Bilingualism is related to the expression of fewer stereotypes: The role of cognitive flexibility and motivation

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The impact of bilingualism on language and different cognitive processes has been widely explored in the last decades. However, little is known about the influence of bilingualism on the processing of social information, such as stereotypes. We will report the results of a study in which we evaluated whether bilingualism was related to lower stereotype expression. We expected such a relationship to be mediated by the individual executive control efficiency and moderated by participants' motivation to respond without prejudice. In addition, to account for the possible link between bilingualism and multicultural experiences, we assessed the role of multicultural experiences in the expression of stereotypes among bilinguals and monolinguals. Lastly, because the enhancement of executive control in bilinguals has been related to specific patterns of language use, we explored whether individual language experiences (i.e., language switching and mixing, language entropy) differentially influenced stereotype expression in bilinguals. To this end, we conducted an online study and analyzed questionnaire data from 397 bilinguals and 415 monolinguals living in the United Kingdom. Our results showed that bilingualism was related to lower stereotype expression and that this relationship was mediated by cognitive flexibility. Moreover, the differences between groups depended on participants' motivation to respond without prejudice. The exploratory analyses on multicultural experience showed that the effects of bilingualism on stereotype expression did not derive from bilinguals having more frequent multicultural experiences. Lastly, contrary to our expectations, neither language switching, language mixing, nor language entropy was associated with differences in stereotype expression. Overall, this study provides initial evidence that bilingualism impacts the processing of stereotypes and that this effect is not confounded with multicultural experiences. In addition, our results also highlight the importance of considering motivational variables when studying the cognitive consequences of bilingualism.