

COMPARISON OF PERCEIVED SOCIAL SUPPORT ON PERCEIVED STRESS OF ADOLESCENTS

SEEN AT THE UP-PHILIPPINE GENERAL HOSPITAL OUT-PATIENT CLINIC (MAY 2023-SEPT 2024):
A CROSS-SECTIONAL, NON-INTERVENTIONAL, HOSPITAL-BASED STUDY

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INTRODUCTION

Adolescence is a critical period of neurodevelopment that makes the brain uniquely vulnerable. Globally, 10% of youth experience a mental disorder , and in the Philippines, up to 15% are affected by mental health challenges.

The isolation during the recent pandemic pushed towards a digital existence, where nearly 60% of children saw an increase in gadget use since the pandemic began. As clinicians, we must ask: does this digital shift provide the same psychiatric 'safety net' as traditional face-to-face support?

Our research aims to see if online presence provide the same physiological and psychological buffer as the physical presence of a friend or family member.

OBJECTIVES

To describe the impact of online and offline perceived social support on the perceived stress among Adolescents (12-18 years old) seen at the Adolescent Medicine and Child and Adolescent Psychiatry OPD of UP-Philippine General Hospital.

- To determine the proportion of adolescents classified as stressed and non-stressed using the Perceived Stress scale
- To determine the perceived social support from offline and online sources among adolescents using the Multidimensional Scale of Perceived Social Support and Online Social Support Scale, respectively
- To compare the perceived social support impact on stress of adolescents
- To identify the association between sociodemographic and patient-related factors, perceived social support and perceived stress scale scores

METHODOLOGY

DESIGN & SETTING

Design: Cross-sectional, descriptive, quantitative, non-interventional, and hospital-based

Setting: OPD clinics of UP-PGH

Duration: May 2023 to Sept 2024

PARTICIPANTS & SAMPLING

Target Population: Adolescents (12-18 y/o)

Sample Size: 423 participants

Sampling: Purposive sampling method

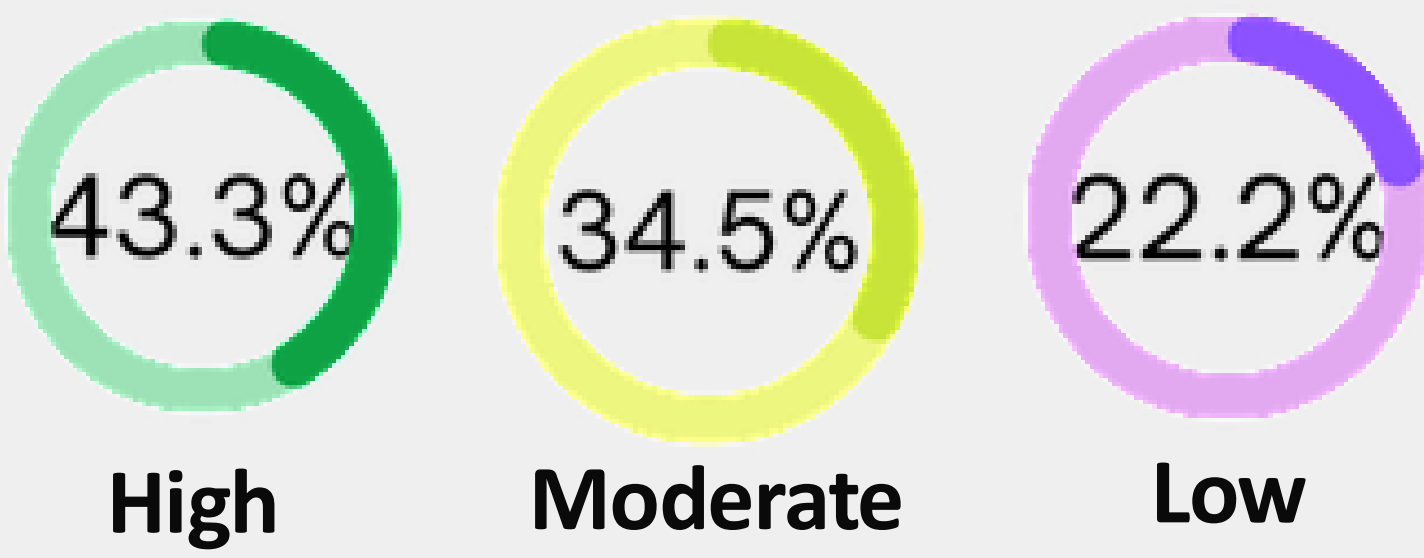
TOOLS & ANALYSIS

Tools: Online Social Support Scale, Multidimensional Scale of Perceived Social Support, Perceived Stress Scale & Sociodemographic Questionnaire

Analysis: Chi-square Test, Regression Analysis

RESULTS & CONCLUSION

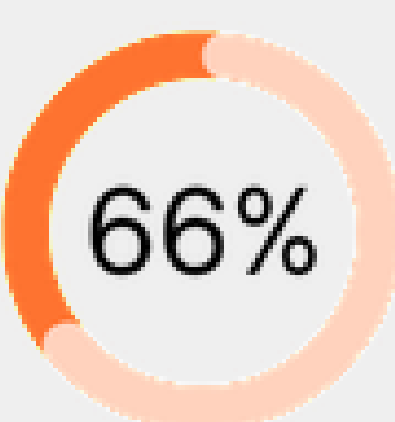
Perceived Online Social Support



High usage of social media platforms

P > .001 = Online engagement did not buffer stress

Perceived Offline Social Support



Moderately supported by family, friends and significant others

Significant Sociodemographic Factors

In relationship
Living with family
One working parent
=
High perceived support (p < .001)

Perceived Stress

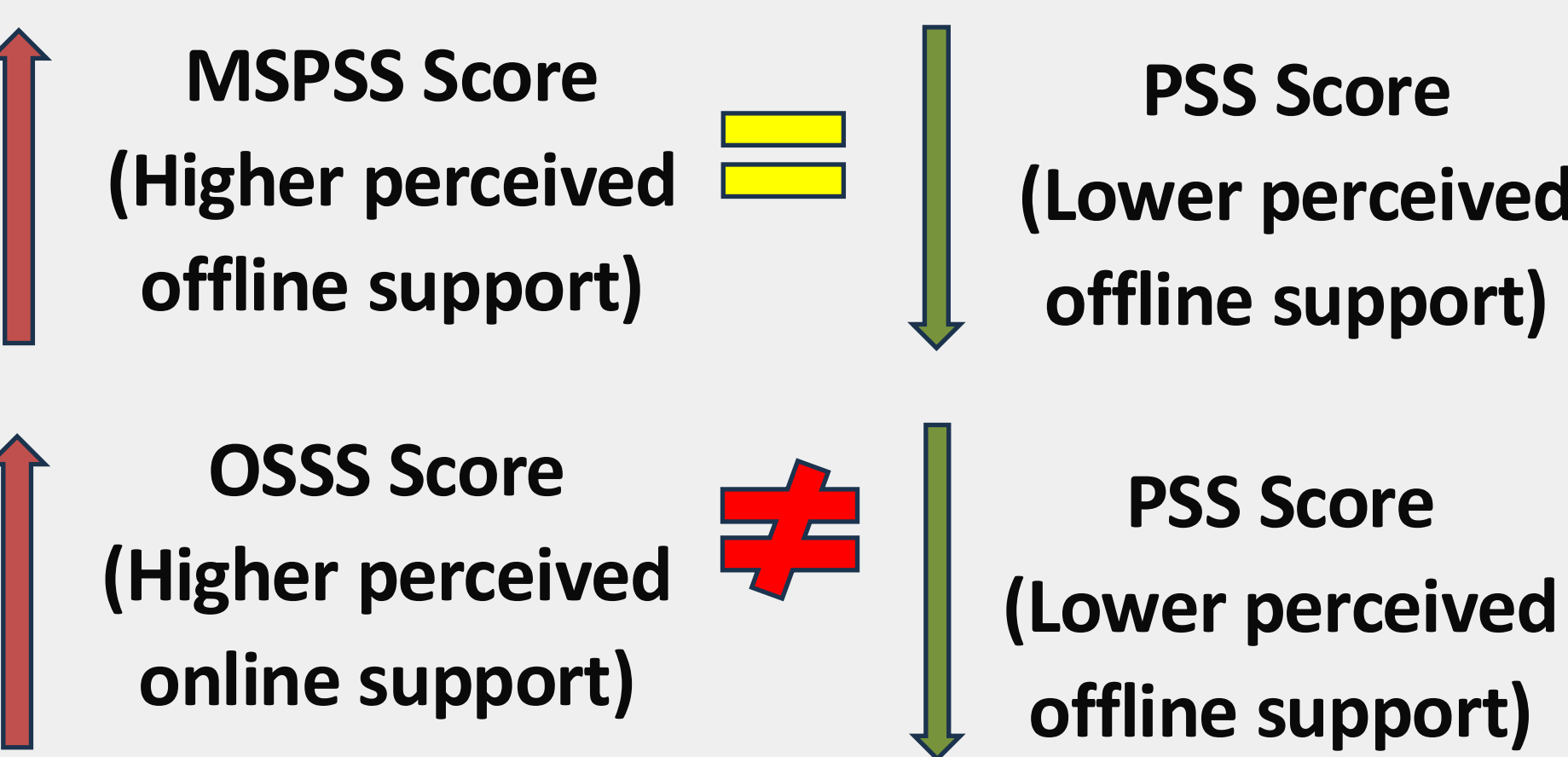


Moderate to High Levels of Perceived Stress

Significant Sociodemographic Factors

Sex: Female
Age: 15-17 y/o
FMHx of Psychiatric Disorders
Unstable family support
=
High perceived stress (p < .001)

Factors Associated with Perceived Stress



Predictors of High Perceived Stress

Sex: Female
Age: 15-17 y/o
FMHx of Psychiatric Disorders

CONCLUSION: While the digital world is where our patients spend most their time, the 'offline' world – family, friends & mentors – is where they find protection.

RECOMMENDATIONS: Routine Screening, Prioritize Offline Systems, Digital Wellness and Future Research

LIMITATIONS: Cross-sectional design, Sampling Bias, Self-report measures, Language barrier

References:

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