

Perceived Sources of Stress and Resilience in Men in an African American Community

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What Is the Purpose of the Study?

- To understand perceived causes of stress and tools used to promote resiliency in African American men in South Los Angeles.

What Is the Problem?

- African American men are at higher risk for a number of adverse health outcomes, including more morbidity from health and mental disorders and more than 5 years lower life expectancy than men from other racial groups
- Limited research exists on understanding what the perceived stressors and factors are that promote resiliency that may be important factors to address to improve the health outcomes of African American men.

What Are the Findings?

- Almost all (93.2%) men reported stress.
- Of those reporting stress, about 60% reported that finances/money and about 40% reported were specific causes of stress.
- Two fifths of men (43.2%) reported sources of stress that were racially linked, including experiences of racism such as denials of rights and disrespect shown by police or local government.
- Over 60% of study participants reported they perceived that help was available to deal with stress.
- Almost all the participants reported specific sources of resiliency, such as religion and family, helped to alleviate the burden of perceived stressors.

Who Should Care the Most?

- Community organizations and service providers supporting African American men such as health care, mental health, substance abuse, churches, and social services agencies.
- Researchers and policy makers interested in improving health outcomes for and with African American men.

Recommendations for Action

- Future research and program development to engage African American men should account for both the perceived causes of stress such as finances and racism, as well as incorporate culturally appropriate sources of support for resiliency, such as religion and family.