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Effects of Online Self-disclosure on Distressed People: A Longitudinal Study on Distressed Post-secondary Students' Self- disclosure and Well-being.

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Online self-disclosure encompasses any messages about the self (e.g., experiences, thoughts, personal needs, and observations) that a person purposefully conveys to others online. Disclosing personal information online can yield benefits for individuals, such as maintaining existing relationships and establishing new ones. Being impacted by the COVID-19 pandemic, an increasing number of young adults aged between 18 and 29 are suffering from psychological distress, with over 90% of Canadian post-secondary students reporting high levels of stress and symptoms of anxiety and depression.

My research aims to longitudinally investigate the online self-disclosure behavior of distressed post-secondary students and evaluate its impact on their well-being. By observing their online disclosure behavior, I will explore whether it directly affects their positive or negative well-being. The findings will seek to identify effective online self-disclosure skills that can potentially improve the mental health of young adults.