (7)=8.63, p=0.280	1241

A6. Full Regression Models

Study 1: Effects of Outgroup Treatment and Anxiety on Correct Responses to Modified Reading Mind in the Eyes Test

Variable	Correct Response	Correct Response
Outgroup Treatment	-0.010	-0.007
	(0.032)	(0.034)
Anxiety Treatment	0.029	0.035
	(0.034)	(0.035)
Outgroup × Anxiety	-0.077	-0.078
	(0.047)	(0.048)
Age		0.002
		(0.001)
Education		0.013
		(0.010)
Income		-0.001
		(0.006)
Conservatism		0.005
		(0.014)
Democrat		-0.066
		(0.032)
Republican		-0.098
		(0.036)
Female		0.034
		(0.026)
Constant	0.668	0.563
	(0.023)	(0.067)
Total N	1654	1535
Number of Subjects	238	221
σ_u	0.064	0.056
σ_e	0.470	0.468
ρ	0.018	0.014
R^2 Within	0.004	0.005
R^2 Between	0.002	0.07
R^2 Overall	0.004	0.02
χ^2	6.72	22

Note: Standard errors in parentheses. The models were estimated using a random effects model in which responses for each picture were cluster by subject.

Study 2: Effect of Anxiety on Explicit Outgroup Empathy

Variable	Coefficient	Standardized Coefficient
Anxiety Treatment	-0.162	-0.085
	(0.076)	
Age	0.000	-0.003
	(0.002)	
Education	0.004	0.006
	(0.030)	
Income	0.041	0.106
	(0.017)	
Conservatism	-0.032	-0.056
	(0.031)	
Modern Racism	-0.239	-0.358
	(0.033)	
Democrat	-0.055	-0.029
	(0.123)	
Republican	-0.092	-0.048
	(0.130)	
Female	0.267	0.140
	0.078	
Prefer Trump	-0.024	-0.027
	0.111	
Constant	1.067	
	(0.276)	
N	513	
R^2	0.195	
F	13.44	

Note: OLS coefficients in cells and standard errors in parentheses.

Study 3: Effects of Outgroup Treatment and Anxiety on Empathy toward and Willingness to Help Alleviate Youth Homelessness

Variable	Empathy		Willingness to Help		Substantive Effects
Outgroup Treatment	0.010	0.113	0.023	0.027	0.009
	(0.105)	(0.106)	(0.110)	(0.104)	(0.036)
Anxiety Treatment	0.193	-0.068	0.166	-0.066	0.038
	(0.107)	(0.105)	(0.112)	(0.103)	(0.037)
Outgroup × Anxiety	-0.209	-0.106	-0.432	-0.270	-0.085
	(0.150)	(0.149)	(0.157)	(0.146)	(0.052)
Age		0.012		0.015	
		(0.003)		(0.003)	
Education		-0.014		-0.058	
		(0.030)		(0.029)	
Income		-0.005		-0.050	
		(0.016)		(0.016)	
Conservatism		-0.051		-0.309	
		(0.044)		(0.043)	
Democrat		0.071		0.063	
		(0.092)		(0.091)	
Republican		-0.241		-0.338	
		(0.118)		(0.116)	
Female		0.399		0.364	
		(0.076)		(0.074)	
Constant	5.701	5.330	5.111	5.755	0.708
	(0.076)	(0.215)	(0.079)	(0.211)	(0.026)
N	1229	1206	1226	1203	1226
R^2	0.002	0.05	0.01	0.168	0.001
F	1.64	7.34	4.66	25.25	1.45

Note: OLS coefficients in cells and standard errors in parentheses.

A7. Mediation Analysis, Study 3

If we make assumptions about the causal ordering of empathic response and willingness to help, we can use mediation analysis (Baron and Kenny 1986) to evaluate the thesis that empathy mediates the effects of outgroup status on willingness to help individuals. It is important to note that it is not possible to test the causal ordering of these variables in a meditational analysis, because both the proposed mediator and dependent variable were measured after the experimental manipulation (Bullock, Green, and Ha 2010). Consequently, it is best to think of this as a descriptive exercise. I conducted a mediation analysis in which the randomized racial prime is modeled as the exogenous variable, empathy toward homeless youth as the mediator, and willingness to help the homeless as the dependent variable. The analysis focuses on the subset of participants assigned to the anxiety inducing condition (i.e., the condition in which ingroup biases in empathy and willingness to help were uncovered). The results displayed in Figure S2 demonstrate that empathy partially mediates the effects of outgroup membership on willingness to help *if we make the assumption that this is the correct causal pathway*.

[Figure S2 about here]

References

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Figure S1. Modified RMET (Correct Answers in Bold)*

Picture 1

A. White Face

B. Non-White Face

Response Set

1. Playful 3. Irritated

2. Comforting 4. Bored

Figure S1 continued

Picture 2

A. White Face

B. Non-White Face

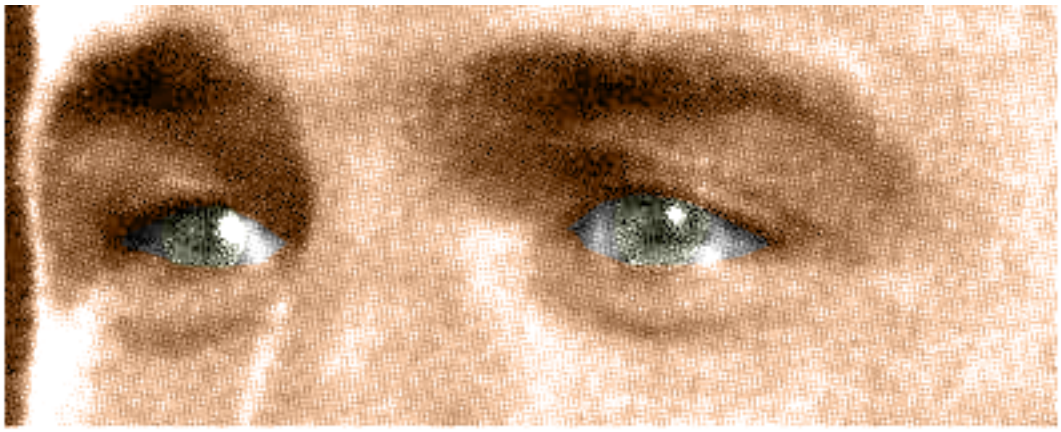
Response Set

1. Cautious	3. Bored
2. Insisting	4. Aghast

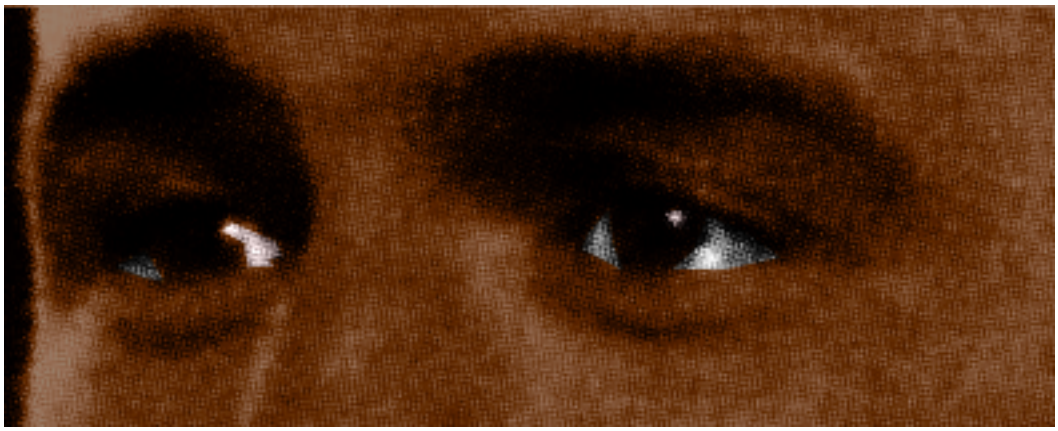
Figure S1 continued

Picture 3

A. White Face



B. Non-White Face



Response Set

1. Decisive
3. Threatening
2. Anticipating
4. Shy

Figure S1 continued

Picture 4

A. White Face

B. Non-White Face

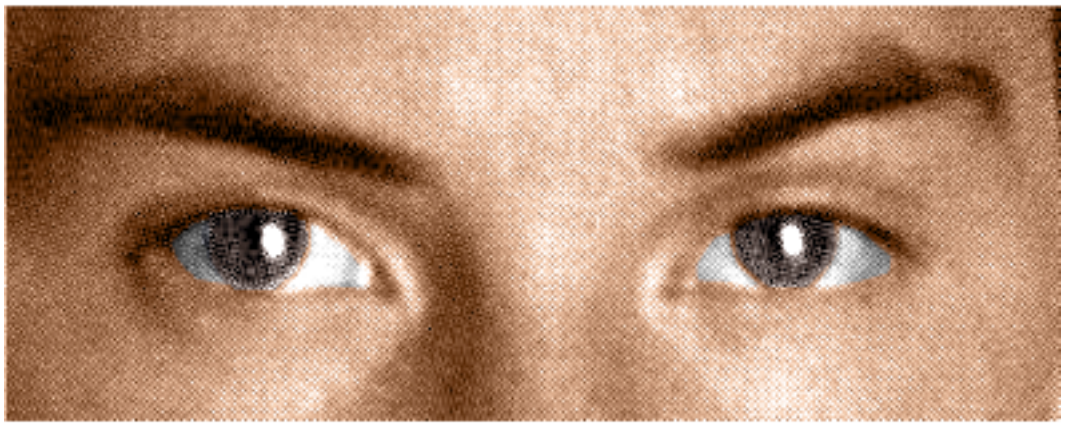
Response Set

1. Irritated
2. Thoughtful
3. Encouraging
4. Sympathetic

Figure S1 continued

Picture 5

A. White Face



B. Non-White Face

Response Set

1. Contented **3. Defiant**
2. Apologetic 4. Curious

Figure S1 continued

Picture 6

A. White Face

B. Non-White Face

Response Set

1. Pensive	3. Excited
2. Irritated	4. Hostile

Figure S1 continued

Picture 7

A. White Face

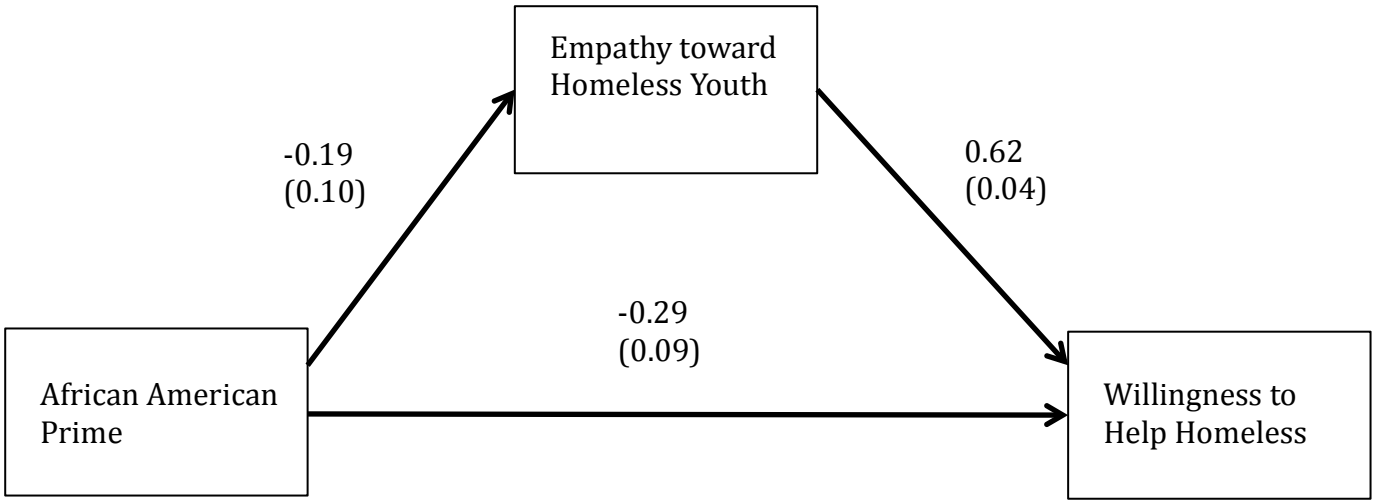
B. Non-White Face

Response Set

1. Alarmed	**3. Hostile**
2. Shy	4. Anxious

*Emphasis on correct answers added here. The original instrument did not emphasize the correct answers. Response-set choices were randomly rotated.

Figure S2: Mediation Analysis, Study 2



Indirect Effect = -0.12
Total Effect = -0.41
Sobel = -1.83, p = 0.03, one-tailed
Proportion mediated = 0.28