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ORIGINAL PAPER



## Relational Violence, Social Support, Self-Esteem, Depression and Anxiety: A Moderated Mediation Model

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### Abstract

**Objectives** The current study aimed to explore whether relational violence victimization predicts depression and anxiety through self-esteem and whether this indirect effect is moderated by social support.

**Methods** A sample of 1993 high school students completed self-report measures of relational violence victimization, self-esteem, social support, symptoms of depression and anxiety. We conducted a moderated mediation model analysis in order to detect whether there is an indirect effect from relation violence victimization on depression and anxiety through self-esteem, and this indirect effect is dependent on the moderation of social support.

**Results** Results indicated that relational violence and social support have a direct and interactive effect on self-esteem. Self-esteem mediates the relationships between relational violence, depression, and anxiety. Furthermore, the findings suggest that the indirect effect of relational violence on depression and anxiety through self-esteem may vary depending on the level of social support.

**Conclusions** The current findings highlighted the protective role of social support for adolescents' well-being.

**Keywords** Relational violence victimization · Self-esteem · Social support · Adolescents · Depression · Anxiety