PERCEIVED RACIAL DISCRIMINATION, INTERNALIZED RACISM, SOCIAL SUPPORT & SELF-ESTEEM AMONG BLACK INDIVIDUALS IN CANADA

BACKGROUND
No published studies have investigated the association between racial discrimination and self-esteem among Black individuals in Canada, and the influence of internalized racism.

WHAT WE FOUND
- 65.33% of participants were categorized as endorsing low self-esteem.
- Participants with high levels of everyday racial discrimination are more likely to report low self-esteem.
- Internalized racism is a significant risk factor for low self-esteem, whereas social support is a protective factor.

METHODS
860 participants aged 15 to 40 years old (76.6% women; 79.7% born in Canada).

IMPLICATIONS
Mental health professionals providing services to people from Black communities should consider low self-esteem and its association with mental health problems in their assessment and treatment.