The Science of Diversity and the Impact of Implicit Bias

Hannah Valantine, MD
NIH Chief Officer for Scientific Workforce Diversity
Use of This Module

• This presentation presents information about scientific workforce diversity and factors that contribute to limiting diversity, including implicit bias

• Viewing this presentation is not a substitute for broader efforts to reduce implicit bias and its negative outcomes on scientific career advancement

• Please contact us with questions: SWDToolkit@od.nih.gov
Presentation Outline

• Why diversity?
  – Diverse is a driving force for excellence and innovation
  – Defining diversity
  – Lack of diversity in science: the evidence

• Hurdles to diversity: Implicit bias
  – Pervasiveness of implicit bias
  – Evidence
  – Strategies for overcoming bias
Why Diversity Matters
Capitalizing on the Opportunity

• Excellence, creativity, innovation
• Broadening scope of inquiry - solutions to complex problems of health and disease
• Impact of workforce diversity on health disparities
• Ensuring fairness
  – Changing demographics
  – Leveraging the entire U.S. intellectual capital
Capturing the Benefits of Diversity
Identity is a Proxy for Cognitive Diversity

- Ethnicity*
- Nationality*
- Race*
- Gender*
- Disability*
- Socioeconomic Status*

*Underrepresented Populations in U.S. Biomedical, Clinical, Behavioral and Social Science Research
Capturing the Benefits of Diversity
Identity is a Proxy for Cognitive Diversity

- Thinking Style
- Language
- Ethnicity*
- Religion
- Perspectives
- Experiences
- Nationality*
- Geography
- Race*
- Culture
- Skills
- Gender*
- Physical Abilities
- Sexual Orientation
- Disability*
- Age
- Socioeconomic Status*

*Underrepresented Populations in U.S. Biomedical, Clinical, Behavioral and Social Science Research
U.S. Women Faculty in Science - 2016
Clinical and Basic Science Departments Combined

U.S. Women Faculty in Science - 2016
Clinical and Basic Science Departments Combined

Gender gap in academic medicine (2016)

At the current rate of improvement, attaining gender parity will take a very long time (48 years nationwide)

Lack of Diversity in Biomedical Science Careers

![Bar chart showing representation in the Biomedical Sciences, 2011-12](image)

- **Associates**
  - Women - Underrepresented
  - Men - Underrepresented
- **Bachelors**
  - Women - Underrepresented
  - Men - Underrepresented
- **Masters**
  - Women - Underrepresented
  - Men - Underrepresented
- **Doctoral**
  - Women - Underrepresented
  - Men - Underrepresented
- **Lecturer/Instructor***
  - Women - Underrepresented
  - Men - Underrepresented
- **Assistant Professor***
  - Women - Underrepresented
  - Men - Underrepresented
- ** Associate Professor***
  - Women - Underrepresented
  - Men - Underrepresented
- **Full Professor***
  - Women - Underrepresented
  - Men - Underrepresented

Legend:
- **Women - Underrepresented**
- **Women - Well-represented**
- **Men - Underrepresented**
- **Men - Well-represented**
Population Growth: URM Ph.D. Recipients and Assistant Professors

Gibbs, K. D., et al. (2016). Decoupling the minority PhD talent pool and assistant professor hiring in the medical school basic science departments in the US.
URM Pool for Transition into the Biomedical Research Workforce

Average Number of URM Doctorate Recipients 2000-2012

2000-2006

2006-2012

38% increase
URM Pool for Transition into the Biomedical Research Workforce

- ~10% of all PhD earners, 2006-2012:
  - ~780 AA/B (~4% of entire pool)
  - ~950 Hispanic (~5.7% of entire pool)
  - 30 AI/AN (0.2% of entire pool)
Without inclusion, diversity initiatives may not be enough

Focus on minority experiences in STEM, not just numbers
But numbers matter ...

Without inclusion, diversity initiatives may not be enough

Focus on minority experiences in STEM, not just numbers
But numbers matter …

Without inclusion, diversity initiatives may not be enough.

Focus on minority experiences in STEM, not just numbers.
But numbers matter …

Without inclusion, diversity initiatives may not be enough.
Focus on minority experiences in STEM, not just numbers.
But numbers matter …

Without inclusion, diversity initiatives may not be enough.

Focus on minority experiences in STEM, not just numbers.
But numbers matter ...

Without inclusion, diversity initiatives may not be enough

Focus on minority experiences in STEM, not just numbers
Without inclusion, diversity initiatives may not be enough. Focus on minority experiences in STEM, not just numbers. But numbers matter.
Without inclusion, diversity initiatives may not be enough.

Focus on minority experiences in STEM, not just numbers.

But numbers matter.
Diversity of Thought: Driving Force for Innovation

• Cognitive diversity (diversity of thought) increases:
  – Creativity
  – Search for novel information
  – Search for novel perspectives
  – Better decision making

• Gender/ethnic identity as proxy for cognitive diversity
Better Problem-solving Results From a Larger Informational, or Cognitive Space

• **Argument**: diversity outperforms ability

• **Test**: hypothetical scenarios reflecting problem solving abilities

• **Result**: randomly selected participants from applicant pool were better at solving the problem than the highest-scoring individuals

Better Problem-solving Results From a Larger Informational, or Cognitive Space

- **Argument**: diversity outperforms ability
- **Test**: hypothetical scenarios reflecting problem solving abilities
- **Result**: randomly selected participants from applicant pool were better at solving the problem than the highest-scoring individuals
- Diversity enhances:
  - Jury Decision Making*
  - Accurate stock trading predictions**
  - Publications in higher impact journals


Diversity and Financial Decision Making

Ethnically homogenous financial traders vs. Ethnically heterogeneous financial traders

Stock-trading simulations
Random assignment

**Experimental Study**

Less able to accurately predict stock prices (33% decline)

More likely to accept inflated prices (that contribute to financial bubble) and when bubbles burst, they crashed more severely

Diversity and Financial Decision Making

Ethnically homogenous financial traders vs. Ethnically heterogeneous financial traders

Stock-trading simulations
Random assignment

Experimental Study

Less able to accurately predict stock prices (33% decline)

More likely to accept inflated prices (that contribute to financial bubble) and when bubbles burst, they crashed more severely

“Diversity facilitates friction that enhances deliberation and upends conformity.”

Diversity and Jury Decision Making
Black Defendant

Experimental study – randomly assigned
Racially homogenous jurors vs. Racially heterogeneous jurors
Diversity and Jury Decision Making
Black Defendant

Experimental study – randomly assigned
Racially homogenous jurors vs. Racially heterogeneous jurors

<table>
<thead>
<tr>
<th>Measure</th>
<th>All-White Group</th>
<th>Diverse Group*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deliberation length, in minutes</td>
<td>38.49</td>
<td>50.67</td>
</tr>
<tr>
<td># of case facts discussed</td>
<td>25.93</td>
<td>30.48</td>
</tr>
<tr>
<td># of factual inaccuracies</td>
<td>7.28</td>
<td>4.14</td>
</tr>
<tr>
<td># of uncorrected inaccurate statements</td>
<td>2.49</td>
<td>1.36</td>
</tr>
</tbody>
</table>

Wider range of information exchange; in diverse group – whites cited more facts; more discussion; fewer errors

Diversity and Quality of Science

- 2.57 million scientific papers between 1985-2008 (authors with U.S. addresses); 11 scientific fields
- Surnames of co-authors – ethnic diversity
- Controlled for # authors; population density etc.
- Lots of homophilly: association with similar others

Papers written by a diverse groups:
  - Receive more citations
  - Published in journals with higher impact factors

- Similar finding for gender diversity*


Why the Diversity Effect?

- Simply being exposed to diversity can change the way we think:
  - Anticipate differences
  - Encourage consideration of alternatives
  - Dissent provokes more thought when it comes from someone who is different from us
  - Opinion dissent in diverse groups contributes to novelty and integrative complexity
- Diversity can be a catalyst for change, growth, and innovation
Hurdles to Diversity

• Easy answers have not been sufficient:
  – Not lack of talent
  – Not lack of commitment or interest
  – Pipeline is usually not a/the problem

• Feelings of isolation, lack a sense of belonging

• “A threat in the air”

Nature of Implicit Bias

• Nobel-prizing winning neuroscientist Eric Kandel estimates that 80-90% of our mind works without conscious awareness
  • Exposed to 11 million pieces of sensory information
    – Can handle only 40
  • We must use mental shortcuts and past knowledge to make assumptions, aka “mind habits”
  • These habits influence our thoughts, judgment, and interpretations

“We see what we look for, and look for what we know”
Daniel Kahneman - Nobel Prize-winning psychologist concluded in a classic 1974 work that “mental shortcuts,” or heuristics, leads to errors often caused by:

- Overweighing evidence
- Ignoring baselines
- Only recalling certain aspects of information to inform a judgment
Who is a “Scientist”? 

Draw-A-Scientist Test: Percent of Students Who Drew A Male Scientist 
(N=1504) 

Who is a “Scientist”?

Draw-A-Scientist Test: Percent of Students Who Drew A Male Scientist
(N=1504)

By the age of 6, young girls are less likely than boys to view their own gender as “brilliant”

Bias Begins Early: “Girls Aren’t Brilliant”

Who is a Scientist?

Do subtle variations in feminine appearance erroneously convey a woman’s likelihood of being a scientist?

- Pictures of actual faculty members in STEM at elite universities
- Rated for masculinity and femininity
- Separate group of students rated pictures for likelihood of being

a) Career Likelihood as a Scientist

For males, appearance made no difference.

b) Career Likelihood as a Teacher
Feminine women are deemed less likely to “be a scientist”

a) Career Likelihood as a Scientist

b) Career Likelihood as a Teacher
Implicit Bias: Auditions and Hiring

When gender is removed from the view, decisions we make may change

Quantitative analysis of audition and hiring records from major U.S. symphony orchestra from 1970-1996

- Data - 14,000 individuals - using a screen to blind auditions increases the chance that a woman will advance from preliminary rounds by 50%

- Roster data from 11 major orchestras shows the switch to blind auditions accounted for 30% increase in new hires of women musicians.

Evaluations in Academic Science

A nationwide sample of biology, chemistry, and physics professors (n=127) evaluated application materials of an undergraduate science student (female or male) for a lab manager position.

1. **Both** male and female faculty participants rated the female student as:
   - Less competent
   - Less hireable
   - Offered lower salary ($3.7K)
   - Less mentoring

2. Even though the female was rated more likeable

Letters of Recommendation for Medical School Faculty

Analysis of 312 recommendation letters for 103 positions at a medical school revealed different tendencies…

Letters for men:
- Longer;
- More references to CV, Publications, Patients, Colleagues

Letters for women:
- Shorter;
- More “doubt raisers” (hedges, faint praise, and irrelevancies);
- More references to personal life

“It’s amazing how much she’s accomplished.”

NIH Peer Review of R01 Renewal

• Summary statements for 51 R01 renewals

• Descriptions for males:
  – “leader” and “pioneer”
  – “highly innovative”
  – “highly significant research”

• Descriptions for females:
  – “expertise”
  – working in “excellent environments”

Seeing Patients: Implicit Bias in Health Care
Augustus A. White III, M.D.

“Subconscious stereotyping influences doctor–patient interactions, diagnosis, and treatment in a diverse twenty-first-century America”

Publication: January 2011
The Effect of Race and Sex on Physicians' Recommendations for Cardiac Catheterization

Kevin A. Schulman, M.D., Jesse A. Berlin, Sc.D., William Harless, Ph.D., Jon F. Kerner, Ph.D., Shyrl Sistrunk, M.D., Bernard J. Gersh, M.B., Ch.B., D.Phil., Ross Dubé, Christopher K. Taleghani, M.D., Jennifer E. Burke, M.A., M.S., Sankey Williams, M.D., John M. Eisenberg, M.D., William Ayers, M.D., and José J. Escarce, M.D., Ph.D.

TABLE 5. Predictors of Referral for Cardiac Catheterization.*

<table>
<thead>
<tr>
<th>Model and Variable</th>
<th>Odds Ratio (95% CI)</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>0.6 (0.4–0.9)</td>
<td>0.02</td>
</tr>
<tr>
<td>Race</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Black</td>
<td>0.6 (0.4–0.9)</td>
<td>0.02</td>
</tr>
<tr>
<td>Interaction of race and sex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White male</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Black male</td>
<td>1.0 (0.5–2.1)</td>
<td>0.99</td>
</tr>
<tr>
<td>White female</td>
<td>1.0 (0.5–2.1)</td>
<td>&gt;0.99</td>
</tr>
<tr>
<td>Black female</td>
<td>0.4 (0.2–0.7)</td>
<td>0.004</td>
</tr>
</tbody>
</table>

*Both models included all experimental factors as covariates, as well as the probability of coronary artery disease as estimated after the results of the stress tests were known. The first analysis included only the main effects. The second analysis explored a race-sex interaction.

†CI denotes confidence interval.

- Race and sex were significant predictors of rates of referral for cardiac catheterization.
- Men and whites were significantly more likely to be referred than women and blacks.
Asian Americans are known to be at higher risk for type II diabetes than other groups

- Adults: 526,000 eligible for diabetes screening by ADA guidelines

**Results:**
- Asian Americans had 34% lower adjusted odds of receiving recommended diabetes screening compared to non-Hispanic whites
- Least likely racial and ethnic group to receive recommended diabetes screening

Workforce Diversity and Health Disparities

Patients' Beliefs About Racism, Preferences for Physician Race, and Satisfaction With Care

Frederick M. Chen, MD, MPH
George E. Fryer, Jr, PhD
Robert L. Phillips, Jr, MD, MSPH
Elisabeth Wilson, MD, MPH
Donald E. Pathman, MD, MPH

Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care

Most physicians and scientists are informed by research extrapolated from a largely homogenous population, usually white and male.

Minority physicians and scientists are more likely to conduct research in minority populations and are often best suited to gain the trust of minority communities.

Increasing the number of health providers from underrepresented groups has the potential to broaden the nation’s health disparities research agenda.
Strategies to Mitigate the Influence of Implicit Bias

WHAT CAN WE DO?

How can we control what we are not consciously aware of?
Some Clusters of Biases and How to Mitigate Them
Common Implicit Bias

False Correlation – seeing a relationship between things when the relationship actually doesn’t exist (e.g. illusory correlation)

Confirmation Bias – Overweighing of evidence consistent with a favor belief
(e.g. You really like a candidate for some reason, so you look for information that makes that person a great scientist)

“Similar to me” Bias – People like me are more positive than others. Preferring people who are like us or similar to us (in-group bias)
Overcoming Confirmational Bias

• Don’t jump to conclusions – take it all in
  – Gather balanced evidence
  – Articulate your decision (whether it is to move forward or drop with a candidate)

• The rule of 3 - Gather balanced evidence
  – Try to come up with 3 alternative explanations
Overcoming Similar to Me/Ingroup Bias

• Recognize the arbitrary nature of in/outgroup distinctions.

• Get to know the outgroup member – likely they may be like you!

• Look for commonalities! Unique information about the candidate (Individualize)

• Diversity → creativity and innovation!
Habit Breaking: Educational Intervention Works!

• 92 departments, matched by school/college
• Randomized controlled intervention
• Intervention group reported:
  – Greater personal bias awareness
  – More motivation to promote gender equity
  – More confidence in being able to enact gender equity
  – Feel that it would be personally beneficial to promote gender equity in one’s department
• Persisted 3 months

Reducing Implicit Gender Leadership Bias in Academic Medicine With an Educational Intervention

Pre and Post Scores on the Implicit Association Test (IAT)

Significant effect of gender: **p=0.001; significant effect of the intervention: p=0.02
Use a Habit-Breaking Routine

Plan out in advance when, where, and how to act on your goal in an **if-then** format:

“**If** I encounter a member of __________ group, **then** I will think __________.”

- Interrupts routine behavior
- Uses situational cues
- Serves as a subtle reminder

- “If I am the most senior person in the room, then I will share my ideas last.”

Imagine Counter-Stereotypical Individuals

Think of individuals who do not fit stereotypes

• Reduces stereotypes:
  - Participants were asked to think of strong, powerful women for 5 mins, gender stereotypes became weaker

• Increases creativity and cognitive flexibility

Sylvester James Gates (physicist famous for super string theory)
Mae Jemison (astronaut, first black woman in space)
Jane Goodall (primatologist, famous for her work on chimp social interactions)
Neil deGrasse Tyson (astrophysicist, director of the Hayden Planetarium)

Walk a Mile in Their Shoes

Try to walk a mile in someone’s shoes – adopt his/her perspective and imagine what it’s like to be a member of a stigmatized group

Imagine:

• What would it be like to get a job callback for every 15 jobs … when your friend gets a callback for every 10 jobs?

• Have your abilities been called into question?

Creating Opportunity and Accountability for Optimal Decision Making in Review Process

- Clarify what criteria are most important and how to evaluate levels of performance before evaluation
  - What is it that you are looking for?
  - What does “excellent” look like?

- Best practices or process “advocate”

- Be consistent and apply the criteria to all candidates

- Allow for anonymous voting (larger groups)

- Be able to articulate every decision

- Encourage playing devil’s advocate
“Bias Interrupters”

- Based on objective metrics, whereas cultural initiatives tend to rely on earnest conversations
- Iterative, so they allow companies to try small interventions and then scale them up
- Build change into the basic business systems - less likely to disappear when a new CEO decides that diversity is not an imperative

Joan Williams, JD. Distinguished Professor of Law, UC Hastings Foundation Chair and Director of the Center for WorkLife Law
Tips for Overcoming Bias in Hiring

1. Check the Job Ad

• Look at the language in the job ads
  – Avoid biased language to encourage more diverse applicant pool

“Dominant” “Competitive” “Leader”

Spokesperson vs. Spokesman

“Up and Coming” “Fresh”

Tips for Overcoming Bias in Hiring

2. Recruit Widely – Outside of Network

- Get out of the comfort zone
- Two key factors in implicit bias
  - Familiarity & closeness (within-network)
- SWD recruitment tools
  - Diversity in applicant pool
    - Recruitment search protocol
    - Future Research Leaders Conference
  - Reducing implicit bias – Implicit bias education
- Avoid message: “Only Ivy Leaguers need apply (plus maybe Cal Tech, MIT, and Stanford…)”
Tips for Overcoming Bias in Hiring

3. **Standardize the evaluation process**

- Bias can lead us to view same resumes differently

- Avoid global judgement

- Develop a standard evaluation form with scoring metrics, and use it for every candidate
Tips for Overcoming Bias in Hiring

4. Identify important characteristics for job

- Biases can lead us to rationalize why we prefer a candidate (over another)
  - Favor publication over potential scientific impact because you like that candidate

- Identify behaviors that are relevant to the position before candidate interviews

- How much does likeability matter in the job?
  - “Fit” ->Tend to hire people we like the most
  - Determined by first 30 seconds – predicts outcome.**
  - If important, give a rating


5. Stick to a script during an interview

- Interaction: We automatically search for a common ground
  - Could make people feel like an outsider and increases stress
  - Women feel more stress when being evaluated by all-male panels

- Stick to the script and ask everyone the same questions


Tips for Overcoming Bias in Hiring

6. Evaluate your decision metric - again

- Check of subtle biases within the metric
  - Make sure you are not giving points for
    - Elite institutions
    - Experience at specific institutions
    - Fame of mentor

- Have diverse group of non-search committee member evaluate the metrics
Tips for Overcoming Bias in Hiring

7. Analyze and reassess

• Evaluate your outcome and efforts
  – Disparities will emerge over time (and in aggregate)

• Identify the bottleneck
  E.g., diversity of applicant pool; shortlist pool; post-interview; hiring process
Tips for Overcoming Bias in Hiring

8. Allow for anonymous voting (more applicable for bigger committees)

9. Have a committee member be an advocate for each candidate (or play devil’s advocate).

10. Be able to articulate reasons for every decision (move forward vs. drop).

It’s all about excellence!
Great minds think differently ...