The Study is basically a preliminary analysis of some important aspects of Jamaica's foreign policy and, as such, can be regarded as a pioneering effort since it is the first of its kind. Consequently, there is a deliberate attempt to avoid undue emphasis on abstraction and theoretical formulation with the emphasis being placed on framing the analysis in a language and format that can be easily read and understood by persons who are not necessarily acquainted with the jargon of the social sciences. Ultimately, the study aims at creating an awareness as to the character and content of Jamaica's foreign policy since Independence.

Chapter 1 introduces the concept of foreign policy, development in the discipline and outlines the study. Chapters 2 and 3 deal with the two regimes' policies with respect to socialism and socialist countries; whilst Chapter 4 analyses their policies with respect to Africa and the general assertion of blackness. Chapter 5 concludes the study.