



Number of Close Friends Moderates the Relationship Between Friend Conflict and Next Day Negative Affect in the Daily Lives of Adolescents

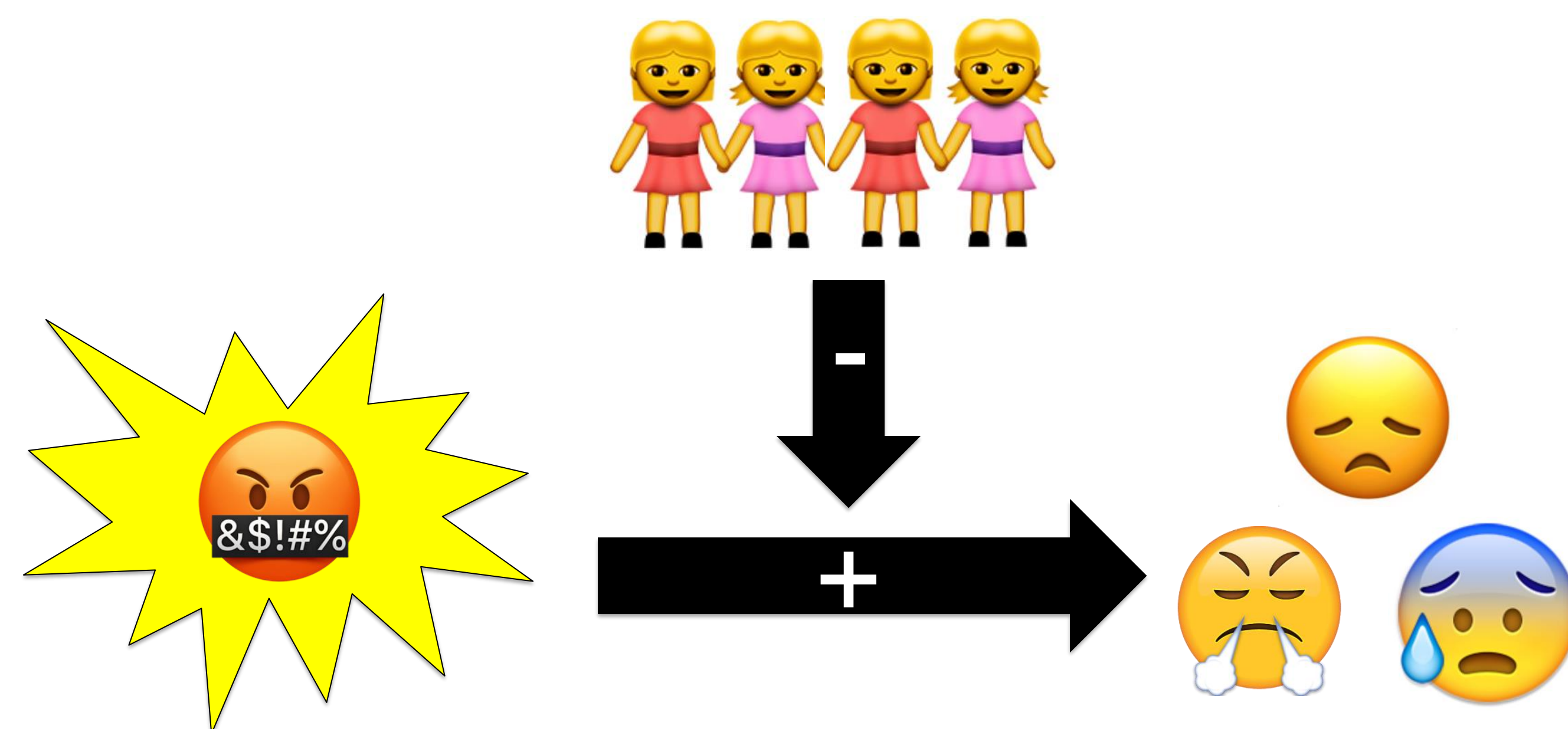
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Introduction and Methods

Background:

- ❖ Little is known about the proximal relationships between friend conflict and negative affect among adolescents.
- ❖ Social support is hypothesized to exert a stress buffering effect, reducing the impact of interpersonal stress on negative affect.



Objective: To examine whether the number of close friends moderates the relationship between daily friend conflict and next day negative affective states in adolescents

Participants:

- ❖ 100 U.S. youth (13-17 years; 40% girls)
- ❖ 79% non-Hispanic White, 6% Black or African American, 8% Hispanic, 7% Asian

Recruitment:



Methods and Results

Online Baseline Survey

- ❖ Demographics
- ❖ Youth Self-Report
 - How many close friends do you have?



Online Daily Diary Entries

- ❖ Adolescents completed survey on 14 consecutive evenings within a 21 day period
- ❖ Daily email reminder
- ❖ Assessments
 - Friend and parent conflict
 - Profile of Mood States (POMS), 2nd Edition, Youth Version

Day 0

Day 1-21

Figure 1. Within-Person Main Effects of Daily Friend Conflict Predicting Next Day Negative Affect

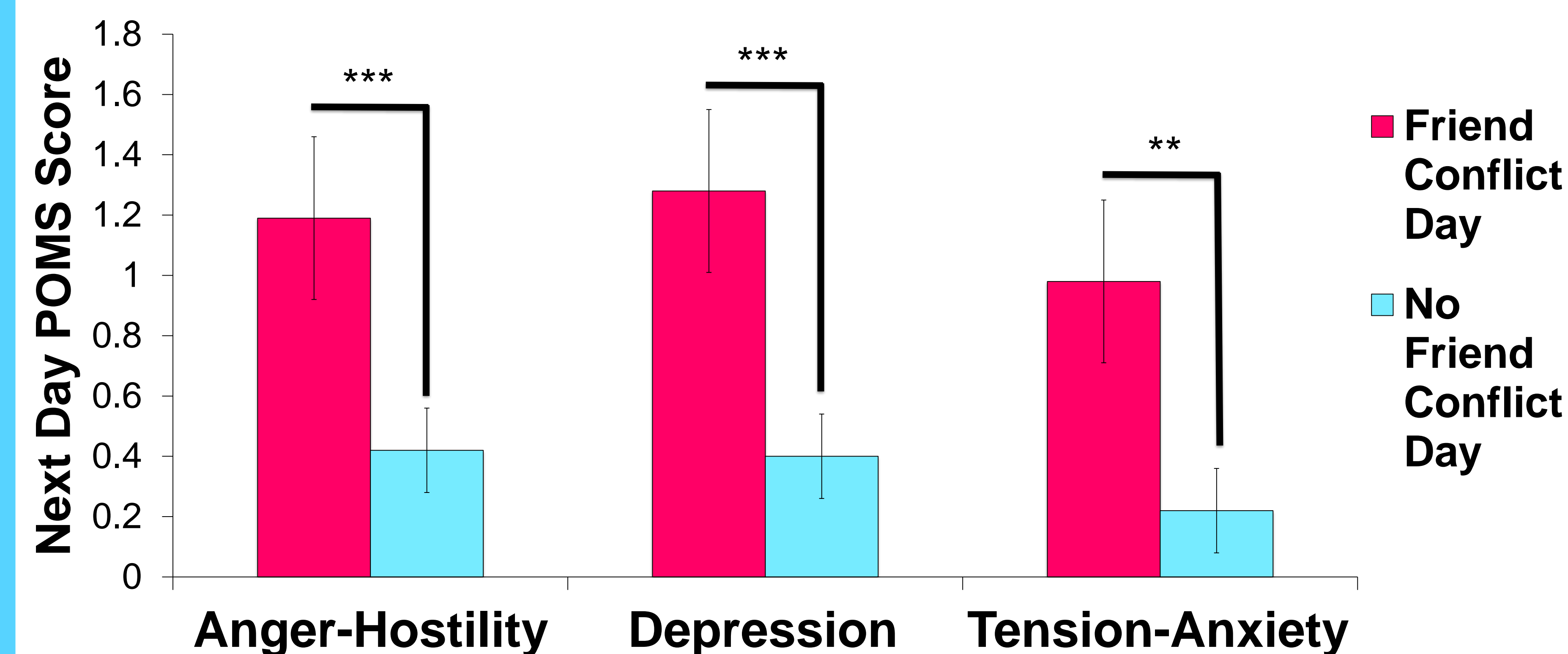
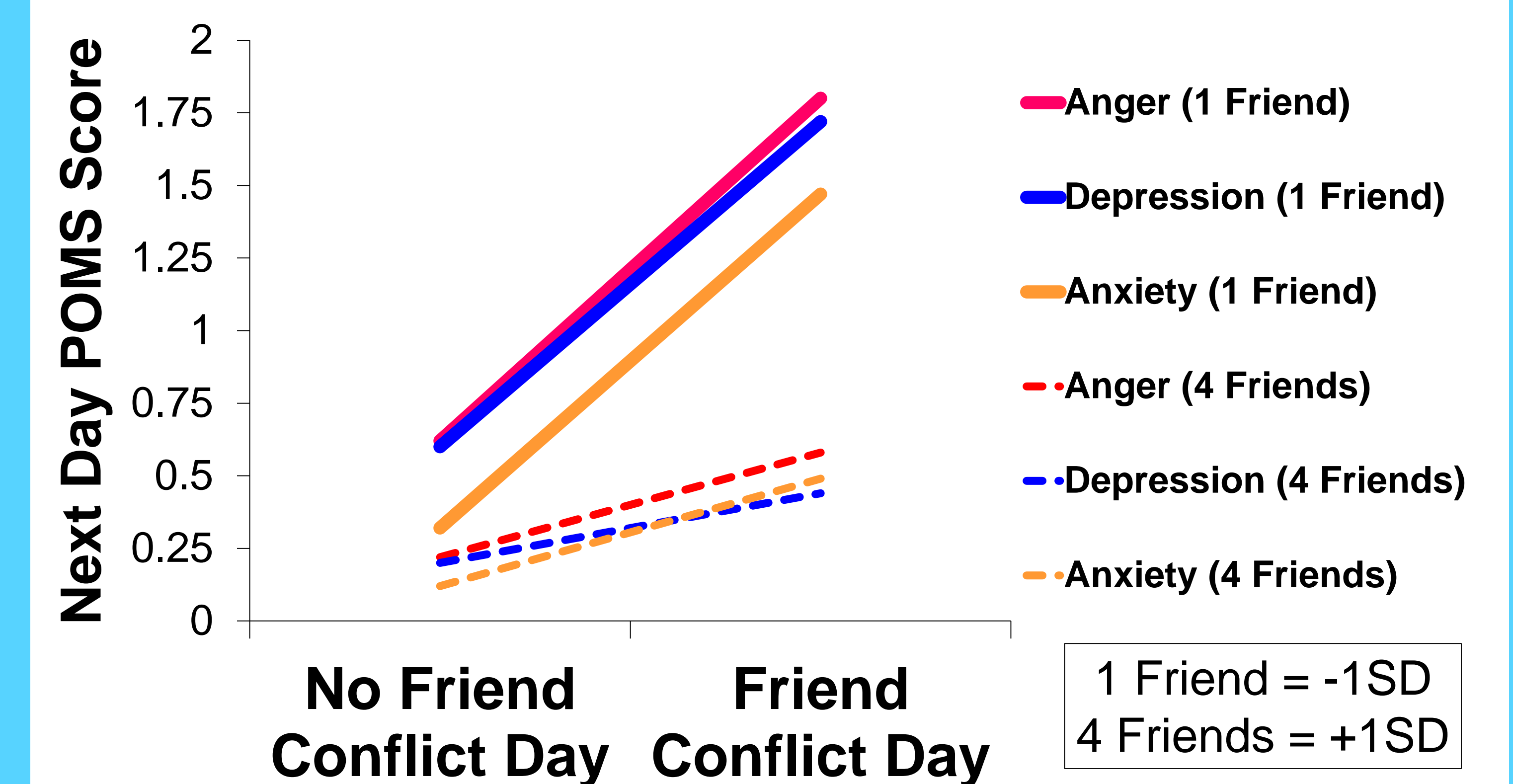


Figure 1 and 2 Notes: All analyses adjusted for prior day affective state (level-1 and level-2), gender (level-2), number of close friends (level-2), parent conflict frequency (level-2), and friend conflict frequency (level-2).
* $p < .05$; ** $p < .01$; *** $p < .001$

Results and Discussion

Figure 2. Within-Person Close Friend x Friend Conflict Interaction Effects



Conclusions:

- ❖ Having a larger network of close friends may serve as a proximal protective factor, as the stress exposure effect of friend conflict predicting elevated next day negative affect was attenuated among such youth.
- ❖ Teaching adolescents social skills for fostering intimacy and connectedness, as well as negotiating conflicts, may ameliorate negative effects of friend conflict.

Acknowledgements

Funding: NSF-SES-1461394

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