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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

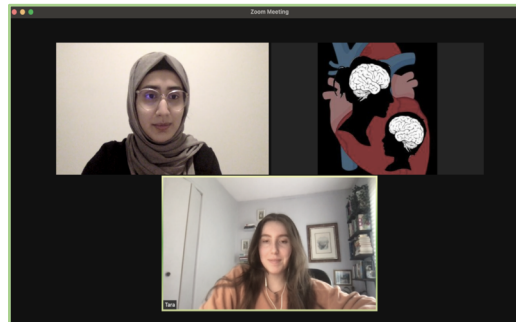
- A total of **85 videos** were coded.
- Data will be entered into SPSS and analyzed using correlation and regression analyses.
- Behavioural correlates of perceived & physiological stress reactivity will be examined.

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

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

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