

COPING WITH DISTRESS AMONG ADOLESCENTS: EFFECTIVENESS OF PERSONAL NARRATIVES ON SUPPORT WEBSITES

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INTRODUCTION



Adolescents and coping strategies, need to moderate the impact of stressful life events on health and functioning

Peer-to-peer support websites, reading and responding to personal narratives may provide adolescents with informational and emotional support to feel more confident



METHODOLOGY AND RESULTS

to explore how these actions and social support motives (i.e. information-seeking and emotional support-seeking) are related to adolescents' perceptions about the usefulness of these websites to their coping self-efficacy



a cross-sectional online survey
311 Dutch-speaking adolescents between the ages of
14 and 18

Social support motives measures

1. I use websites with personal narratives... to search for information about a problem/question I am facing
2. I use..to connect with people like me for emotional support

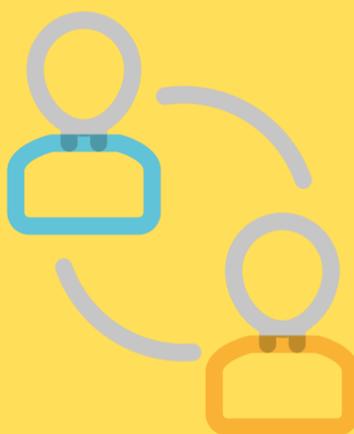
Users' experience in reading and responding to personal narratives is not related to their self-efficacy in coping

A negative relationship was found between the experience of sharing a personal narrative and self-efficacy of adolescents

CONCLUSIONS

1

Users did not perceive the website to be helpful to their overall confidence in coping with stressful events



2

However, this negative relation was reversed when they were motivated to find emotional support with similar others

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