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### Bits of emotion

*The process and outcomes of sharing emotions online*

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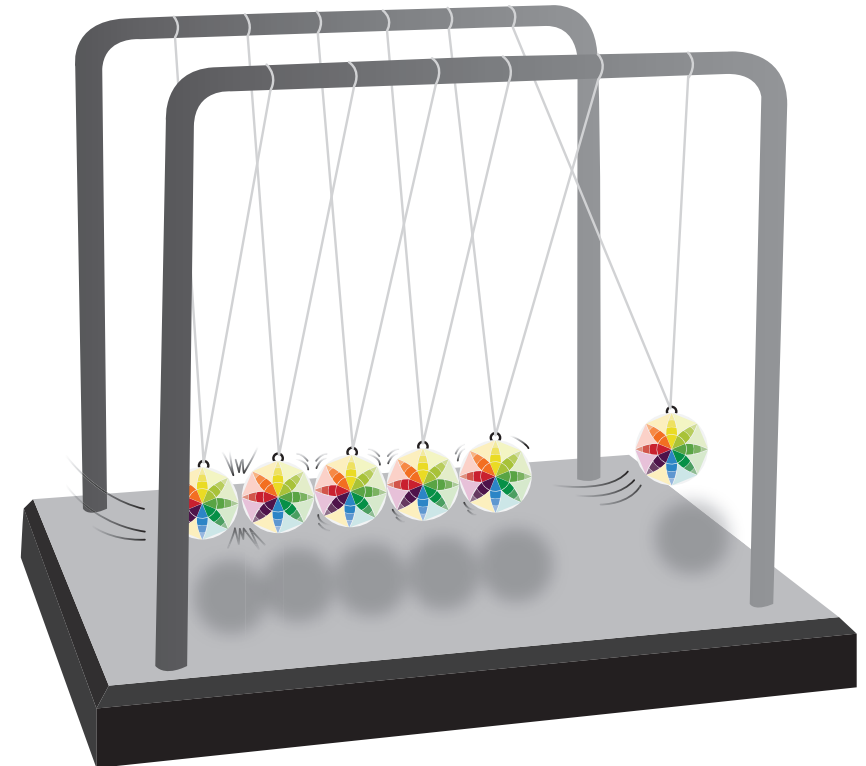
Is sharing emotions on social media bad for you? This question has raised concern in parents, educators, the media, and the general public. This dissertation proposes that the academic field and the current societal debate may benefit from asking a more specific question: What constitutes online emotion sharing, and which underlying mechanisms may explain the emotional outcomes of both online sharing and receiving feedback online? With this question in mind, this dissertation takes a deeper look into the process of online sharing of emotion (SSE) providing a conceptualization of online SSE, and empirically examining outcomes of online SSE with a focus on the individual sharer. A key finding is that online SSE may lead to beneficial outcomes, such as emotion regulation of negative emotions. The findings of this dissertation bring nuance to initial critiques, posing that instead of a superficial 'band-aid' for our negative feelings, online supportive messages have the potential of making users feel better bit by bit.

BITS OF EMOTION THE PROCESS AND OUTCOMES OF SHARING EMOTIONS ONLINE

Carmina Rodríguez Hidalgo

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Bits of emotion:  
The process and outcomes of sharing  
emotions online

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*To my daughters*

*Para mis hijas*

*Voor mijn dochters*



# Table of contents

<b>Chapter 1</b>	Introduction and dissertation outline	14
<b>Chapter 2</b>	The social sharing of emotion (SSE) in online social networks: A case study in Live Journal	28
<b>Chapter 3</b>	Expressing emotions in blogs: The role of textual paralinguistic cues in online venting and social sharing posts	52
<b>Chapter 4</b>	Do I feel better now? Investigating the intra and interpersonal regulation of sadness through Facebook	94
<b>Chapter 5</b>	Don't stress me now: The impact of face-to-face and online feedback prosociality on stress during an important life event	118
<b>Chapter 6</b>	General discussion and conclusion	140
	English summary	152
	Nederlandse samenvatting	160
	Resumen en Español	168
	References	175
	Authorship contributions	200
	Acknowledgements	206
	About the author	217



*Hello... is there anybody in there?*

*Just nod if you can hear me*

*Is there anyone home?*

*C'mon, now*

*I hear you're feeling down*

*Well I can ease your pain*

*Get you on your feet again*

*Relax... I need some information first*

*Just the basic facts*

*Can you show me where it hurts?*

David Gilmour & Roger Waters (1979)

Comfortably numb, in *The Wall* [CD]