

A Mixed Methods Investigation of Trauma, Stress, and Wellness in Black Women



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INTRO

AIM

Investigate factors implicated in the well-being of Black women from Milwaukee, Wisconsin

WHY

1. Black people experience significant rates of trauma
2. Less likely to seek treatment
3. Fill the research gap on this topic at the intersection of gender and race

METHODS

1. Conduct Life-Story interviews (N=80)
2. Identify themes
 - Loss
 - Coping
 - Superwoman Stereotype
3. Administer Measures
 - Trauma: LEC-5
 - Mental Health: DASS
 - Well-Being: Social Well Being Scale and Psychological Well-Being Scale
4. Weight the LEC-5 for saliency
 - Happened to me (Score multiplied by 3)
 - Witnessed (Score multiplied by 2)
 - Learned About (Score multiplied by 1)
5. Run Pearson Correlations

RESULTS

1. Scores on the LEC-5 were significantly positively correlated to levels of reported Stress ($r = .27$; $p < .01$)
 - Not, however, to Depression, Anxiety, Psychological well-being, and Social Well-Being
2. Patterns of correlation within DASS and within well-being measures were significant and positive

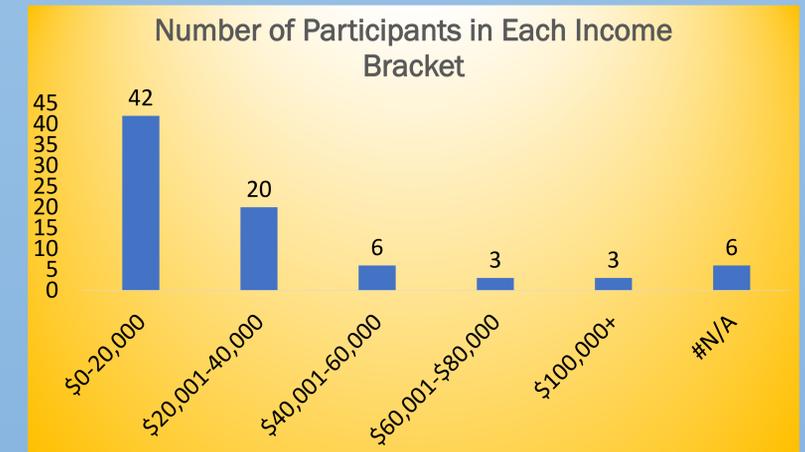
DISCUSSION/ CONCLUSION

- As expected, more trauma was associated with higher reports of stress
- It was surprising that higher trauma scores were not associated with high scores of depression and anxiety
- Important to identify relationship between themes in these women's lives and measures of trauma, mental health, and well-being

Higher trauma scores on (LEC-5) were significantly positively correlated to levels of reported stress (DASS)

Not a significant correlation between the LEC-5 and depression, anxiety, psychological or with social well-being

		PWB Total	SWB Total	Depression Total	Anxiety Total	Stress Total
LEC-5 Weighted Score	Pearson Correlation (r)	.01	-.11	.08	.15	.24*
	Significance (1-tailed) (p)	.48	.17	.26	.09	.02



RECURRING THEMES

Loss

Relationship; Material; Personal

Personal Loss:

"I was raped by four men"
(Loss of autonomy due to sexual violation)

Coping

Faith; Therapy; Self-Care; Social coping; Avoidance; Coping by working

Coping by avoidance:

.... " Drugs and prostitution and all kinds of different things in my life"

Superwoman Schema

Obligation to be strong; Obligation to suppress emotions; Not being vulnerable; Sense that others have it worse than them; Drive to succeed despite circumstances

Obligation to be strong:

" There was a part of me being going through [the low point who wanted to become this strong woman, this strong soldier that I find in Rosa Parks or Harriet Tubman or Michelle Obama "



BLACK WOMEN'S NARRATIVES

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