**FINAL PAPER BUILDING BLOCK**

**THE ANNOTATED BIBLIOGRAPHY #4**

**Stress and Coping in African American Women with Chronic Heart Disease: A Cultural Cognitive Coping Model**

The author states that stress in African American women has been shown to be related to racial and ethnic discrimination, living in disadvantaged neighborhoods, financial instability, unfair interactions with government services, and crime and safety issues. This article describes a stress and coping model which is culturally specific to African Americans, gender specific to women; particularly those with heart disease. A qualitative study was conducted examining a stress and coping framework. In their research among African Americans, it was found that stress-coping were related to experiences with racism and oppression and the need to rely on family and community resources. The concept of John Henryism was explained as a sort of “survival mentality” whereby it was believed that hard work, determination, and resiliency can overcome environmental, socioeconomic, and other hardships. However this type of coping correlated with high blood pressure. Stress has been known to be a contributing factor to chronic hypertension and acute cardiac events such as myocardial infarction and cardiac arrest.

Research participants understanding of “Bad Heart” and the role that stress played in causing heart attacks was explored as well as the coping mechanisms employed by participants to deal with their stress. This problem is being addressed from a structural perspective. I intend to use it as a primary source because the importance of effective coping strategies are emphasized throughout.

Jan Warren-Findlow, P. a. (2010). Stress and Coping in African American Women with Chronic Heart Disease: A Cultural Cognitive Coping Model. *Journal of Transcultural Nursing*, 45-54.