

## **Exploring the Impact of Intergenerational Transmission of Stress on Black U.S. Immigrants**

Chronic stress disrupts the body's ability to regulate stress responses, particularly among immigrant populations in the U.S., who face cultural and language barriers, family separation, acculturation challenges, and restrictive immigration policies. These stressors have an intergenerational impact, particularly as familial relationships span longer lifespans due to increased life expectancy. Black immigrants, a growing demographic in the U.S., often report better mental health outcomes than U.S.-born individuals, yet they remain underrepresented in research on intergenerational stress and trauma. This investigative review evaluates evidence on the intergenerational transmission of stress and trauma among Black immigrants, with a primary focus on the experience of Black immigrant college students. A comprehensive search across databases (PubMed, Science Direct, EBSCOhost, PsycINFO, and Google Scholars) yielded 146 studies, with 34 meeting the inclusion criteria. Findings from this literature revealed that mental health outcomes, including anxiety and depression, are often transmitted across generations (n=8) and highlight generational differences in perceived stressors (n=4). By highlighting the intersectionality of race, immigration status, and mental health, this study addresses critical gaps in literature. It seeks to inform culturally responsive interventions that support Black immigrant students and their families.