

# Relationships Among Strong Black Womanhood Belief, Coping Behaviors, Social Support, and Psychological Distress for Black Mothers After Stillbirth

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**Purpose:** To examine the relationships among strong Black woman belief, coping behaviors, social support, and psychological distress (symptoms of depression, anxiety, and post-traumatic stress) for Black mothers who had a stillbirth.

**Sample:** 91 Black women who had a stillbirth within the past 3 years

**Setting:** Clients of a stillbirth support organization were contacted via mail and online. Data collection was via surveys and was conducted online and/or over the phone.

**Methodology:** We used stepwise selection in multiple linear regression to determine the relative contributions of strong Black woman belief, coping behaviors, and perceived social support to psychological distress symptoms (symptoms of depression, anxiety, and post-traumatic stress), after controlling for sociodemographic and clinical covariates.

**Results:** Increasing SBW belief, decreasing perceived social support, and increasing collective coping (coping behaviors involving other people) were found to predict increases in all three measures of psychological distress symptoms, controlling for age and other traumatic events.

**Conclusions:** Strong Black woman belief, coping behaviors, perceived social support, age, and other traumatic experiences are important in predicting psychological distress symptoms for Black mothers who had a stillbirth.

**Implications:** Further understanding of the influence of SBW belief on Black women's psychological distress following stillbirth may assist with the development of culturally appropriate interventions to mitigate psychological distress symptoms in this group.

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