

Common Stressors and Effects among Haitian Women



Léogâne Commune, Haiti

STUDENT RESEARCH TRAINING PROGRAM
DUKE GLOBAL HEALTH INSTITUTE

RESEARCHERS: Sarah BEAVERSON, Caroline KEEFE, Natali REY, Haley TALBOT

Duke | GLOBAL HEALTH
INSTITUTE

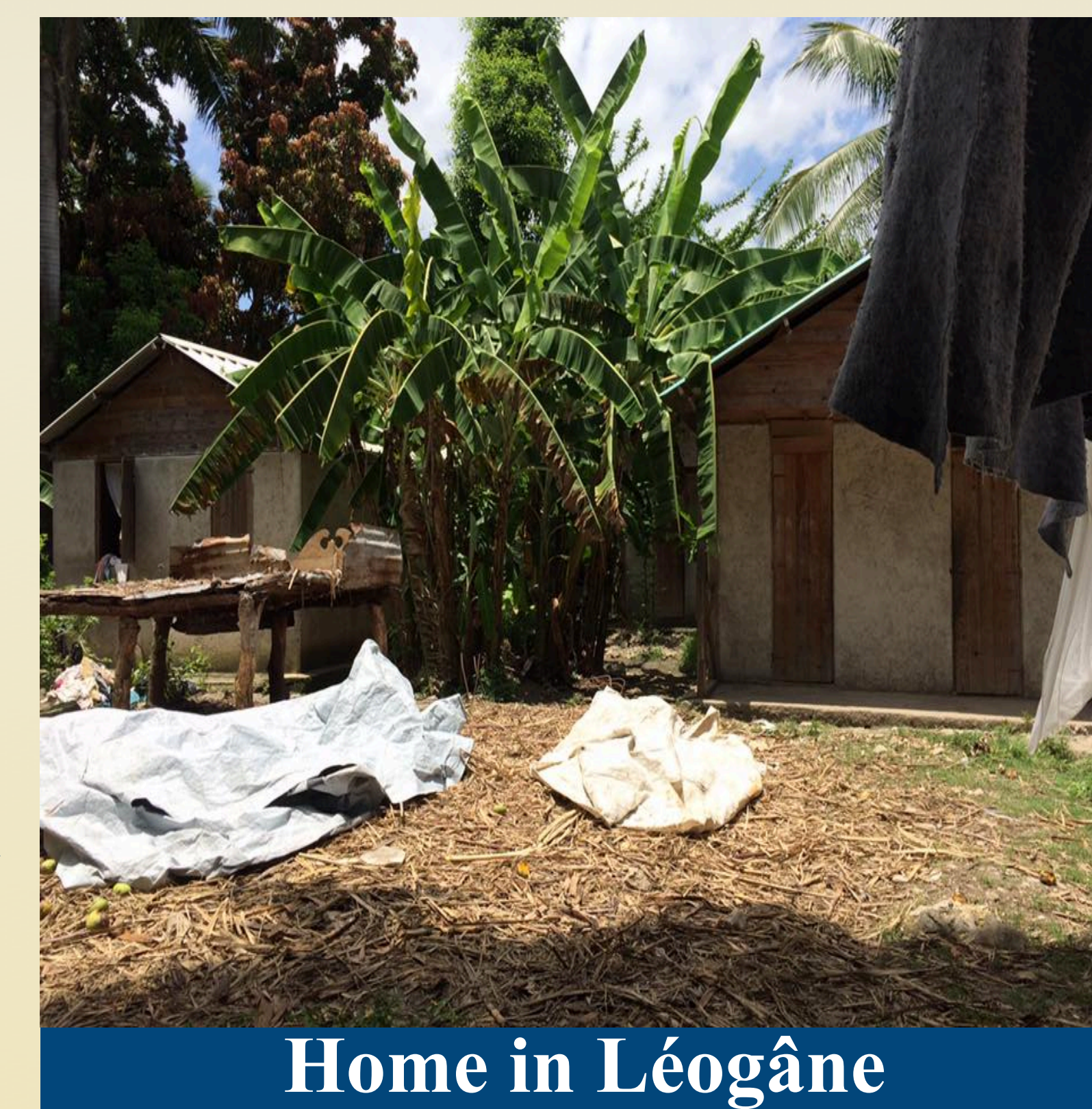
Project Summary: This project studied the scope of common stressors in Haitian women through a qualitative research approach that examined the causes, effects, and coping methods of various stressors. During this project, data was collected through interviews and focus groups discussions with community leaders and women throughout the Léogâne Commune.

OBJECTIVES

- Explore the prevalence, scope, and understanding of mental health disorders in Haiti.
- Identify common stressors and stress-coping methods amongst women in Léogâne Commune.
- Assess availability and accessibility of existing resources for stress and other mental health disorders.

METHODOLOGY

A list of common stressors was compiled by speaking with women at local markets. From the free listing, three key stressors that Haitian women experience were identified. Community health workers and leaders were interviewed and focus group discussions were conducted with local women to explore how these key stressors impact the lives of women. Transcriptions of the interviews and focus groups were compiled and analyzed for recurring themes using the qualitative analysis software QDA Miner 4 Lite.



Home in Léogâne

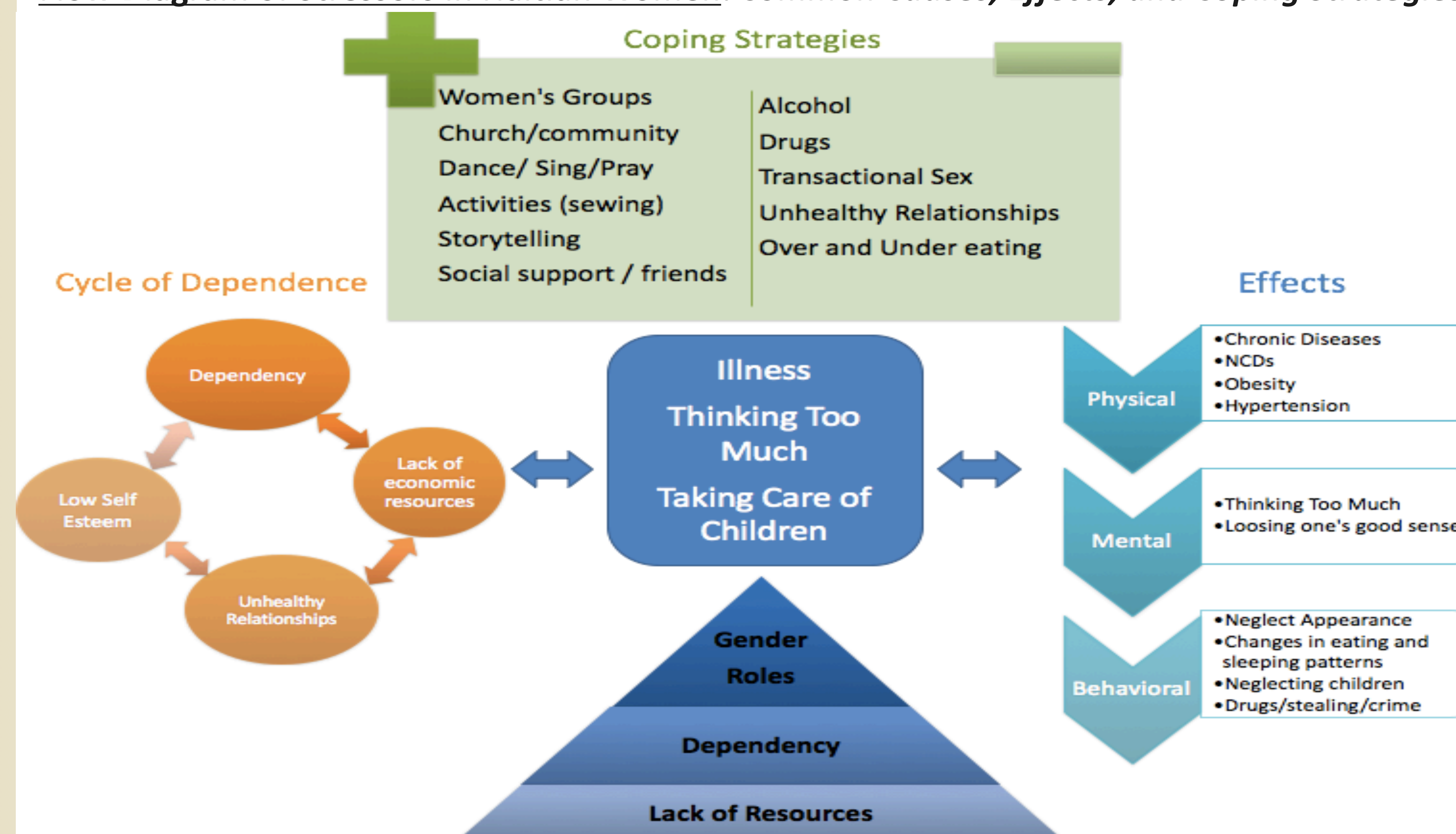
CONCLUSIONS

- Physical and mental stressors in Haitian women work in combination and in a cycle with one another.
- Most health-related complications within the Haitian female population did not appear independently and were usually related to other issues.

Results of Free-listing

Top Ten Stressors in Haitian Women	Frequency (%)
Illness/Ailments	49.3
Taking Care of Children	31.3
Thinking Too Much	29.9
Life Circumstances	19.4
Too Many Children	16.4
Health Expenses	14.9
Children's Health	14.9
Healthcare	12.0
Accessibility/Inefficient Health Care Systems	
Death of Children's Father	10.4
Lack of Support System	9.0

Flow Diagram of Stressors in Haitian Women: Common Causes, Effects, and Coping Strategies



FUTURE SUGGESTIONS

- Develop programs to promote female empowerment, such as basic vocational training.
- Develop services for women to help them cope with domestic violence and abuse.
- Promote sexual and reproductive health education programs.
- Make contraception readily available.
- Advocate for greater independence of Haitian women by facilitating opportunities for them to solve economic, health, or familial issues on their own.

Acknowledgements: This project would not have been possible without the support of Kathy Walmer, Schatzi McCarthy, Lauren McRaven and Joel Boggan of Family Health Ministries, Bonnie Kaiser of DGHI and the community of Léogâne, Haiti. We would like to make special mention of our talented translators Berlyne Bien-Aime Louis and Jameson Dieudonne.