

PERCEIVED RACIAL DISCRIMINATION, PSYCHOSOMATIC SYMPTOMS, & RESILIENCE AMONG BLACK INDIVIDUALS IN CANADA: A MODERATED MEDIATION MODEL

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BACKGROUND

- No study has explored **psychosomatic symptoms** in **Black** communities in **Canada**.
- **Psychological distress** is often expressed as **physical pain** among African Americans.

METHODS

860 participants aged **15 to 40 years old** (75.6% women; 79.1% were born in Canada).

WHAT WE FOUND:

- **81.7%** of participants experienced **psychosomatic symptoms**.
- **Higher** prevalence of **psychosomatic** symptoms among **women** than men.
- Participants reporting greater racial discrimination had more psychosomatic symptoms.



IMPLICATIONS

Health professionals need to **ask** people from **Black communities** who complain of back pain, migraine, muscle pain and other psychosomatic symptoms, without apparent medical cause, about possible **psychological distress**.



Mental health professionals should assess for **racial trauma** that may be caused by racial discrimination when **Black** people complain of **psychosomatic** symptoms.