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


BACKGROUND

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

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.

METHODS

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

IMPLICATIONS

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

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.


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