



Screening for Perceived Stress and Racism in Hypertensive African American Men in a Community Health Setting

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Abstract

Objective: To explore the feasibility of screening for perceived stress, perceived racism, and provision of transcendental meditation education in hypertensive African American men receiving care at a community health clinic

Design and sample: An exploratory-descriptive pilot project was conducted with African American men. Measures: Surveys were used to measure levels of perceived stress and perceived racism. Educational materials on transcendental meditation were offered. A study evaluation survey was completed.

Results: Participants ranged in age from 45 to 75 years old. Perceived stress scores were high and perceived lifetime exposure to racism scores were low. The majority felt that it was important to screen for stress and would use evidence-based coping if education was offered.

Conclusion: Screening for perceived stress in hypertensive African American men and educating them about the relationships between perceived racism, stress and hypertension may be a feasible option to potentially help them to manage their blood pressure. Further exploration to determine if and how transcendental meditation can be implemented through community health clinics is needed.

Keywords:

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Analytic strategy

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Results

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Limitations

Implications

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