Analyzing the Quality of Virtual Peer Interactions in Response to Acute Stressors
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Introduction
• Social interactions may provide stress-buffering effects following stressors.¹
• Covid-19 pandemic has increased delivery of remote-delivered acute stressors.²
• The current research analyzed quality of virtual social interactions to further understand impact on buffering effects.

Method
• Measured acute stress via zoom-based interactions.³
• Undergraduate students performed stressful tasks and then talked with an acquaintance.
• Behavioural video coding was used to analyze quality of interaction and potential stress-buffering effects.

Measures
• Peer Dyadic Mutuality Rating System measures behaviours that can determine quality of social interactions.⁴
• High quality interactions best measured as interpersonal and transactional.⁵
• Rates participants, peers, and dyadic relationship using 7-point Likert scale.

Peer Dyadic Mutuality Rating System⁴

Individual Level
1. Responsiveness
2. Self-centeredness
3. Other-mindedness

Dyadic Level
1. Behavioral reciprocity
2. Verbal reciprocity
3. Affective reciprocity
4. Cooperation
5. Shared understanding
6. Shared attitudes and values
7. Conflict

Data Analysis
• A total of 85 videos were coded.
• Data will be entered into SPSS and analyzed using correlation and regression analyses.
• Behavioural correlates of perceived & physiological stress reactivity will be examined.

Conclusion
• The current research may reveal potential differences between “high” and “low” quality social interactions and their effects on social buffering.
• High relevance during a global pandemic.

References

Note. A mock peer interaction during a remote-delivered zoom assessment is shown.

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