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A hyperarousal PTSD and Alcohol Abuse: Inequitable Treatment and Impact of Substance Use Among African American Women

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Abstract

Throughout history Black women have consistently been underrepresented in almost every aspect of society. This is a preliminary study intended to expose systemic inequalities that contribute to alcohol abuse among Black women who are socio-economically disadvantaged. We will examine the intersections of race, class, gender, and social systems as they relate to hyperarousal PTSD. Although there is an abundance of literature regarding substance abuse, it has been reiterated that substance abuse among African American women is severely understudied, thus misunderstood. The **method(s)** of this research consists of a scoping review examining critical theoretical concepts, observation, and a proposed longitudinal study that could significantly impact future substance abuse treatment for this group. Further methods are to be developed. Our **hypothesis (H1)** is that Black women with a low/absent window of tolerance for stress will form an alcohol/substance use disorder within their lifetime.

Keywords: African American women, alcohol abuse, gender, hyperarousal PTSD, socioeconomically disadvantaged, stigma