

Social Support, Depression, and Life Stress: A Meta-Analytic Path Analysis

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Social Support, Depression, and Life Stress: A Meta-Analytic Path Analysis

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Introduction

Perceived: Beliefs about the availability or quality of support

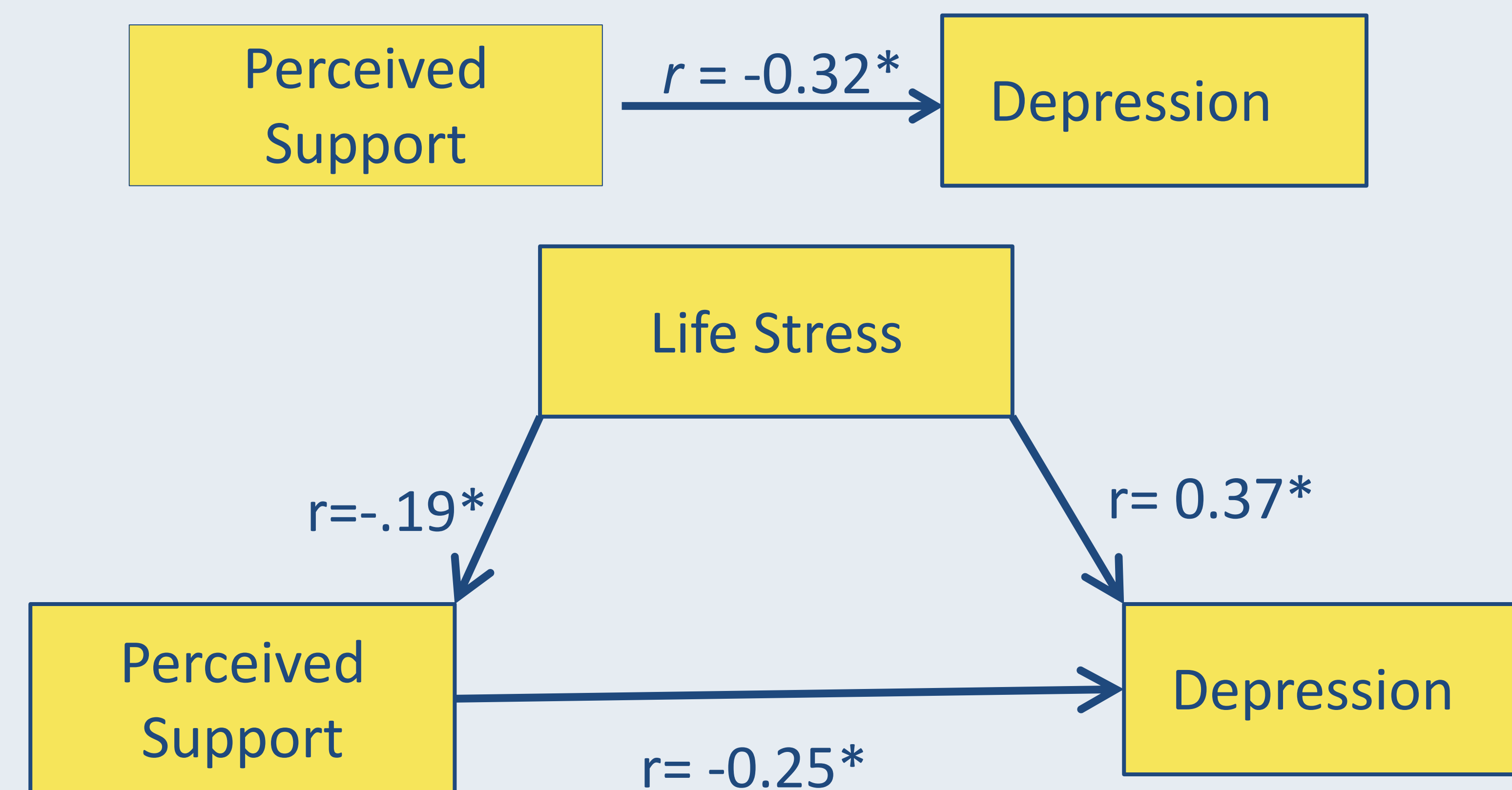
- Previous research consistently shows a negative correlation between perceived support and depression

Received: Recent experiences of supportive behaviors

- Previous research shows mixed results between received support and depression.

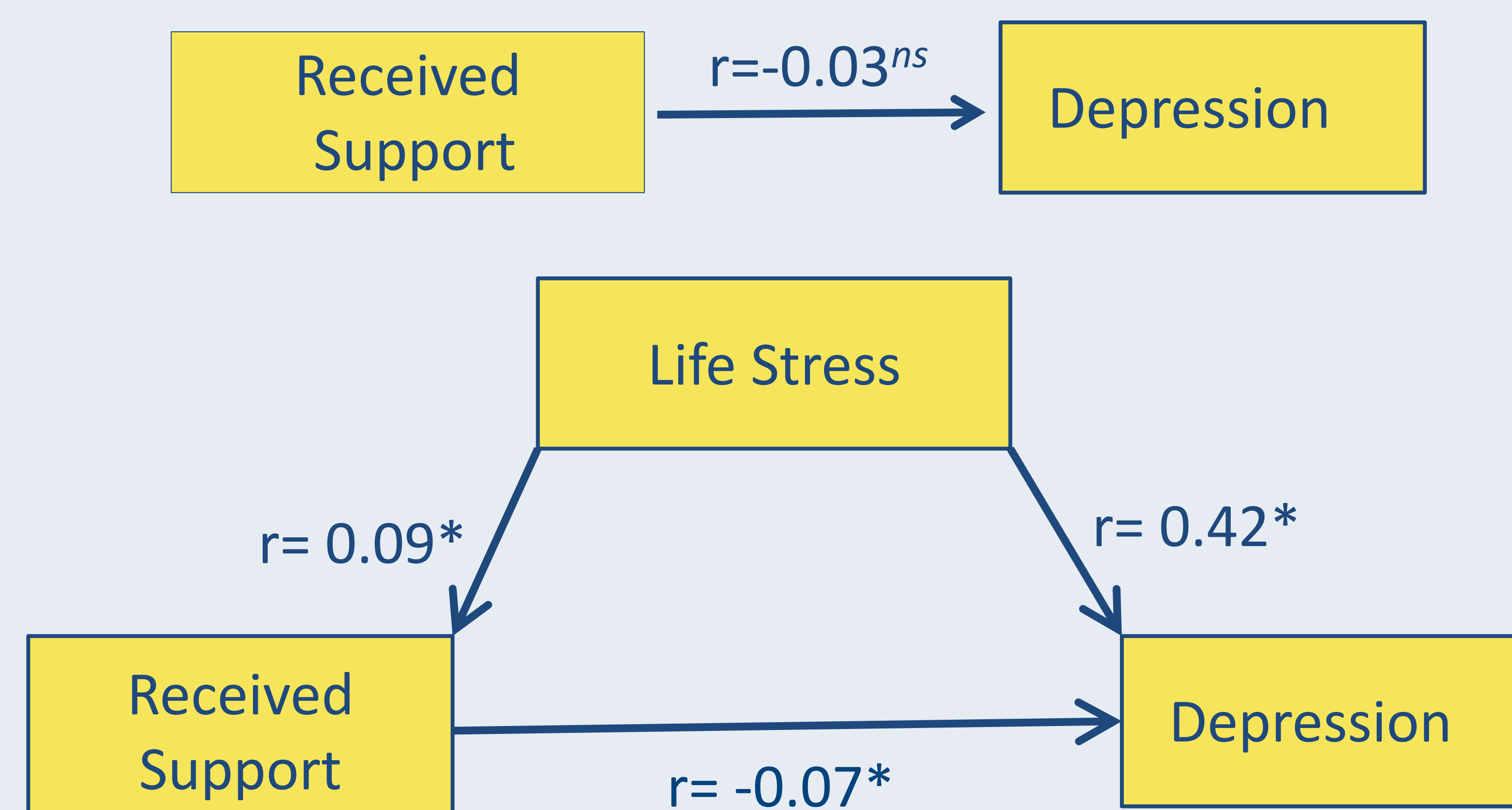
We investigated life stress as a potential confounding variable.

Results



Harmonic mean: 3701

Confounding Effect: -0.07 95% CI [-0.08, -0.06]



Harmonic mean= 2664

Confounding Effect: 0.04 95% CI [0.02, 0.06]

* $p < .05$

	K	N
Perceived	922	214,625
Received	60	11,174
Life Stress	70	16,887

Note K = number of samples

N = total number of participants

Methods

Search

- Inclusion Criteria: correlation (r), participants 18+, study in English, common and validated social support measures
- Databases: PSYC Info, PubMed, and Proquest
- Search Terms: "Depression," *social support measure name or acronym*
- Variables: social support construct, depression, life stress

Meta-analysis

- Results weighted by sample size
- Coding Program:
- R "metaphor"

Meta-analytic Path Analysis

- Life stress
- Mplus path analysis
 - Harmonic Mean

Discussion

Psychological Intervention

- Reflecting on received support.
- Coping mechanisms for stress.

Future Research

- Incorporating life stress as a search variable.
- Consider how moderator variables may affect life stress 's influence on depression and social support
 - Culture types (Hofstede Insights)
 - Gender roles
 - Reciprocity of received support