

## INTERVENTION

### **Prosocial Online Support Group**

Increases group members' helping behaviors through blogging, outreach, homework, and by facilitator coaching, modeling, and reinforcing helping behaviors.

## MEDIATORS

**Self-Esteem**

**Positive Affect**

**Belonging/Mattering**

## OUTCOMES

**Psychological Symptomatology**

Depression/Anxiety

**Purpose/Meaning**

