

ABSTRACT

Superwoman Schema and Psychological Distress Among African-American Women of Different Social Classes

This study investigates the influence of the Superwoman Schema on psychological distress among African-American women across varying social classes. The Superwoman Schema, characterized by an unrelenting pursuit of excellence in multiple roles, often at the expense of one's own well-being, is particularly salient within this demographic. Drawing on a sample representing diverse social strata, this research employs a cross-sectional research design, collecting surveys, to discern the relationship between Superwoman Schema, social class, and psychological well-being.