

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

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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**.



METHODS

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

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.
- Being a **woman** who experienced racial discrimination amplifies **low self-esteem**.



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.

