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E.L. (Lisanne) de Moor, Johan Denollet, Odilia M.
Laceulle



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Social Inhibition, Sense of Belonging and Vulnerability to Internalizing Problems

E. L. (Lisanne) de Moor^{*}, BSc., Johan Denollet, PhD, and Odilia M. Laceulle, PhD

^aDepartment of Medical & Clinical Psychology, Tilburg University

^{*}Corresponding author: Lisanne de Moor, Department of Medical and Clinical Psychology, Tilburg University, PO Box 90153 5000 LE Tilburg, The Netherlands. e.l.demoor@uvt.nl

Abstract

Background

The aim of this study was to provide a conceptual test of how social inhibition, sense of belonging and internalizing problems are related, and whether sense of belonging moderates or mediates the relation between social inhibition and internalizing problems.

Methods

Data were used from two waves of the Dutch internet cohort LISS (Longitudinal Internet Studies of the Social Sciences; N = 511, Mage = 52.09 years). Social inhibition was measured using the DS14 in 2012, sense of belonging (i.e., feeling cut off and having people to really talk to) was measured with the General Social Exclusion Index in 2012 and internalizing problems with the MHI-5 in 2015.

Results

Social inhibition was related to a lower sense of belonging and more internalizing problems. A low sense of belonging was related to more internalizing problems. Results indicated no moderation. However, evidence was found for partial mediation. That is, feeling cut off and having people to really talk to explained part of the link between social inhibition and internalizing problems. All analyses were controlled for sex, age and income.

Limitations

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