

Pair-aidance numérique et forums en ligne comme dispositifs de soutien pour les adolescents en sortie d'emprises religieuses

Cette recherche explore le rôle de la pair-aidance numérique — notamment via les forums, communautés en ligne et espaces d'entraide entre pairs — dans l'accompagnement des adolescents confrontés à des expériences d'emprise religieuse, de groupes à forte contrainte ou de désaffiliation religieuse. Elle s'intéresse à la manière dont ces dispositifs en ligne peuvent soutenir les processus de sortie, de reconstruction identitaire et de gestion des traumatismes associés, en mobilisant l'expérience vécue et le soutien entre pairs dans des espaces numériques.

Recherche en cours : Langage, émotions et sortie de religion : une analyse psycholinguistique de communautés ex-religieuses sur Reddit

Première piste d'une étude computationnelle: dynamique des sentiments, des messages de détresse aux réponses de soutien dans les communautés en ligne de personnes ayant quitté une religion.

Corpus : totalité des posts et des commentaires en anglais des subreddit suivant, récupérés via Arctic Shift Download Tool pour l'année 2025 :

- **r/exjw :** 29 270 posts, 670 267 commentaires
- **r/exmormon:** 33 380 posts, 907 705 commentaires
- **r/depression:** 137 120 posts, 373 284 commentaires

Hypothèses :

- H1: Les posts à valence négative (VADER compound ≤ -0.05) reçoivent des commentaires dont la valence moyenne est significativement plus élevée que les posts neutres ou positifs.
- H2: Le renversement de valence est plus marqué dans r/exjw et r/exmormon que dans r/depression

- H3: Les posts flairisés "Venting" et "HELP" reçoivent une valence communautaire plus positive que les posts "Ask ExJW" ou "News" (réponse empathique vs informationnelle)
- H4: Dans les fils de ≥ 5 commentaires, la valence moyenne des derniers commentaires (rang $> 75^{\text{e}}$ percentile) est significativement plus élevée que celle des premiers commentaires (rang $< 25^{\text{e}}$ percentile)

Outils:

- **VADER** : algorithme d'analyse de sentiment conçu pour les réseaux sociaux. Il lit chaque message et lui donne une note entre -1 (extrêmement négatif) et +1 (extrêmement positif).
- **La pondération par les votes (Upvotes)**: Attribution d'un poids supérieur aux commentaires qui ont reçu le plus de likes de la part de la communauté, car ce sont eux qui représentent le mieux la "voix" du groupe.

Limites :

La valence positive des commentaires n'implique pas que le soutien communautaire cause une amélioration chez l'auteur = corrélation observationnelle uniquement

Biais de sélection des fils : les fils avec beaucoup de commentaires correspondent à des posts qui ont mobilisé la communauté, les posts ignorés (0 commentaire) sont exclus de l'analyse des fils.

VADER peut mal classer les réponses humoristiques ou sarcastiques, fréquentes dans r/exjw (flair Humor représente 3.7% des posts)

Définition du soutien: la valence positive d'un commentaire n'est pas synonyme de soutien émotionnel; un commentaire peut être positif et hors-sujet.

Ouverture: Une validation qualitative sur un sous-échantillon est recommandée.

Sommaire

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Youth supporting youth online: A content analysis of peer counselling at the online chat of @ease.

Boonstra A, Simons E, Klaassen RMC, Grootendorst-van Mil NH, Boonstra N, de Winter RFP, van Amelsvoort TAMJ, Leijdesdorff SMJ

Boonstra A, Simons E, Klaassen RMC, Grootendorst-van Mil NH, Boonstra N, de Winter RFP, van Amelsvoort TAMJ, Leijdesdorff SMJ (2026). Youth supporting youth online: A content analysis of peer counselling at the online chat of @ease.. *Internet Interv*, 44, 100940.
<https://doi.org/10.1016/j.invent.2026.100940>

RÉSUMÉ

BACKGROUND: Accessible early intervention is crucial given the high prevalence of youth mental health problems. In addition to walk-in peer counselling for 12-25-year-olds, the @ease centres in the Netherlands offer an online chat service. This study aimed to contribute to the limited literature on online peer support by analysing links between topics, counselling techniques, and young people's responses, informing larger future analyses and practice.**METHODS:** In 2023, a total of 2145 online chat sessions were held with 1160 individuals. A randomized subset was drawn for feasibility of this exploratory retrospective mixed methods study ($n = 26$). For the qualitative part, hybrid latent content analysis was performed using Atlas.ti 24 to infer topics, techniques, and response types. User responses were categorized as indicators of either good e.g. or poor client collaboration e.g. . A logistic regression analysis in SPSS 27 was conducted to explore associations between counselling techniques and response types.**RESULTS:** Most-discussed topics were social and occupational problems, problems related to parents, professional help and diagnoses, intimacy and sexuality, and suicidality. Of the 623 user responses within the 26 online chats, 423 (67.9%) reflected good client collaboration. Collaborative responses were positively associated with peer counsellors' empathising/affirming ($\beta = 4.13$, 95%CI 1.53-11.16, $p = 0.005$) and negatively linked with their asking closed-ended questions ($\beta = 0.23$, 95%CI 0.11-0.47,

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Recapturing Life: Virtual Peer-Based Psychological Support for Adolescent and Young Adult Cancer Survivors Delivered in the Community.

Irestorm E, Wakefield CE, Hetherington K, McGill BC, Evans HE, McDonald F, Patterson P, Beattie A, Cohn RJ, Sansom-Daly UM

Irestorm E, Wakefield CE, Hetherington K, McGill BC, Evans HE, McDonald F, Patterson P, Beattie A, Cohn RJ, Sansom-Daly UM (2026). Recapturing Life: Virtual Peer-Based Psychological Support for Adolescent and Young Adult Cancer Survivors Delivered in the Community.. J Adolesc Young Adult Oncol, 15(3), 187-195. <https://doi.org/10.1177/21565333251369689>

RÉSUMÉ

PURPOSE: Adolescent and young adult (AYA) cancer survivors have unique psychological needs and require tailored support, as they transition from hospital settings following cancer treatment. This study aimed to evaluate the safety and clinical effectiveness of the online "Recapture Life" program to improve AYA aged survivors' psychological adjustment in early cancer survivorship. **METHODS:** The intervention was delivered in community settings, by trained psychosocial staff at partnering cancer-support organizations. The participants received seven cognitive behavioral therapy-based online sessions six weekly 90-minute group sessions and a booster session. A pre-post design was used, where participants completed patient-reported outcome measures at intake, and 6 months after intervention completion. Measures assessed psychological distress, cancer-related problems, peer support, and program benefit/burden. **RESULTS:** Thirty 13-39-year-olds with mixed cancer diagnoses (mean time since diagnosis 2.9 years) completed both assessments. We did not find evidence that the intervention reduced psychological distress. However, 6 months after completing Recapture Life, AYAs reported fewer cancer-related problems ($(29) = 2.63, = 0.003$) and improved peer support ($(29) = 8.04, = 0.015$), with medium effect sizes. Most participants reported no program burden (72%) and found Recapture Life at least somewhat beneficial (79%). Most (73%) reported staying in contact with AYAs from their group post-intervention. **CONCLUSION:** Six months after completing Recapture Life, AYAs reported having more peer support and fewer cancer-related problems. This study addresses a well-documented gap in psychological services tailored to AYA survivors' needs. Recapture Life delivered in the community addressed areas of concern for the AYAs and may teach adaptive skills for survivors adjusting to life after cancer treatment.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Online peer support and non-suicidal self-injury among adolescents and young adults: A systematic review.

Xue X, Wang X, O'Donovan A

Xue X, Wang X, O'Donovan A (2026). Online peer support and non-suicidal self-injury among adolescents and young adults: A systematic review.. *Death Stud*, 1-17. <https://doi.org/10.1080/07481187.2026.2676991>

RÉSUMÉ

This systematic review examined the reported roles, associations, benefits, and risks of online peer support (OPS) on non-suicidal self-injury (NSSI) among adolescents and young adults. After screening 810 abstracts and assessing 37 full texts for eligibility, a total of eight studies (one RCT, one mixed-methods, two quantitative, and four qualitative) were included. OPS, delivered via purpose-built apps and social media, provided emotional connection, belonging, and coping strategies. The RCT found lower NSSI frequency and greater confidence in the ability to change, while qualitative studies highlighted perceived benefits such as feeling "less alone." However, challenges included exposure and reinforcement of NSSI, emotional burden and role strain, platform and moderation challenges, and reduced help-seeking intentions. Overall, it offers accessible peer support but carries significant risks, underscoring the need for careful design, moderation, and integration with professional care to maximize benefits while minimizing harm.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Digital cognitive behavioral therapy and peer support for adolescents and young adults with sickle cell disease and chronic pain: study protocol of a parallel, three-arm, randomized controlled trial (PRESENCE).

O'Brien JA, Colvin AB, Radovic A, Oluwole OB, Smith WR, Palermo TM, Rollman BL, Dampier C, Zempsky W, DeCastro LM, Stinson J, Jonassaint CR

O'Brien JA, Colvin AB, Radovic A, Oluwole OB, Smith WR, Palermo TM, Rollman BL, Dampier C, Zempsky W, DeCastro LM, Stinson J, Jonassaint CR (2026). Digital cognitive behavioral therapy and peer support for adolescents and young adults with sickle cell disease and chronic pain: study protocol of a parallel, three-arm, randomized controlled trial (PRESENCE).. *Trials*. <https://doi.org/10.1186/s13063-025-08963-y>

RÉSUMÉ

BACKGROUND: Sickle cell disease (SCD) affects millions globally, with pain being the most prevalent symptom. Adolescents and young adults (AYAs) with SCD face high rates of pain crises and healthcare encounters. Digital cognitive behavioral therapy (CBT) shows promise for pain management but faces engagement challenges. The PRESENCE study aims to enhance engagement in and benefit from digital CBT for SCD by adding personalized peer support. **METHODS:** This multisite, randomized controlled trial is recruiting 470 AYAs (ages 16-30) with SCD who report chronic pain. Participants are randomized 3:3:2 respectively to one of three groups: (1) CBT with peer support (CBT + Peer), (2) CBT alone (CBT), or (3) usual care (UC). Participants are provided access to the study mobile application, which is used for intervention delivery and data collection. Peer support is provided weekly by trained peer coaches who are individuals with lived experience. Evaluations are completed at baseline, 3, 6, and 12 months post randomization. The primary study aim is to determine whether AYAs receiving any digital CBT have greater reductions in pain intensity and pain interference at 6 months post randomization compared to those receiving UC. The secondary aim is to determine whether CBT + Peer is superior to CBT in reducing pain intensity and interference at 6 months. Secondary outcomes include reductions in mean daily pain intensity, pain days, average weekly opioid dose, emergency department visits, healthcare utilization, internalized stigma, and depression and anxiety symptoms, and improvements in sickle cell self-efficacy. **DISCUSSION:** Findings from the PRESENCE trial will inform patients, parents, and providers on how digital CBT and peer support will improve pain management. Ultimately, this study will advance our understanding of how digital interventions can be optimized for populations with complex chronic conditions like SCD, where stigma and healthcare navigation can be barriers to effective care delivery. This approach could offer a scalable, accessible, and culturally responsive strategy to improve pain outcomes, reduce opioid

reliance, and enhance overall health and well-being for AYAs with SCD.TRIAL REGISTRATION: Clinicaltrials.gov NCT06374238. Registered on April 2025.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Online Discussions of Men's Mental Health on Reddit and YouTube: Cross-Sectional Mixed-Methods Infodemiological Study.

Shekhar A, Saurombe MD

Shekhar A, Saurombe MD (2026). *Online Discussions of Men's Mental Health on Reddit and YouTube: Cross-Sectional Mixed-Methods Infodemiological Study.. JMIR Infodemiology*, 6, e81315.

<https://doi.org/10.2196/81315>

RÉSUMÉ

BACKGROUND: Male mental health remains a major global concern, with men underrepresented in mental health care and overrepresented in suicide statistics. Masculine norms that link emotional restraint with strength can discourage help-seeking and vulnerability. Anonymous digital spaces such as Reddit (Reddit Inc) and YouTube (Google LLC) have become informal support environments where men share experiences and emotions outside traditional constraints. Understanding these interactions offers insight into masculine identity and help-seeking behavior.**OBJECTIVE:** This study examines how men discuss and negotiate mental health within anonymous online communities. It explores whether these spaces support emotional openness, peer validation, and challenges to hegemonic masculinity norms. It triangulates digital discourse with survey and interview data to assess how these patterns align with men's lived experiences and perceived barriers to support.**METHODS:** This cross-sectional, exploratory mixed methods study analyzed publicly available online discourse from Reddit (n=740 posts) and YouTube (n=6287 comments). The qualitative component included 23 adult men (aged 18-55 years, predominantly Asian and employed) recruited via LinkedIn (Microsoft) who completed an anonymous online survey. Of these, 9 volunteered for follow-up semistructured interviews. Data underwent computational text mining using the Natural Language Toolkit and National Research Council Lexicon for word frequency and emotion analysis, followed by Braun and Clarke's 6-phase reflexive thematic analysis. Online discourse patterns were then compared with survey and interview data. Theoretical frameworks included hegemonic masculinity, toxic positivity, and peer-support theory.**RESULTS:** Four themes emerged across the datasets: (1) normalizing emotional expression, (2) mutual validation and peer support, (3) coping through humor and irony, and (4) pushback against toxic positivity and societal norms. Emotion analysis showed prominent expressions of sadness, fear, trust, and anger across the Reddit and YouTube corpus. Survey data showed that 20 of 23 (87%) respondents reported having no safe offline space to discuss mental health. Interview participants (n=9) largely confirmed digital discourse themes, though some divergence emerged regarding whether humor functioned as deflection or connection.**CONCLUSIONS:** This study combines large-

scale analysis of online discourse with qualitative triangulation across Reddit, YouTube, surveys, and interviews. Theoretically, it extends inclusive masculinity theory into anonymous online contexts, showing how digital platforms enable men to negotiate emotional expression outside traditional masculine constraints. It introduces the concept of "digitally mediated sanctuaries" to describe online spaces where men practice vulnerability and mutual support with less social risk. From an infodemiological perspective, the findings show how mental health information and peer-support narratives circulate and gain legitimacy within male-dominated online communities. Findings can inform gender-sensitive digital mental health interventions that build on features men already use, including humor, anonymity, and peer validation. Digital peer environments may complement formal mental health services by reducing help-seeking barriers for men hesitant to access traditional care.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

'Remember, You Are Not Alone': A Qualitative Internet-Mediated Study of Anxiety Among Adolescents on Reddit.

Kaluzeviciute G, Moreton JPI, Jackson JE

Kaluzeviciute G, Moreton JPI, Jackson JE (2025). 'Remember, You Are Not Alone': A Qualitative Internet-Mediated Study of Anxiety Among Adolescents on Reddit.. *Int J Ment Health Nurs*, 34(6), e70183.

<https://doi.org/10.1111/inm.70183>

RÉSUMÉ

Recent evidence indicates that social anxiety disorders are increasing alongside a growing sense of disconnection from communities. However, anxiety disorders are often overlooked or perceived as 'less serious' mental health issues. Consequently, young people may avoid formal psychological interventions or discussions with family members for fear of being misunderstood, increasingly turning instead to online spaces for support. This study aimed to explore how adolescents (aged 12-18) use Reddit to share their experiences of anxiety. A total of 105 posts, made between January 2021 and January 2022, were thematically analysed. Three themes were identified: Perceived barriers in seeking mental health support; Reddit as a last resort: motivators leading to anonymous posts; and 'Remember you are not alone': empathy and support through distance. The findings highlight adolescents' fear of stigma and rejection, as well as limited access to appropriate mental health services. For many, online help-seeking provided opportunities to share distress, seek advice, and connect with empathetic peers. Understanding social media's role in adolescents' emotional regulation, identity, and peer support can inform empathetic, tailored care. Encouraging open dialogue about online experiences supports safe coping and strengthens therapeutic relationships. Professionals should help adolescents build digital literacy and consider the potential therapeutic value of weak online ties, while research on practicalities, safeguarding, and outcomes is needed before implementation.

INTÉRÊT POUR NOTRE THÉMATIQUE

- * Exemple d'étude des posts et commentaire de Reddit
- * Étude utile pour sensibiliser les cliniciens à l'importance de questionner les pratiques numériques des patients adolescents en consultation
- * Ouvre des pistes sur l'intégration de communautés en ligne comme complément (non substitut) à la prise en charge formelle

#Online harms or benefits? An ethnographic analysis of the positives and negatives of peer-support around self-harm on social media.

Lavis A, Winter R

Lavis A, Winter R (2020). #Online harms or benefits? An ethnographic analysis of the positives and negatives of peer-support around self-harm on social media.. *J Child Psychol Psychiatry*, 61(8), 842-854.
<https://doi.org/10.1111/jcpp.13245>

RÉSUMÉ

BACKGROUND: There is emerging evidence of the potentially detrimental impact of social media on young people's mental health. Against this background, online self-harm content has been a recent focus of concern across academia, policy and the media. It has been argued to encourage or even cause acts such as self-cutting through mechanisms of contagion. However, little is known about why a young person might engage with such content or about its impact on behaviour or well-being. **METHODS:** Online ethnographic observation of interactions around self-harm on Twitter, Reddit and Instagram: collection and analysis of 10,169 original posts and 36,934 comments, both written and pictorial, at two time-points in 2018 and 2019. Ten in-depth semi-structured interviews exploring engagements with self-harm content on social media. **RESULTS:** Our data show that peer support is the central component of online interactions around self-harm. Young people accessing such content are likely to already be self-harming; they may turn to social media to understand, and seek help for, their actions and feelings in a context of offline stigma and service support gaps. This paper engages with the mechanisms, complexities and impact of this peer-support, reflecting on the benefits and dangers to caring for oneself and others through social media. **CONCLUSIONS:** Self-harm content is a fraught issue at the centre of current debates around risks and opportunities for child and adolescent mental health in the digital age. Whilst the importance of supporting young people's online safety is clear, moves to eradicate self-harm content must be undertaken with caution so as not to cause unintentional harm. Our research highlights a need to think beyond a model of contagion, instead attending to other mechanisms of harm and benefit. In so doing, it challenges prevailing attitudes towards online communication about self-harm and accepted approaches to managing this.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Research Methods on the Internet

Claire Hewson

Claire Hewson (2014). *Research Methods on the Internet*. <https://doi.org/10.1515/9783110271355-016>

RÉSUMÉ

Gruyter Mouton. This chapter considers how the various internet communication technologies discussed in Section I can and have been used to support, and arguably transform, social and behavioural research methods. Focus here is on primary research, that is, "the acquisition and analysis of data to produce novel evidence and research findings" (Hewson, Laurent and Vogel, forthcoming). Primary research on the internet has been referred to as internet-mediated research (IMR) (Hewson et al. 2003) and this term will be adopted throughout the present chapter. The chapter will not consider secondary research on the internet, such as conducting a literature review or creating a bibliography; for useful guides on the latter see Hewson et al. (2003); Ó Dochartaigh (2012). The structure of the chapter is as follows: overview and history of IMR; scope and range of IMR methods, with illustrations; key issues and debates in IMR (data quality, sampling, ethics); future possibilities and directions.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Research design and tools for Internet research

Claire Hewson & Dianna Laurent

Claire Hewson & Dianna Laurent (2008). Research design and tools for Internet research.

<https://doi.org/10.4135/9780857020055.n4>

RÉSUMÉ

This chapter provides an overview of the tools and techniques available for gathering qualitative and quantitative primary research data on the Internet. It also considers procedures for accessing bibliographic materials online. Emphasis is on elucidating the range of design choices available, offering general principles of good design practice, and considering how design decisions should be made in relation to the aims and goals of a research study. Choices between offline and online implementations are considered, as well as decisions concerning the particular procedures to adopt online. The chapter raises a range of issues, including levels of sample bias and sampling techniques online, levels of control in implementing primary Internet research procedures, effects of the online communication medium, and ethical considerations. These are considered within a design framework, focusing on how to maximize the trustworthiness, reliability and validity of Internet-based primary research studies. Principles of good practice in accessing and cataloguing online bibliographic materials are also offered.

INTÉRÊT POUR NOTRE THÉMATIQUE

Aucun commentaire de liaison renseigné.

Characterizing the Multidimensional Relationship Between Spirituality and Obsessive-Compulsive Disorder: Thematic Analysis.

Sun NY, Guerra SE, Patil MM, Chakravadhanula SS, Pittenger C, Ching T

Sun NY, Guerra SE, Patil MM, Chakravadhanula SS, Pittenger C, Ching T (2026). Characterizing the Multidimensional Relationship Between Spirituality and Obsessive-Compulsive Disorder: Thematic Analysis.. *JMIR Form Res*, 10, e81964. <https://doi.org/10.2196/81964>

RÉSUMÉ

To elucidate the complex relationship between spirituality and obsessive-compulsive disorder (OCD), we performed a qualitative analysis of messages (n=225) referencing spiritualities in r/OCD, a public online peer support forum for people with OCD with over 250,000 users; two central themes emerged: (1) influence of spirituality on OCD symptom manifestation and (2) impact of OCD on relationship with spirituality.

INTÉRÊT POUR NOTRE THÉMATIQUE

Une analyse qualitative des messages (n = 225) faisant référence aux spiritualités dans r/OCD