Racial Cohesion  Racial Dissonance & Racism Stress

Black Communalism & Mental Health in the Black Lives Matters Era

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If you keep looking for racism, that’s all you will see
What if Racism Keeps Looking For You?
3 Primary Manifestations of Racism (Jones, 1972)

**Institutional Racism**
System oppression (policies, practices, and norms) that perpetuate inequality by restricting opportunities from Black people
- “Standardized” testing for college entry
- School-to-prison Pipeline

**Individual Racism**
Direct or observed interpersonal interactions coated in the belief of Black inferiority
- Teacher bias;
- “Driving [or walking] while Black”

**Cultural Racism**
Ethnocentrism; status-quo maintenance
- School curricula (i.e. “American” history, literature, etc excludes significant contributions made by Blacks

Index for Race-Related Stress-Brief; Utsey, 1999
How Do You Respond To Racism?
CULTURAL STRENGTHS: The Social Norms of a Group That Promote Positive Outcomes
Less Bootstraps

More Village
RACIAL COHESION:


(Bentley-Edwards, 2016)
RACIAL DISSONANCE: Ambivalence, Antagonism or Lack of Empathy for Your Racial Group (Black People)

(Bentley-Edwards, 2016)
WHAT DOES IT ALL MEAN?
Racial Cohesion & Dissonance Research

■ College Contexts (2015)
  - HBCU students higher in racial cohesion, especially racial agency
  - Pre-college friendships related to racism stress, racial cohesion mediated this relationship

■ Goal Efficacy (2016)
  - Racial Cohesion (+), Dissonance (-) & Goal Efficacy
  - Racial Cohesion & Racism Stress predicted specific Goal Content and Supports and Barriers

■ Violence Exposure, RC & Student Engagement (R&R)
  - High VEV positively related to high ExtraC Acti, low grades
  - High Grades/Low ExtraC had lower racial cohesion

■ Social Class (Under Review)
  - Middle Class highest in Racial Cohesion & Racism Stress
  - Higher Class, Racial Dissonance triggered by cultural racism stress
Racial Agency & Twitter-Activism
(Lee-Won, White & Potocki, 2017)
THANK YOU

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