

Sample Abstract –*Social & Behavioral Sciences and Public Health*

Abstract Title: Unmet Social Support Needs among College Students: Relations between Social Support Discrepancy and Depressive and Anxiety Symptoms

Social support is a widely studied construct due to its associations with physical and emotional well-being outcomes. However, little research examines the context within which receiving support may be helpful. Whereas examinations of support adequacy are present in the literature, limited research considers the difference between support needs and support received when the 2 are separated as distinct constructs. The current study consisted of 428 undergraduate college students and examined how the relation between social support needs and received social support relates to depressive and anxiety symptoms via a statistical approach suggested for need-actual discrepancy analysis (polynomial multiple regression, PMR, with response surface analysis). Results indicated that greater discrepancy between needed support and received support was related to greater depressive, but not anxiety, symptoms. Specifically, when emotional support needs exceeded emotional support received, depressive symptoms tended to be highest. Moreover, perceptions of needed support were significantly greater than perceptions of received support, suggesting that college students in general perceive receiving less support than they need, and this discrepancy is related to greater depressive symptoms.

KEY

Abstract contains sufficient background to understand the problem under investigation

Abstract must contain a hypothesis, objective or statement about the problem under investigation

Abstract must contain a brief statement of the experimental methods/methodology used

Essential results must be present in summary form (even if preliminary)

Abstract must contain a conclusion that explains how the work contributes to the hypothesis, objective or statement of problem

Abstract Source: Rankin J.A. et. al. (2018). *J. Counseling Psych.* 65(4):474-489. DOI: <http://dx.doi.org/10.1037/cou0000269>.

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