

Evaluating Depression, Social Anxiety, and Interpersonal Support among College Students.

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INTRO

- Concurrent social anxiety (SA) and depression symptoms have been associated with greater impairment and severity of psychological difficulties (Cohen et al., 2017).
- SA is associated with inadequate social performance, academic impairments, and lower perceived social support (Barnett et al., 2021; Strahan, 2003).
- Social relationships are known to buffer depression symptoms; however, there are significant social difficulties within SAD (Helbig-Lang et al., 2014; Saeri et al., 2017).
- Hypotheses:
 - SA will be associated with higher depression symptoms.
 - Perceived social support will account for SA symptoms above and beyond depression symptoms.

METHODS

- Participants from an undergraduate student sample in Northern Mississippi (N = 294; 79.3% Female; 84.4% White) completed self-report measures of SA symptoms, perceived social support, and depression symptoms.
 - Social Interaction Anxiety Scale (SIAS)
 - Depression, Anxiety, and Stress Scale (DASS)
 - Interpersonal Support Evaluation List (ISEL-12)

RESULTS

- 15.4% of the sample endorsed clinically significant depression symptoms.
- Greater depression symptoms were associated with greater SA symptoms ($r = .46, p < .001$) and decreased perceived social support ($r = -.32, p < .001$). See Figures 1 & 2.
- A hierarchical regression was conducted to examine depression symptoms with SA symptoms in Step 1, and Perceived Social Support in Step 2.
- The full depression symptoms model accounted for 23.2% of variance, and perceived social support contributed unique variance to the model ($\Delta R = .03, F [1, 213] = 14.83, p < .05$). See Figure 3.

Perceived social support is important in understanding the relationship between social anxiety and depression symptoms among college students.



Figure 1. Bivariate Correlation Perceived Social Support and Depression

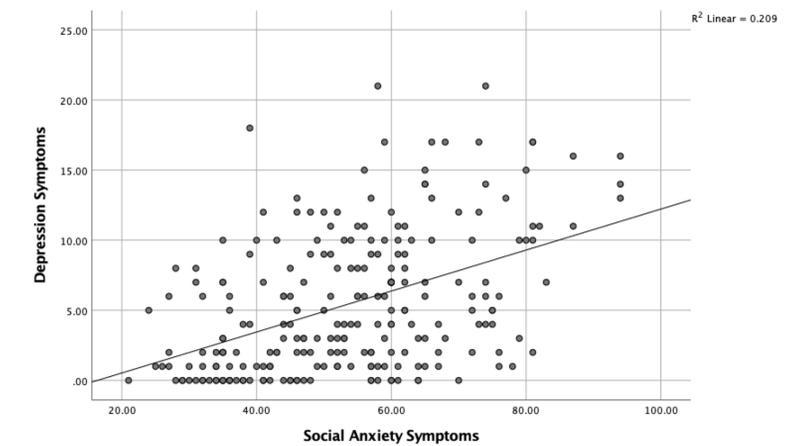


Figure 2. Bivariate Correlation Social Anxiety and Depression Symptoms

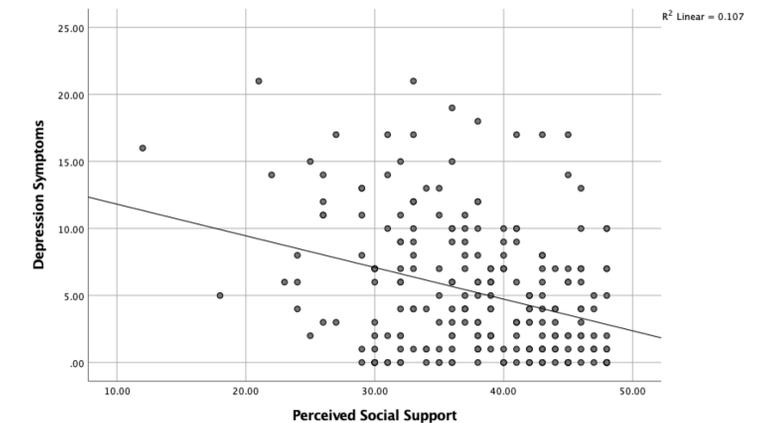
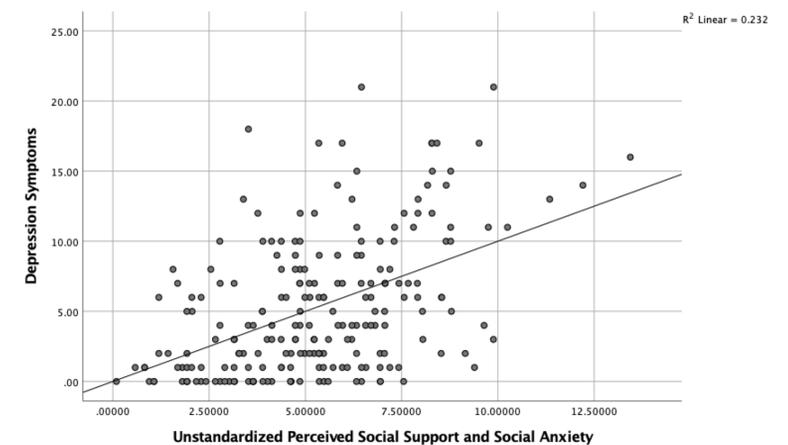


Figure 3. Multiple Regression Examining Depression, SA Symptoms, and Perceived Social Support



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