This essay named *Caught in a Bad Romance: Adolescent Romantic Relationships and Mental Health* written by Brian Soller represents the result of a research conducted by author about the correlation between romantic relationship inauthenticity and markers of poor mental health condition and the different effects it caused on people of different gender.

According to the statistic data derived from the research that was mentioned in the article, the author supports the conclusion that relationship inauthenticity is proved to be positively associated with the risk of trapping into poor mental health. After that, the author also implies that this conclusion only works for female in adolescence.

The target audience of this article is typically the academic colleague of the author since it’s a pure academic essay. However, I reckon it also can be people that have suffered of are suffering from such problem or even people who are currently enjoying their relationship but also want to avoid been hurt by the potential risk of breaking up or other remantic relationship inauthenicity, for which I think this essay could be valuable to large amont of people.

I, as an unprofessional reader of this article, think the whole article is pretty convincing because of the strict statistical appeals, massive data the author collected and references of previous work other researcher has done with analysis, deduction and reasoning. But, in addition, I’m a little confused about the conclusion that the correlation only applies to girls, since I personally experienced terrible mention health condition for a very long time, whose reason is not showed in this research. I doubt if the data source of that part of this reseach is truly that valid as the researcher claims.

As the convention, the author gives an introduction of this topic on romantic relaitonship and mental health. At first, the author directly brought up the argument that romatic involvement is a feature of adolescence (Germanotta and Khayat 2009; Giordano, Manning, and Longmore 2006), which underlines the generality of the problem among young teenagers and the necessity of conducting this research to complement the flaws of previous ones which were also pointed out afterwards in the following sentences and claimed that “few studies examine the health and developmental consequences of early romances” (Sollers, 2014), which was also indicated by other articles(Collins, Welsh, and Furman 2009; Giordano et al. 2006).

Then, by siting another work, the author directly gave the definition of the subject this rearch is about -- Relationship inauthenticity—that is, incongru- ence between thoughts/feelings and actions within relational contexts – and the mechanism how it influences adolescent well-being (Impett et al. 2008). Later on, the author furtherly concluded the work of other researchers, and by comparison addressed again about the topic that has not been done, which is exactly what this article planned to focus on.

**Reference**:

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