



## Relevant Scientific Studies and Opinion

May 2019

- **When do peers matter? The moderating role of peer support in the relationship between environmental adversity, complex trauma, and adolescent psychopathology in socially disadvantaged adolescents**

[Karen Yearwood](#), et al, April 2019

*“These findings highlight the importance of social relations and the quality of peer relations in particular as factors that may mitigate the risk of early exposure to trauma.”*

- **Evaluating school and peer protective factors in the effects of interparental conflict on adolescent threat appraisals and self-efficacy**

[Sally Hardy](#), et al, March 2019

*“Findings indicate that strengths in school and peer contexts have potential to compensate for, but do not appear to buffer, the negative effects of threat appraisals of interparental conflict and underscore the importance of these contexts for understanding multifinality in outcomes of adolescents exposed to interparental conflict.”*

- **The psychological health benefits of accepting negative emotions and thoughts: Laboratory, diary, and longitudinal evidence**

[Ford BQ](#), et al, December 2018

*“Overall, these results suggest that individuals who accept rather than judge their mental experiences may attain better psychological health, in part because acceptance helps them experience less negative emotion in response to stressors.”*

- **The cost of believing emotions are uncontrollable: Youths’ beliefs about emotion predict emotion regulation and depressive symptoms**

[Ford BQ](#), et al, August 2018

*“Believing emotions are uncontrollable (entity beliefs) should reduce the likelihood of trying to control emotional experiences using effective regulation strategies like reappraisal; this, in turn, could negatively affect core indices of psychological health, including depressive symptoms. This model holds particular relevance during youth, when emotion-related beliefs first develop and stabilize and when maladaptive beliefs could contribute to emerging risk for depression.”*

- **Do positive peer relations mitigate transactions between depressive symptoms and peer victimization in adolescence?**

[Karen P. Kochel](#), et al, July 2017

*“Positive peer relations are protective against peer victimization.”*

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- **Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time**

[Jean M. Twenge](#), et al, November 2017

*“Adolescents who spent more time on new media (including social media and electronic devices such as smartphones) were more likely to report mental health issues, and adolescents who spent more time on nonscreen activities (in-person social interaction, sports/exercise, homework, print media, and attending religious services) were less likely. Since 2010, iGen adolescents have spent more time on new media screen activities and less time on nonscreen activities, which may account for the increases in depression and suicide.”*

- **Beautiful Friendship: Social sharing of emotions improves subjective feelings and activates the neural reward circuitry**

[Ullrich Wagner](#), et al, October 2014

*“Socially sharing emotional experiences is in itself perceived as hedonically positive and thereby contributes to the regulation of individual emotions.”*

- [Raychelle Cassada Lohmann](#), Ph.D., LPCS, March 2012

*“There are four key connections that resilient teens have that help them deal with life events: family, school, peer, and community, it turns out that being connected really does make a difference.”*

- **Peer Functioning, Family Dysfunction, and Psychological Symptoms in a Risk Factor Model for Adolescent Inpatients’ Suicidal Ideation Severity**

[Mitchell J. Prinstein](#), et al, 2000

*“The failure to develop adequate peer relationships is associated with severe psychological distress, such as suicidal ideation.”*

- **Resilience: Relationships**

[Harry Mills, Ph.D. & Mark Dombeck, Ph.D.](#)

*“The ability to create and maintain enduring friendships and love appears to be important for maintaining physical and emotional health in addition to resiliency.”*

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