





Review Article

# Ethnic discrimination in Adolescent Alcohol Consumption: concept analysis

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**Abstract: Introduction:** This article addresses the growing concern regarding alcohol consumption in adolescents, emphasizing its significant health impacts. It focuses on the intersection between ethnicity and alcohol consumption, with a particular emphasis on exploring ethnic discrimination. **Methods:** Using the concept analysis methodology proposed by Walker and Avant, this study aims to deconstruct and understand the inherent complexity of this phenomenon. The primary objectives include understanding the essential elements and dimensions associated with ethnic discrimination in alcohol consumption among adolescents. A comprehensive review of the scientific literature was conducted across various databases such as Scopus, Cochrane Library, PubMed, LILACS, and EBSCO. **Results:** After analyzing 11 articles, seven key attributes related to ethnic discrimination were identified, including perception and stereotypes, differential treatment, institutional injustice, interpersonal rejection, cultural discrimination, severe manifestations, and discriminatory interactions. These attributes are translated into specific scales to assess individual resilience. **Conclusion:** The need for targeted interventions is highlighted, and a detailed understanding of ethnic discrimination is provided, offering practical implications in fields such as education and health. This study lays the groundwork for the development of future practices.

**Key words:** Ethnic discrimination; Proof of Concept Study; Alcohol consumption; Adolescents; Health disparities.

## 1. Introduction

The constant concern in scientific and social spheres regarding alcohol consumption during adolescence is heightened by its significant impacts on the health and well-being of young people. This concern becomes more pressing in light of the increase in monthly binge

drinking (from 4.3% to 8.3%), as well as the rise in habitual consumption (from 1% to 4.1%) and daily consumption (from 0.2% to 2.6%). These trends pose serious health risks and suggest a potential increase in alcohol tolerance and dependence in this demographic group<sup>1-4</sup>.



As research progresses, it becomes evident that experiences related to ethnicity play a crucial role in shaping alcohol consumption patterns among individuals from various cultures<sup>5-8</sup>. In this context, ethnic discrimination is identified as a key concept influencing the development of alcohol consumption behavior in adolescents<sup>9-12</sup>.

The Pan American Health Organization (PAHO), in its pursuit of universal health, acknowledges the need to establish priority actions to ensure equitable access to comprehensive, timely, and quality health services, free from any form of discrimination. These actions aim to address barriers such as ethnic discrimination and enhance the cultural competence of health services<sup>13,14</sup>.

However, although its application is recognized across various sciences and professions, there is variability in its conceptualization, making it imperative to thoroughly understand the components of ethnic discrimination. This deeper understanding will facilitate the implementation of actions aimed at reducing this issue.

Concept analysis in research emerges as a valuable tool for defining and understanding key terms within a specific field. This process involves breaking down a concept into its constituent elements, identifying its essential characteristics, and establishing relationships with related concepts<sup>15,16</sup>.

The methodology proposed by Walker and Avant<sup>17-19</sup>, widely recognized as one of the most applied methods for concept analysis, is distinguished by its rigorous and systematic approach to exploring the complexities inherent to the phenomenon. Moreover, it provides an analytical framework for formulating intervention and prevention strategies<sup>20-25</sup>.

In this perspective, the objective of the present study is to understand and clarify the essential elements and dimensions associated with ethnic discrimination in adolescent alcohol consumption through the application of Walker and Avant's methodology<sup>19</sup>.

## **2. Method**

In addressing the concept of ethnic discrimination in adolescent alcohol consumption, the methodology proposed by Walker and Avant was applied, as its systematic approach has been widely adopted in concept analysis to understand key terms in research<sup>19</sup>. These authors argue that concept analysis is crucial for advancing theoretical development, providing the opportunity to explain and describe phenomena relevant to practice. The strategy involves a detailed evaluation of the characteristics and attributes that define the concept, allowing for the distinction between pertinent examples and those that are not.

This method consists of eight sequential phases: selecting the concept, defining the objectives or purposes of the analysis, identifying the various uses of the concept, determining the characteristics or attributes associated with it, identifying the representative model case, identifying other relevant cases, identifying antecedents and consequences related to the concept, and formulating definitions of empirical indicators<sup>19</sup>.

The application of this structure provides both a solid theoretical definition and an operationalization of the concept, allowing for a deeper understanding of its functionality. This systematic approach facilitates a detailed exploration of ethnic discrimination, highlighting its fundamental components and practical implications<sup>19</sup>.

### **3. Results**

#### **3.1 Concept Selection**

The concept selected for the present analysis focuses on "ethnic discrimination in adolescent alcohol consumption." This choice is based on the growing recognition that experiences intrinsically linked to ethnicity significantly influence the development of alcohol consumption patterns in the adolescent population. Ethnic discrimination, conceptualized as the expression of prejudice and the application of unequal treatment based on ethnic affiliation, emerges as a critical element for explaining the disparities

observed in alcohol consumption during this crucial developmental period<sup>11</sup>.

#### **3.2 Determination of the Purpose of the Analysis**

The aim of this research was to understand and clarify the fundamental aspects and dimensions related to ethnic discrimination in alcohol consumption among adolescents. This purpose focuses on the imperative task of obtaining clarity on the underlying elements contributing to disparities in alcohol consumption, particularly those associated with experiences of ethnic discrimination. Through the meticulous decomposition and analysis of these elements, the goal is to establish a robust platform to support more effective and culturally relevant intervention and prevention strategies, specifically contributing to the promotion of health and well-being of adolescents belonging to an ethnic Yaqui community in the State of Sonora, Mexico<sup>19</sup>.

#### **3.3 Identification of Various Uses of the Concept**

In this phase, a comprehensive review of the scientific literature and previous studies was conducted to identify and compile various definitions of "ethnic discrimination in adolescent alcohol consumption." Variations in existing interpretations and conceptual approaches were analyzed to achieve a comprehensive understanding of the term. To fully understand ethnic

discrimination in adolescent alcohol consumption, all uses were considered to avoid bias<sup>19</sup>.

### **3.4 Primary Definitions**

The concept of ethnic discrimination cannot be attributed to a single author or specific origin, as it has evolved over time in response to various experiences and historical contexts. However, it is possible to identify thinkers and theorists who have contributed to the understanding and discussion of the concept<sup>26-31</sup>. One of the earliest significant academic studies on this topic was conducted by the French sociologist Émile Durkheim in his work "The Rules of Sociological Method" (1895). Although Durkheim addressed social divisions and forms of solidarity in society, which laid the groundwork for generating this concept, his focus was not specifically on ethnic discrimination<sup>27</sup>.

In the United States, at the beginning of the 20th century, sociologist Du Bois made significant contributions to the analysis of racial discrimination, although his primary focus was on the experiences of the African American population<sup>28</sup>. The unfortunate experiences of this population contributed to the development of the term of interest<sup>29</sup>. Subsequently, the Universal Declaration of Human Rights marked the beginning of a new paradigm, establishing itself as a catalog of universally recognized rights fundamental to justice and peace<sup>30,31</sup>.

It reaffirmed classical rights such as life, liberty, the prohibition of slavery, equality before the law, freedom of movement, the right to opinion, impartial judgment, freedom of thought, conscience, religion, and assembly<sup>11</sup>. Another decisive influence in this shift regarding the treatment of ethnic/racial minorities was the movement for the restoration of civil rights for African American citizens. The civil rights movement in the United States fought against the segregation imposed on African American citizens and broke the culture of silence. During this period, a distinction began to emerge between individual discrimination based on ethnic/racial origin and institutional discrimination<sup>32-34</sup>.

The concept of "ethnicity" emerges as an area of focus, addressing the identification of a human group based on its past history, shared experiences, as well as the presence of a common language, symbols, and collective narratives<sup>35-37</sup>. Originally, this term was used in common language to refer to "nations," although it was also associated with the "savage" or underdeveloped and used as a synonym for "tribal"<sup>38,39</sup>.

In 1965, the International Convention on the Elimination of All Forms of Racial Discrimination was adopted, which, for the first time, incorporated an operational definition of racial discrimination as "any distinction, exclusion, restriction, or preference based on race, color, descent, or national or ethnic origin that has the

purpose or effect of nullifying or impairing the recognition, enjoyment, or exercise, on an equal footing, of human rights and fundamental freedoms in the political, economic, social, cultural or any other field of public life" (Article 1)<sup>40</sup>. Therefore, ethnic discrimination accompanies racial discrimination, but refers to unequal, unfair, or harmful treatment toward individuals or groups of people based on their ethnic or racial belonging<sup>41,42</sup>.

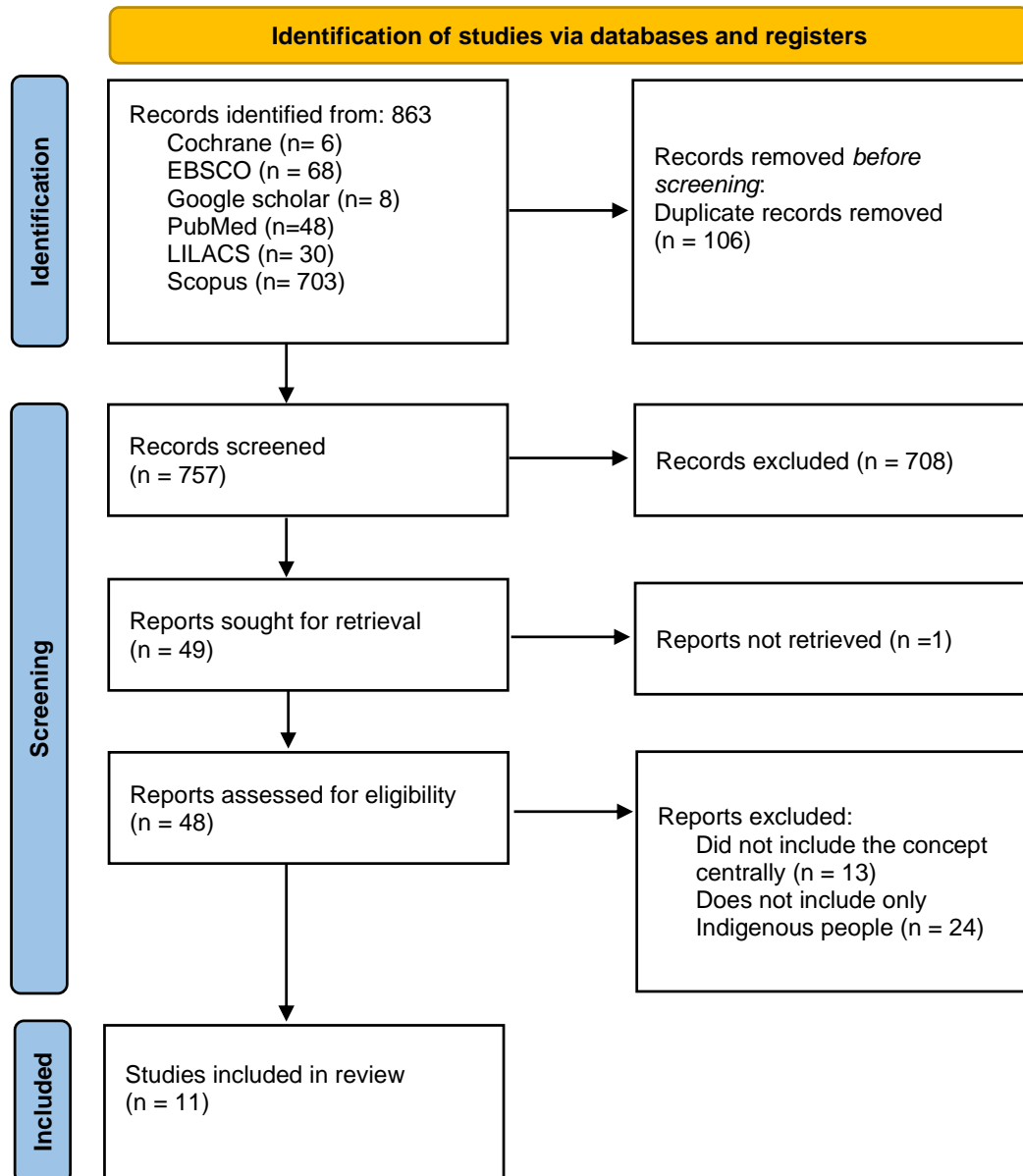
As a result of the historical and social development of the concept in the literature, different synonyms for ethnic discrimination were identified, such as ethnic prejudice, racism, ethnic xenophobia, ethnic segregation, ethnic exclusion, ethnic intolerance, ethnic persecution, ethnic bias, ethnic stigmatization, and ethnic injustice. However, it is important to note that some of these terms may have specific nuances and are not always perfectly interchangeable. Moreover, the use of one term over another may depend on geographic region, historical context, and specific cultural dynamics<sup>24</sup>.

### 3.5 Literature Search

To identify the various uses of the concept, a literature review was conducted in electronic databases such as Scopus, Cochrane Library, PubMed, LILACS, and EBSCO. Additionally, a review of gray literature in Google Scholar was included, covering dictionaries, encyclopedias, theses, reports, and other sources.

The search strategy incorporated terms from the Health Sciences Descriptors (DeCS) and their equivalents in Medical Subject Headings (MeSH),<sup>43</sup> including "Ethnic Discrimination," "Alcohol Consumption," and "Adolescents," using Boolean operators "AND" and "OR," considering different strategies according to the database.

Studies addressing ethnic discrimination in the context of adolescent alcohol consumption, published from the inception of the databases to the present, in English, Spanish, and Portuguese, were included. Studies that did not address the concept of interest in their title, abstract, or content were excluded (Figure 1)<sup>44</sup>. The included articles were read and critically analyzed to discover the attributes, antecedents, and consequences related to ethnic discrimination among healthcare professionals (Table 1).



**Figure 1.** Literature search.

**Table 1.** Literature used in the concept analysis.

Authors	Country	Design	Population (ethnicity)	Background	Definition of attributes	Consequences	Empirical references
Barry et al., 2024	United States	Cuantitative	Native American adolescents	Racial composition of mista social environments	Perception, microaggressions (verbal insults and sexual harassment)	Anxiety, depression, alcohol consumption	Perceived racial/ethnic discrimination (Barry et al., 2024)
Tobler et al., 2013	United States	Cuantitative	African-American, Hispanic and white adolescents living in the United States.	Negative attitudes and beliefs towards ethnic groups (Prejudice)	Differential treatment of racial groups by both individuals and social institutions.	Substance use, problem behaviors, mental health and sexual behavior.	Perceived racial/ethnic discrimination (Tobler et al., 2013)
Di Cosmo et al., 2011	New Zealand	Cuantitative	Indigenous adolescents in New Zealand	Generational status, acculturation	Intimidation, unfair treatment by health personnel and unfair treatment by the police	Substance use (alcohol consumption)	Discrimination experiences (Di Cosmo et al., 2011)
Song et al., 2022	United States	Cuantitative	Adolescents of Mexican origin living in North America	Health disparity, ethnic minority group	Differential treatment of individuals because of their race or ethnicity ( Williams, 1999 ).	Stress generated by alcohol consumption	Chronic daily discrimination scale (Song et al., 2022)
Acosta et al., 2015	United States	Cuantitative	Adolescents of Mexican origin living in the United States	Language barriers, acculturation	Being disliked because of being Latino/Hispanic, being treated unfairly because of being Latino/Hispanic	Mental health and substance use problems	Perceived discrimination scale (Cuellar et al. 1980; Szapocznik et al., 1978)
Meca et al., 2019	United States	Cuantitative	Hispanic adolescents living in the United States	Negative reception context refers to the degree to which young people feel welcome (or unwelcome) in the host society.	General perceptions of the status of an ethnic group in the receiving society (e.g., subjective feeling of not having the same opportunities as others, feeling that one would be treated better if one were from a different country).	Initiation to alcohol	Perceived Discrimination was assessed using seven items ( Phinney, Madden y Santos, 1998)

**Table 1. Cont.**

Authors	Country	Design	Population (ethnicity)	Background	Definition of attributes	Consequences	Empirical references
Greenfield et al., 2017	Canada	Cuantitative	Native American adolescents	Current and historical factors (e.g., forced relocation, boarding schools, social marginalization), poverty and family adversity	Negative treatment by others due to indigenous culture	Alcohol use disorder and conduct disorder	Racist Events Calendar (Landrine H y Klonoff EA, 1996)
Armenta et al., 2016	United States	Cuantitative	Native American adolescents in the northern Midwest and Canada.	Ethnic minority group	Disrespectful treatment, threats, physical aggressions, etc.	Risk of developing an alcohol use disorder	Racist Events Calendar ( Landrine y Klonoff, 1996 )
Brown et al., 2014	Canada	Cuantitative	Adolescents of Canadian, European, Asian, South American, Caribbean and African ethnicity	Marginalized cultural minorities	Discriminatory interactions, both conscious and unconscious, between individuals, but also manifests itself through everyday interactions with various social structures.	Alcohol consumption	Experiences of verbal or physical discrimination (Brown et al., 2014)
Unger et al., 2014	United States	Cuantitative	Hispanic adolescents living in the United States	Cultural challenges including acculturative stress.	Differential treatment based on ethnicity. Includes overt harassment and subtle microaggressions, such as implying that a person is unintelligent or untrustworthy.	Higher baseline levels of cigarette, alcohol and marijuana use	Perceptions of personal experiences of discrimination (Guyll et al., 2001)
Gray et al., 2012	United States	Cuantitative	Adolescent women of African descent and Hispanic women living in the United States	Youth interpretations of the social position of particular ethnic groups.	Girls' perceptions of discrimination in settings such as shopping malls, interactions with police, schools, etc. (e.g., "you get worse service than others in restaurants or stores")	Alcohol and other drug problems	Discrimination perceived by girls ( Williams et al., 1997)



### **3.6 Use of the Concept in Adolescent Alcohol Consumption**

The use of the concept of ethnic discrimination in adolescent alcohol consumption, as described in Table 1, has been the subject of research across various studies. An analysis of ethnic discrimination among American Indian adolescents found that individually perceived discrimination affects mental health and substance use, with this impact moderated by school racial composition<sup>45</sup>.

In urban settings, Tobler et al. revealed that while perceived ethnic discrimination was not directly associated with alcohol and marijuana use, it contributed to maladaptive behavioral and mental health outcomes.<sup>46</sup> A study in New Zealand on immigrant and non-immigrant high school students indicated that discrimination diminishes the protective effect of being a first-generation immigrant regarding alcohol and marijuana consumption<sup>47</sup>.

In the context of Mexican adolescents living in the United States, Song et al. found that early ethnic discrimination was associated with a higher likelihood of alcohol consumption in late adolescence, mediated by stress-induced negative affect<sup>48</sup>. Meca et al. also highlighted the influence of acculturation and sociocultural stress, including perceived discrimination, on alcohol initiation among recently immigrated Hispanic adolescents<sup>49</sup>.

Additional studies pointed out that perceived ethnic discrimination and associations with peers who use drugs are

predictors of alcohol initiation and the development of alcohol use disorders in indigenous adolescents<sup>50-52</sup>. Furthermore, other studies<sup>53</sup> examined the association between discrimination experienced by Hispanic/Latino adolescents living in the United States and alcohol consumption, finding that perceived discrimination was indirectly related to alcohol consumption through positive peer affiliations, mediated by ethnic identity. Unger et al. explored the relationship between acculturation, perceived discrimination, and substance use trajectories in Hispanics, emphasizing the influence of negative cultural experiences on substance use risk<sup>54</sup>.

Finally, Gray and Montgomery examined the links between maltreatment, post-traumatic stress disorder (PTSD) symptoms, and alcohol and/or drug problems among African American and Hispanic adolescents, finding that perceived discrimination and ethnic orientation were important moderators in these relationships<sup>55</sup>. These studies provide an understanding of how ethnic discrimination influences alcohol consumption in adolescents, underscoring the importance of considering contextual and sociocultural factors in intervention strategies to promote positive health outcomes.

### **3.7 Determination of Associated Characteristics or Attributes**

Identifying the defining group of attributes most frequently associated with the concept is a crucial aspect of the analysis<sup>19</sup>, as these help differentiate the

concept of ethnic discrimination from other concepts. Attributes of ethnic discrimination (Table 1) have been identified as a result of the analysis of literature on ethnic discrimination. The seven most frequently cited attributes in the literature are: perception and stereotypes, differential treatment, institutional injustice and inequality, interpersonal rejection and perception of injustice, cultural discrimination and indigenous identity, severe manifestations of discrimination, and discriminatory interactions<sup>45-55</sup>.

**Perception and Stereotypes:** Perception is a subjective process of interpreting attitudes and behaviors, often linked with microaggressions, expressed through verbal insults and sexual harassment. These perceptions intertwine with the formation of stereotypes and prejudices, creating a narrative that frames interactions around race and ethnicity.

**Differential Treatment:** In the social fabric, differential treatment arises where racial groups experience inequalities, including fewer opportunities from individuals and social institutions. This reality is amplified in individual discrimination rooted in race or ethnicity, shaping patterns of inequality that intersect various spheres of life.

**Institutional Injustice and Inequality:** The social environment is affected by unjust treatment from healthcare professionals and law enforcement, where discrimination is evident in healthcare and legal systems. This institutional injustice weaves into a network of inequalities,

impacting the daily experiences of those marked by their ethnic identity.

**Interpersonal Rejection and Perception of Injustice:** In interpersonal relationships, rejection of individuals from different ethnic backgrounds manifests, while experiences of unjust treatment shape individual perceptions. The perceptions of the status of a specific ethnic group influence emotional dynamics, where the subjectivity of treatment links to perceived identity.

**Cultural Discrimination and Indigenous Identity:** Discrimination is embedded in indigenous culture, shaping an environment of negative treatment and experiences of rejection. Here, cultural identity becomes a central axis around which narratives of discrimination are constructed, contributing to the stigmatization of those who carry it.

**Severe Manifestations of Discrimination:** The severity of discrimination is manifested in more intense episodes, including disrespectful treatment, threats, and physical assaults. These acts represent the most overt and direct expression of ethnic discrimination, extending beyond subtle forms.

**Discriminatory Interactions:** Whether conscious or unconscious, discrimination between individuals mixes with discriminatory interactions present in various social structures. This complex network directly influences the social context, affecting everyday interactions and creating a reality where discrimination manifests at multiple levels.

### **3.8 Identification of the Model Case and Other Relevant Cases**

The defining attributes of ethnic discrimination can now be used to construct model, borderline, and contrary cases. Walker and Avant<sup>19</sup> indicate that these can be from real life, constructed, or from literature.

#### **3.9 Model Case**

In a diverse high school, María, an indigenous adolescent, finds herself immersed in an environment permeated by ethnic discrimination. Her perception and stereotypes are influenced by microaggressions, including verbal insults and sexual harassment, generating a narrative that shapes her daily interactions.

Differential treatment arises in various areas of María's life. Both individuals and social institutions perpetuate inequalities rooted in her race, delineating patterns of individual discrimination. Educational institutional injustice also leaves its mark, manifesting in limited opportunities to participate in diverse student competitions, such as debates and dances, justifying that her language skills are limited and her attire stands out, preventing balanced participation.

Interpersonal rejection and the perception of injustice emerge in daily interactions. María experiences a sense of marginalization due to her indigenous ancestry, while general perceptions of her ethnic group's status contribute to an emotional landscape where subjective

treatment intertwines with her perceived identity.

Cultural discrimination and indigenous identity are woven into María's experience, shaping a fabric of negative treatment and rejection. The manifestation of more severe episodes of discrimination, including verbal and physical assaults, darkens her reality, which fosters her turning to alcohol consumption during gatherings with her indigenous friends, initiating alcohol consumption as a coping strategy.

#### **3.10 Borderline Case**

In a similarly diverse school, Javier, of Latin American descent living in California, faces similar challenges of ethnic discrimination. However, unlike María, Javier develops resistance and resilience mechanisms. He confronts microaggressions and challenges stereotypes, seeking to construct his own narrative that defies discriminatory perceptions.

Although Javier experiences differential treatment and institutional injustices, he channels these experiences into advocating for his rights and those of others. His interpersonal rejection transforms into opportunities to build strong connections with those who value diversity.

#### **3.11 Contrary Case**

In a school that fosters inclusion and celebrates cultural diversity, Marta, an indigenous adolescent, experiences an environment where ethnic discrimination

is minimal. Teachers and peers promote equality, generating a school climate where perceptions and stereotypes are not tainted by microaggressions.

Differential treatment and institutional injustice are virtually nonexistent in this school. Interpersonal rejection is replaced by a welcoming atmosphere where cultural differences are celebrated, and ethnic identity is not a source of stigmatization.

These cases demonstrate the diversity of experiences in school environments and highlight the importance of addressing ethnic discrimination to promote a healthy and equitable educational environment.

### **3.12 Identification of Antecedents and Consequences Linked to the Concept**

Antecedents are events or incidents that must occur before the formulation of the concept, while consequences are events or incidents that result from the occurrence of the concept<sup>19</sup>.

#### **3.12.1 Background**

In the background of the issue of alcohol consumption among adolescents, various antecedents intertwine to shape the phenomenon of ethnic discrimination. The racial composition of mixed social environments emerges as a crucial precursor, as diversity in these spheres can shape attitudes and perceptions around alcohol consumption. In turn, negative attitudes and beliefs toward ethnic groups or deep-rooted prejudices act as seeds that germinate into discrimination, affecting young people's

decisions regarding alcohol consumption<sup>45-50</sup>.

Generational status and the process of acculturation form another layer of antecedents, outlining how adolescents adapt to social norms, including those related to alcohol consumption. Simultaneously, historical and current factors, such as forced relocation, boarding schools, social marginalization, poverty, and family adversity, create a conducive context for the emergence of emotional tensions that could be channeled through alcohol consumption as a coping mechanism.

Belonging to an ethnic minority group and experiencing marginalization within cultural minorities are additional antecedents, exposing adolescents to discrimination that impacts decision-making about health behaviors. These antecedents form a complex network of influences that contextualize the relationship between ethnic discrimination and alcohol consumption during the crucial stage of adolescence<sup>50-55</sup>.

#### **3.12.2 Consequences**

The consequences of ethnic discrimination in adolescent alcohol consumption unfold in a multifaceted web; ethnic discrimination not only triggers adverse emotional responses, such as anxiety and depression, but also projects into broader risk behaviors. The use of various substances, problematic behaviors, as well as negative impacts on mental health and sexual behavior,

represent the amplified consequences of this discriminatory experience<sup>45-48</sup>.

On a more complex level, ethnic discrimination is directly linked to the vulnerability of adolescents to initiate alcohol consumption and develop alcohol use and behavioral disorders. This risk often translates into patterns of alcohol consumption that threaten to leave permanent health impacts in the medium and long term, affecting both individuals and their social environments. In essence, the consequences span from the emotional to the behavioral realm, highlighting the critical need to address this concept as an influential factor in alcohol consumption dynamics among adolescents<sup>49-55</sup>.

### **3.13 Formulation of Empirical Indicator Definitions**

In the final phase of concept analysis, following Walker and Avant's methodology, the goal is to formulate rigorous and quantifiable definitions for empirical indicators related to perceived racial/ethnic discrimination. These indicators, being tangible and measurable, are suitable for implementation in both practical settings and specialized research<sup>19</sup>.

Specific scales designed to assess individual resilience are emphasized, carefully considering the attributes associated with ethnic discrimination. By examining how these attributes manifest in concrete empirical indicators, a more precise understanding of the phenomenon

of perceived racial/ethnic discrimination is revealed<sup>56-61</sup>.

Perception and stereotypes, fundamental components of this phenomenon, find their expression in the definition provided by Barry et al.<sup>45</sup> and Tobler et al.,<sup>46</sup> which describes the subjective feeling of being treated unequally or prejudiced based on race or ethnicity.

Differential treatment, another crucial dimension, is directly addressed in the definition by Tobler et al.<sup>46</sup> and Song et al.,<sup>48</sup> identifying the subjective awareness of being treated unfavorably or prejudiced due to racial or ethnic belonging.

The attribute of institutional injustice and inequality comes to life in Di Cosmo et al.'s<sup>47</sup> conceptualization, where perceived racial/ethnic discrimination is defined as concrete experiences of discriminatory treatment based on race or ethnicity, impacting individuals in various social contexts.

Interpersonal rejection and the perception of injustice in interpersonal relationships are linked to the definition by Brown et al.,<sup>53</sup> Song et al.,<sup>48</sup> and Williams et al.,<sup>61</sup> which addresses experiences of verbal or physical discrimination, showing how these experiences affect emotional dynamics and perceived identity.

Cultural discrimination and indigenous identity are integrated into Landrine and Klonoff's<sup>59</sup> conceptualization, which introduces the Racist Events Calendar as a structured method to systematically document racist events, providing a timeline framework to understand the

accumulation of discriminatory experiences.

Severe manifestations of discrimination, encompassing intense discriminatory acts, are found in Brown et al.'s<sup>53</sup> definition, addressing experiences of verbal or physical discrimination and showing how these manifestations go beyond subtle forms.

Discriminatory interactions, whether conscious or unconscious, are manifested in all the definitions provided by the described empirical indicators, reflecting the complexity of perceived racial/ethnic discrimination in various contexts and social levels.

### **3.14 Ethnic Discrimination in Adolescent Alcohol Consumption**

Ethnic discrimination in adolescent alcohol consumption manifests through a set of attributes that outline specific experiences and challenges for ethnic groups in the context of alcohol consumption. This phenomenon encompasses the perception and stereotypes associated with race and ethnicity, where microaggressions, verbal insults, and sexual harassment intertwine with the formation of prejudices that directly impact attitudes toward alcohol consumption.

Differential treatment, both at the individual and institutional levels, contributes to inequalities that affect opportunities and alcohol consumption patterns in adolescents belonging to specific ethnic groups. Institutional injustice and inequality, evident in unequal

treatment from healthcare professionals and law enforcement, create barriers that influence practices and perceptions related to alcohol.

Interpersonal rejection and the perception of injustice contribute to emotional dynamics that affect alcohol consumption among adolescents from different ethnic backgrounds. These negative experiences in interpersonal relationships intertwine with cultural identity, being a determining factor in the narratives of discrimination and stigmatization.

Severe manifestations of discrimination, such as physical, psychological, and social aggressions, amplify the complexity of the phenomenon, generating more intense and profound impacts on adolescent alcohol consumption. Additionally, discriminatory interactions, whether conscious or unconscious, present in various social structures, directly influence the social context, affecting daily interactions and creating a reality where discrimination manifests at multiple levels.

## **4. Conclusion**

In summary, the conceptual analysis has played a crucial role in unraveling the complexity of the phenomenon of ethnic discrimination by identifying its antecedents, attributes, and consequences, while refining both the conceptual and operational definitions. The persistent issue of alcohol consumption among adolescents, particularly when linked to ethnic discrimination, underscores the pressing need for targeted interventions, with

profound implications for the health and well-being of young people.

These findings are not only significant from a scientific perspective, but also offer substantial practical contributions, particularly in the fields of education, health, research, and interventions. In the educational sphere, which plays a vital role in the development and socialization of adolescents, a detailed understanding of ethnic discrimination and its connection to alcohol consumption becomes essential.

In the context of Mexico's educational policy, the General Education Law<sup>62</sup> aims to promote equity and prevent discrimination at all levels of the education system, and these findings can directly contribute to these efforts. Identifying key attributes and gaining a thorough understanding of the antecedents and consequences associated with ethnic discrimination provides more precise guidance for the implementation of preventive and corrective measures, thereby fostering an educational environment that promotes values of equality and respect.

This deep understanding will enable health professionals to develop more effective strategies to mitigate negative impacts and promote the well-being of adolescents facing ethnic discrimination in the context of alcohol consumption. Ultimately, integrating this knowledge into current educational policies will contribute to the creation of a truly inclusive and equitable educational system in Mexico.

Additionally, this work stands out for its concrete findings, identifying specific areas that require immediate attention and action. However, it is important to acknowledge the study's inherent limitations, such as the generalization of results to different contexts and the need to address intercultural variability. For future research, questions arise that expand the boundaries of knowledge, such as the exploration of specific interventions and the evaluation of their effectiveness in diverse settings. These questions can guide future research to further strengthen the understanding of ethnic discrimination and its impact on adolescent alcohol consumption.

## **6. Statements**

### **6.1 Authorship recognition**

Conceptualization: IDEQ; Methodology: MMAC; Validation: SCP; Formal Analysis: IDEQ, MMAC; Research: IDEQ; Resources: IDEQ; Data Curation: SCP, NAAG; Writing (original draft): IDEQ; Writing (review and editing): MMAC, NAAG, SCP; Visualization: MMAC, NAAG; Supervision: MMAC, SCP; Project Administration: IDEQ.

### **6.2. Conflict of interest**

The authors declare that they have no conflicts of interest regarding the development of the study.

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