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 T. Rodríguez Hidalgo
Bits of emotion: The process and outcomes of sharing emotions online


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

ACADEMISCH PROEFSCHRIFT

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Faculteit der Maatschappij en Gedragswetenschappen
To my daughters

Para mis hijas

Voor mijn dochters
# Table of contents

<table>
<thead>
<tr>
<th>Chapter 1</th>
<th>Introduction and dissertation outline</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter 2</td>
<td>The social sharing of emotion (SSE) in online social networks: A case study in Live Journal</td>
<td>28</td>
</tr>
<tr>
<td>Chapter 3</td>
<td>Expressing emotions in blogs: The role of textual paralinguistic cues in online venting and social sharing posts</td>
<td>52</td>
</tr>
<tr>
<td>Chapter 4</td>
<td>Do I feel better now? Investigating the intra and interpersonal regulation of sadness through Facebook</td>
<td>94</td>
</tr>
<tr>
<td>Chapter 5</td>
<td>Don’t stress me now: The impact of face-to-face and online feedback prosociality on stress during an important life event</td>
<td>118</td>
</tr>
<tr>
<td>Chapter 6</td>
<td>General discussion and conclusion</td>
<td>140</td>
</tr>
</tbody>
</table>

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]