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Comparison of Perceived Social Support from Online and Offline Sources on the Perceived Stress of Adolescents: A Cross-Sectional Hospital-Based Study**Regine Anne L.Oscuro-Perez**

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Introduction: Adolescence is a critical developmental stage characterized by rapid growth and the acquisition of social-emotional skills essential for adult life. However, this period is also marked by vulnerability to stressors such as academic pressure and the lingering psychological impacts of the COVID-19 pandemic. Social support serves as a vital buffer, potentially redefining harm and bolstering an individual's perceived ability to cope.

Objectives: This study sought to assess the impact of perceived social support from online and offline sources on the stress levels of adolescents aged 12–18. It aimed to determine the proportion of stressed individuals and compare how virtual versus physical support networks influence psychological well-being.

Method: A cross-sectional quantitative study was conducted among 423 adolescents at the UP-Philippine General Hospital. Participants were evaluated using the Online Social Support Scale (OSSS), the Multidimensional Scale of Perceived Social Support (MSPSS), and the Perceived Stress Scale (PSS).

Results: High levels of stress were prevalent; 46.8% of

respondents reported moderate stress, while 44.7% reported high stress. Despite 64% of participants reporting frequent engagement with online platforms, online social support was not a significant predictor of lower stress levels. In contrast, strong offline support from family, friends, and teachers was correlated with lower perceived stress.

Conclusions: Offline social support remains an indispensable element for adolescent mental health. These findings highlight the necessity of prioritizing physical social networks and individualized interventions over virtual support systems to effectively manage adolescent stress.

Biography

Regine Anne L. Oscuro-Perez received her degree in Medicine and Masters in Business Administration from Ateneo School of Medicine and Public Health and passed the Physician's Licensure Exam in 2017. In 2018, she entered UP-Philippine General Hospital - Department of Psychiatry and Behavioral Medicine where she completed her residency training on General & Adult Psychiatry in 2021. In 2023, she finished her subspecialty training in Child and Adolescent Psychiatry at the same institution. She is currently doing private practice and very passionate in helping both adult and pediatric mental health patients.