We have recently been discussing results from a recent science report titled ‘What science has shown can help young people with anxiety and depression: identifying and reviewing the 'active ingredients' of effective interventions’ [1]. The next part of this series that we will discuss is ‘self-disclosure’.

What is self-disclosure?

Self-disclosure refers to when young people tell other people about aspects of their personal experience, such as how they are feeling or what they are thinking. [2]

Why is self-disclosure important?

Self-disclosure could have some positive impacts, such as helping young people to experience emotional expression. However, it could also have some down sides, such as bullying.

What did the research show?

The researchers looked at all of the evidence available addressing whether self-disclosure helps young people who may have anxiety or depression. They didn’t find many studies that had researched this, but they concluded from the evidence that it might help with young people who had depression.

What did young people think about self-disclosure?

Young people thought that sharing details about their self-experience helped with releasing difficult emotions and fostering a sense of togetherness.

How could a young person could try self-disclosure?

If you are worrying about something, you could try talking about it with someone who you trust, in a private setting.

Are there any other resources to help with self-disclosure?

The following website has some suggestions for how to go about self-disclosure:

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/for-self-care/online-chat-or-peer-group-support/>

**References**

1. Wellcome. *Report summary: What science has shown can help young people with anxiety and depression*. 2022; Available from: <https://wellcome.org/reports/what-science-has-shown-can-help-young-people-anxiety-and-depression>.

2. Gonsalves, P.P., et al., *A Systematic Review and Lived Experience Synthesis of Self-disclosure as an Active Ingredient in Interventions for Adolescents and Young Adults with Anxiety and Depression.* Adm Policy Ment Health, 2023. **50**(3): p. 488-505.