

# ORAL/POSTER PRESENTATION

Presentation # P26

Mothering as a Social Determinant  
of Mental Health: Cultural  
Dynamics and Insights from  
Professional Black West Indian  
Woman in The British virgin Islands

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THE ROYALTON, ST LUCIA



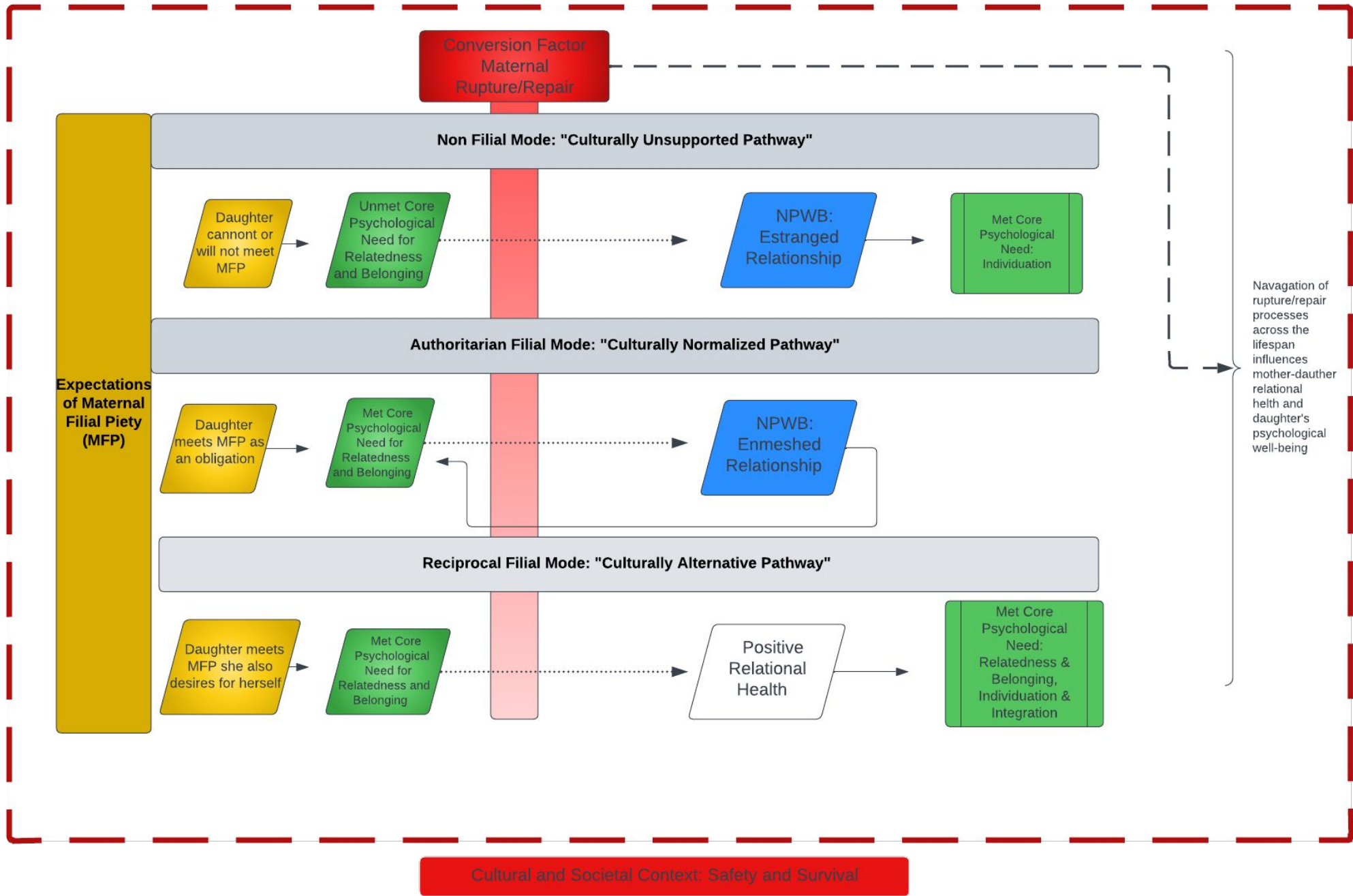
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# Mothering as Social Determinant of Mental Health

- Vertical Transmission of Culture
  - Parents relay and reinforce
    - Expectant thoughts
    - Expectant feelings
    - Expectant behaviors
- Maternal Filial Piety
  - Governs thoughts, feelings and behaviors toward mothers
    - Throughout life course
    - Emotional and Instrumental caretaking
- Social Determinant of Mental Health (SDOMH)
  - Non-medical factors impacting subjective and objective experiences of mental health and psychological well-being
  - Influences thoughts, feelings, behaviors, and cognitions

*“I haven't spoken to my mother in four years. I noticed that with a close proximity. It became so heavy, like the influence was so heavy... and manipulation was so much because you as a child growing up had your parents guiding you telling you what to do, what to say, how to live. And then as you get older, you never really have that space. So, you realize that they still have that hold on you. So sometimes you're telling yourself something, and you're realizing that this is not how I truly feel. But this is what the voice in my head is telling me. So, it took me years to really differentiate the voice and realize that this person was speaking in my head, not even me... This was my mom's voice all the time. And it wasn't mine. So... I felt myself becoming... stuck like I was in a box.” (Aileen, Mid-Career, 31)*





*“... Yes, it's a guilt trip. She guilt-trips you into doing it. too, and yeah, I think if I don't fulfill certain obligations, she either gets angry, cuss me off, and block me... So even though I want to set boundaries in certain things, I always have to think, you know what, life is short. So, I try to do as much as I can for her even when I'm mad*

*(Margaret, Early-Career, Age 32)*

*Yes, she put a lot of pressure on me to have children, she needs her grandchildren... I am not going to have children. So, she's very disappointed about that... But, sometimes she's like, yeah, you know, you really need to get started about having children. I didn't lash out. But, I was just like, mommy... have you ever thought that I just can't have children ... I've been having unprotected sex for God alone knows how long, maybe it's just not possible. Stop harassing me. And it was just simple. She's like, “okay, I didn't realize you saw it like that. I didn't think about it like that.” And that was the end of it.*

*(Winowa, Mid-Career, Age 41)*

Thank  
you



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