

P02-426

SELF DISCLOSURE AND SELF CRITICISM IN ADOLESCENTS

N. Horesh-Reinman

Psychology, Bar Ilan University, Givat Shmuel, Israel

Background: The purpose of the study was to examine the relationship between self-disclosure and self-criticism, positive and negative life events, social support, and a number of well-being and distress variables.

Methods: Fifty-one adolescents suffering from emotional difficulties and 47 healthy adolescents participated in the study. The following questionnaires were administered to the subjects: Major Life Events Questionnaire, Minor Life Events Questionnaire, Self-Disclosure Questionnaire, Self-Criticism Questionnaire, Social Support Questionnaire, Depressive symptoms questionnaire, Mood questionnaire and demographic questionnaire.

Results: The study group was characterized by a greater number of major negative life events, a lower level of social support, and a higher level of distress indexes. In the whole sample a positive relation was found between life events and the social network size, and also between positive life events and self-disclosure level and between it and satisfaction from social support. We also found a positive relationship between the negative life events and some of the distress indexes. In addition, there were gender differences in self-disclosure: the girls were more willing to disclose themselves to a close friend in comparison to the boys. A negative relationship was found between self-criticism and social network size. Moreover, self-criticism was related positively to suicidal tendency indexes and was negatively related to positive mood. Finally, a negative relationship was found between social support and some of the distress indexes.

Conclusions: The results of the study confirmed most of the research hypotheses. The theoretical and clinical implications of the study are discussed, as well its strengths and limitations.