The prevalence of depression and stress in African Americans (AA) may decrease the high appraisal of social support, belonging support, and stress in AA adults. Having quality social support has been associated with lower depressive symptoms and stressors contributing to the high institutional discrimination are a few of the reasons why AA adults experience a lower socioeconomic status and depression. Recent studies have shown that the lack of social support is a significant risk factor for psychological distress, such as depression, stress and other mental health outcomes. These factors can help AA adults help from other individuals. Lack of social support has been associated with higher rates of psychological distress compared to other racial/ethnic groups. AA stressors (Low SES, discrimination, bias, etc.) may be a contributing factor to poor health outcomes, including increased cancer risk, but that social support can help. Race is frequently perceived and studied as a category instead of an experience that affects people’s mental, emotional, and physical health.

**Background**

Social support is the perception that someone is cared for and has access to help from other individuals. Lack of social support has been associated with increased risk for psychological distress, such as depression, stress and other diseases. Recent studies have shown that patterns of social support vary depending on race/ethnicity.

Lower socioeconomic status and institutional discrimination are a few of the stressors contributing to the high prevalence of depressive symptoms and stress in African Americans. Having quality appraisal of social support, belonging support, and stress in AA adults. Recent studies have shown that the lack of social support is a significant risk factor for psychological distress, such as depression, stress and other mental health outcomes. These factors can help AA adults help from other individuals. Lack of social support has been associated with higher rates of psychological distress compared to other racial/ethnic groups. AA stressors (Low SES, discrimination, bias, etc.) may be a contributing factor to poor health outcomes, including increased cancer risk, but that social support can help. Race is frequently perceived and studied as a category instead of an experience that affects people’s mental, emotional, and physical health.

**Hypothesis**

1. Examine the association between social support and depression.
   - **Hypothesis:** Increased social support will be associated with lower depression.

2. Examine the association between social support and stress.
   - **Hypothesis:** Increased quality of social support will be associated with fewer depressive symptoms and stress.

3. Examine the association between social support and fruit and vegetable consumption.
   - **Hypothesis:** Increased social support will be associated with fruit and vegetable consumption.

**Results**

Greater social support was associated with lower scores of depressive symptoms (B= -0.29, SE=0.02, p-value<0.001). Greater social support was also associated with lower scores of perceived stress (B= -0.15, SE=0.01, p-value< .001). There was no significant association found between social support and fruit and vegetable consumption (B= 0.02, SE= 0.01, p-value=0.063).

**Methodology**

**Participants of this study are from a church-based cohort of 1,827 African American adults recruited between 2008-2013.**

- Descriptive statistics were used to describe participant characteristics, including frequencies (%) for categorical variables, means and corresponding standard deviations (SDs) for continuous variables.
- We performed multiple linear regressions to investigate the relationships between predictor (social support, treated as continuous), and outcomes (depression, perceived stress, fruit and vegetable consumption, treated as continuous).
- All analyses were done using SAS 9.4.
- Controlled covariates: age, gender, education, household income, current smoking, heavy alcohol consumption, chronic condition, marital status, and employment status.

**Participants Eligibility**

- Be 18 years old and above
- Read and write English
- Live in the Houston metro area
- Have a viable (working) telephone number and home address

**References**