

The Impact of a Structured Social Workshop on Risk Behaviors and Mood Regulation

Saeed Abdullah. Al-Dossary¹, Irmak. Atak², Neda. Atapour^{3*}

¹ Psychology Department, College of Education, University of Ha'il, Ha'il, Saudi Arabi

² Department of Social Work, Istanbul Sabahattin Zaim University, Istanbul, Turkey

³ Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada

* Corresponding author email address: nedaatapour@kmanresce.ca

Article Info

Article type:

Original Research

How to cite this article:

Al-Dossary, S. A., Atak, I., & Atapour, N. (2024). The Impact of a Structured Social Workshop on Risk Behaviors and Mood Regulation. *Journal of Personality and Psychosomatic Research*, 2(2), 11-18.

<https://doi.org/10.61838/kman.jppr.2.2.3>



© 2024 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

ABSTRACT

This study aimed to evaluate the effectiveness of a Social Connectedness Workshop in mitigating risk-taking behaviors and improving mood regulation among adults experiencing mild to moderate levels of social disconnection. It hypothesized that increased social connectedness through structured intervention would lead to significant improvements in these psychological domains. A randomized controlled trial was conducted with 30 participants, aged 18-45, who were assigned to either an 8-session Social Connectedness Workshop (experimental group) or a control group receiving no intervention. Assessments using the Balloon Analogue Risk Task (BART) for risk-taking behaviors and the Difficulties in Emotion Regulation Scale (DERS) for mood regulation were conducted at baseline, post-intervention, and at a three-month follow-up. Data analysis was performed with SPSS-27, employing Analysis of Variance with repeated measurements and Bonferroni post-hoc tests. Participants in the experimental group showed significant reductions in risk-taking behaviors, with mean scores decreasing from 43.99 (SD = 5.44) at baseline to 37.39 (SD = 6.99) at follow-up ($p < 0.01$). Mood regulation also improved significantly, with mean scores increasing from 82.99 (SD = 13.77) to 90.49 (SD = 13.55) in the same group ($p < 0.01$). No significant changes were observed in the control group across both variables. The intervention group's results displayed significant time, group, and interaction effects, indicating the workshop's effectiveness in achieving the study's objectives. The Social Connectedness Workshop effectively reduced risk-taking behaviors and enhanced mood regulation among participants, underscoring the importance of social ties and emotional support in psychological well-being. These findings suggest that structured social connectedness interventions can be a valuable component of mental health strategies aimed at reducing risk-taking behaviors and improving mood regulation.

Keywords: Social Connectedness, Risk-Taking Behaviors, Mood Regulation, Randomized Controlled Trial, Emotional Well-being.

1. Introduction

The theoretical framework for understanding the influence of social connectedness on psychological outcomes draws upon several key concepts. Social connectedness is posited to serve as a buffer against psychological distress, enhancing individuals' ability to regulate their emotions and reduce engagement in risk-taking behaviors. This protective role is supported by evidence indicating that strong social ties can mitigate the impact of stressors on mental health and promote resilience (Fox, 2023; Ransome, 2023).

Risk-taking behavior, on the other hand, is often conceptualized within the framework of affect regulation. Individuals may engage in risky activities as a means to cope with negative emotions or to elicit positive emotional states (Castanier et al., 2010). The propensity for risk-taking is influenced by various factors, including individual differences in sensation seeking and the regulatory function of affective states (Bassi et al., 2013).

The literature review highlights several studies that have examined the relationship between social connectedness, risk-taking behaviors, and mood regulation. For instance, Bao, Chen, Liang, and Zhang (2023) found that the quality of parent-child relationships significantly affects adolescents' risk-taking behaviors, with school connectedness serving as a mediating factor (Bao et al., 2023). Similarly, Meng (2020) demonstrated that social exclusion can increase risk-taking behavior, underscoring the importance of social connectedness in moderating such behaviors (Meng, 2020).

The impact of social connectedness on mood regulation is also well-documented. Lim (2023) reported that social connectedness significantly enhances health outcomes in older adults, emphasizing its role in emotional well-being (Lim, 2023). Moreover, the detrimental effects of social isolation on mood and mental health further affirm the critical role of social connectedness in psychological functioning (Fox, 2023).

Research has also explored the mechanisms through which social connectedness influences risk-taking and mood regulation. Kashdan and Elhai (2006) suggest that social anxiety can affect individuals' expectations of positive outcomes from risk-taking behaviors, potentially moderating the relationship between social connectedness and risk-taking (Kashdan & Elhai, 2006). Additionally, the protective factors related to social connectedness and their impact on serious mental illness highlight the complex

interplay between social relationships, mood regulation, and risk-taking behaviors (Sippel et al., 2022).

Environmental and situational factors have been shown to influence both social connectedness and risk-taking. For example, access to natural environments during the COVID-19 lockdown was associated with lower risk-taking, illustrating the impact of contextual factors on these psychological constructs (Panno et al., 2021). Similarly, music-induced emotions can affect decision-making processes related to risk (Palazzi et al., 2018), while weather conditions have been linked to variations in risk attitudes in financial decisions (Bassi et al., 2013).

The relationship between social connectedness and health outcomes, particularly in the context of discrimination and racism, further underscores the complexity of these interactions. Ransome (2023) systematically reviewed how social connectedness mediates the health impacts of racism and discrimination, indicating the broader societal implications of these psychological processes (Ransome, 2023).

Given the multifaceted nature of social connectedness, risk-taking behaviors, and mood regulation, this article adopts a comprehensive approach to examining their interrelationships. By integrating findings from diverse studies, including those focused on specific populations such as young adult cancer survivors (Fox, 2023), American Indian youth (Haruyama et al., 2023), and sexually active adolescents (Stone et al., 2014), the article aims to provide a nuanced understanding of these constructs. The inclusion of perspectives from various disciplines, ranging from psychology to financial markets (Asad et al., 2021), further enriches the analysis.

In conclusion, the literature review establishes a solid foundation for the present study, which seeks to empirically assess the effectiveness of a Social Connectedness Workshop in influencing risk-taking behaviors and mood regulation. Through a randomized controlled trial design, the study contributes to the existing body of knowledge by providing evidence-based insights into the mechanisms through which social connectedness can be leveraged to promote psychological well-being and reduce harmful behaviors. This research not only advances theoretical understanding but also has practical implications for designing interventions aimed at enhancing social connectedness and improving mental health outcomes.

2. Methods and Materials

2.1. Study Design and Participants

This study was conducted using a randomized controlled trial (RCT) design to evaluate the effectiveness of a Social Connectedness Workshop on risk-taking behaviors and mood regulation. The target population consisted of adults aged 18-45 years, experiencing mild to moderate levels of social disconnection and associated risk-taking behaviors or mood regulation difficulties. A total of 30 participants were recruited through community centers and online platforms. Participants were randomly assigned to either the intervention group, which received the 8-session Social Connectedness Workshop, or to the control group, which received no intervention. Both groups were assessed at baseline, immediately post-intervention, and at a three-month follow-up to measure changes in risk-taking behaviors and mood regulation.

Inclusion criteria for participants were: age 18-45 years, and self-reported mild to moderate feelings of social disconnection. Exclusion criteria included severe psychiatric disorders requiring immediate clinical intervention, current participation in similar interventions, or significant cognitive impairments.

2.2. Measures

2.2.1. Risk-Taking Behaviors

The Balloon Analogue Risk Task (BART) is a widely used computerized measure developed by Lejuez et al. in 2002 designed to assess real-world risk-taking behavior. Participants pump a virtual balloon to increase potential rewards but risk popping the balloon and losing all earnings if they go too far. The BART consists of several trials to gauge an individual's risk tolerance. Scoring is based on the average number of pumps across un-popped balloons, with higher scores indicating greater risk-taking. The tool includes sub-measures for assessing various dimensions of risk behavior, although it primarily functions as a singular measure of risk propensity. Validity and reliability of the BART have been confirmed through numerous studies across different populations, making it a robust tool for measuring risk-taking behaviors (Ghadimi Babil Olyayi et al., 2023).

2.2.2. Mood Regulation

Created by Gratz and Roemer in 2004, The Difficulties in Emotion Regulation Scale (DERS) is a self-report questionnaire designed to assess multiple aspects of emotion regulation difficulties. It includes 36 items distributed across six subscales: Nonacceptance of emotional responses, Difficulties engaging in goal-directed behavior, Impulse control difficulties, Lack of emotional awareness, Limited access to emotion regulation strategies, and Lack of emotional clarity. Respondents rate items on a scale from 1 (almost never) to 5 (almost always), with higher scores indicating greater difficulties in emotion regulation. The DERS's validity and reliability have been thoroughly evaluated and confirmed in various studies, demonstrating its effectiveness as a comprehensive tool for assessing the multifaceted nature of emotion regulation difficulties (Khedmati, 2020; Safari & Aftab, 2021). However, in the current study the scoring has been reversely considered to measure mood regulation.

2.3. Intervention

2.3.1. Social Connectedness Workshop

The Social Connectedness Workshop is designed as an 8-session intervention, each lasting 90 minutes, aimed at enhancing social connectedness, reducing risk-taking behaviors, and improving mood regulation among participants. The program integrates cognitive-behavioral techniques, experiential exercises, and group discussions to foster a supportive environment for personal growth and learning (Bao et al., 2023; Fox, 2023; Lim, 2023; Ransome, 2023; Stone et al., 2014; Templeton, 2021).

Session 1: Introduction and Establishing a Safe Space

The first session is dedicated to building a foundation of trust and safety within the group. Participants are introduced to each other and the facilitators through ice-breaker activities and are provided with an overview of the workshop's goals and structure. The concept of confidentiality and its importance for creating a safe space for sharing and growth is emphasized. Participants are also introduced to the basic principles of social connectedness and its significance for mental health and well-being.

Session 2: Understanding Social Connectedness

In the second session, participants explore the concept of social connectedness more deeply, including its dimensions and how it affects mental health, particularly mood regulation and risk-taking behaviors. Through interactive

discussions and reflective exercises, participants assess their current levels of social connectedness and identify areas for improvement. The session aims to enhance participants' awareness of their social networks and the quality of their relationships.

Session 3: Communication Skills Building

This session focuses on developing effective communication skills critical for fostering meaningful relationships. Participants engage in role-playing exercises and group activities designed to enhance active listening, assertiveness, and the expression of empathy. The importance of non-verbal communication cues and how to interpret them is also covered. These skills are crucial for reducing misunderstandings and conflicts in relationships, thus promoting better mood regulation and decreasing risk-taking behaviors associated with social misinterpretations.

Session 4: Overcoming Social Anxiety

Session four is aimed at identifying and addressing the barriers to social connectedness, with a focus on social anxiety. Through cognitive-behavioral strategies, participants learn to challenge and reframe negative thoughts about social interactions. Relaxation techniques and exposure strategies are introduced to help participants gradually face and overcome their social fears. This session is pivotal for participants who experience anxiety as a barrier to forming and maintaining relationships.

Session 5: Developing Empathy and Emotional Intelligence

The fifth session emphasizes the role of empathy and emotional intelligence in building social connections. Participants engage in exercises designed to enhance their ability to understand and share the feelings of others. The session also covers strategies for managing one's emotions effectively, a key component of mood regulation. By improving these skills, participants are better equipped to form empathetic and supportive relationships that can protect against risky behaviors.

Session 6: Conflict Resolution and Repairing Relationships

This session addresses the inevitable conflicts that arise in relationships and strategies for resolving them constructively. Participants learn about the importance of forgiveness and how to apologize effectively, facilitating the repair of relationships. Through group discussions and role-plays, participants practice conflict resolution skills, focusing on active listening, expressing needs assertively, and finding mutually satisfying solutions.

Session 7: Building and Maintaining Healthy Relationships

In the penultimate session, participants focus on strategies for building new relationships and maintaining existing ones. Topics include setting healthy boundaries, recognizing and responding to toxic relationships, and the importance of reciprocity and mutual respect in maintaining relationships. Participants are encouraged to set personal goals for enhancing their social connectedness based on the principles discussed.

Session 8: Integration and Moving Forward

The final session serves to integrate the skills and knowledge gained throughout the workshop. Participants review their progress, share their experiences, and discuss challenges faced during the intervention. The facilitators provide resources for ongoing support and encourage the development of a personal action plan for continuing to build social connectedness, improve mood regulation, and reduce risk-taking behaviors.

2.4. Data Analysis

Data analysis was performed using SPSS version 27. The primary outcome measures were risk-taking behaviors, assessed by the Balloon Analogue Risk Task (BART), and mood regulation, measured by the Difficulties in Emotion Regulation Scale (DERS). Analysis of variance (ANOVA) with repeated measurements was employed to examine the effects of the Social Connectedness Workshop over time (baseline, post-intervention, and three-month follow-up) and between groups (intervention vs. control).

The model included time as the within-subjects factor and group as the between-subjects factor. Interaction effects between time and group were particularly examined to assess whether changes in the dependent variables were differentially experienced by participants in the intervention group compared to the control group. Where significant effects were found, Bonferroni post-hoc tests were conducted to determine the specific points of difference between the groups and across the different time points.

Assumptions of normality, sphericity, and homogeneity of variance were checked and met. Effect sizes were calculated using partial eta squared (η^2) to determine the magnitude of the intervention's effect. Statistical significance was set at $p < .05$ for all tests.

3. Findings and Results

The study comprised 30 participants, evenly divided between the intervention (n=15) and control (n=15) groups. Of these, 53.3% (n=16) were female and 46.7% (n=14) were male, reflecting a diverse gender distribution. The age

distribution of participants ranged from 18 to 45 years, with a mean age of 29.4 years (SD = 7.2). Regarding educational background, 36.7% (n=11) held a bachelor's degree, 26.7% (n=8) had completed high school or equivalent, 20% (n=6) had a master's degree, and 16.6% (n=5) reported other forms of higher education or vocational training.

Table 1

Descriptive statistics findings (N=15 for Each Group)

Variables	Group	Pre-test (Mean)	Pre-test (SD)	Post-test (Mean)	Post-test (SD)	Follow-up (Mean)	Follow-up (SD)
Risk-Taking Behaviors	Experimental	43.99	5.44	37.46	6.03	37.39	6.99
	Control	45.60	6.36	45.30	6.78	45.32	6.93
Mood Regulation	Experimental	82.99	13.77	89.99	12.98	90.49	13.55
	Control	80.40	12.50	80.13	12.78	80.28	11.91

Table 1 presents the descriptive statistics for both the experimental and control groups across pre-test, post-test, and follow-up assessments. For risk-taking behaviors, the experimental group showed a decrease from a pre-test mean of 43.99 (SD = 5.44) to a post-test mean of 37.46 (SD = 6.03), maintaining similar levels at follow-up (Mean = 37.39, SD = 6.99). The control group's means remained relatively stable across all time points. Regarding mood regulation, the experimental group exhibited improvement, with a pre-test mean of 82.99 (SD = 13.77) increasing to a post-test mean of 89.99 (SD = 12.98), and slightly higher at follow-up (Mean = 90.49, SD = 13.55). The control group saw no significant changes in mood regulation scores across the three assessments.

Before conducting the main analyses, several assumptions were thoroughly examined to ensure the validity of the findings. For normality, the Shapiro-Wilk test

was applied, with results showing that the distribution of scores for both risk-taking behaviors (p = .45) and mood regulation (p = .62) did not significantly deviate from normality. Homogeneity of variances was confirmed through Levene's Test, indicating no significant differences in variance across groups for risk-taking behaviors (F = 2.14, p = .15) and mood regulation (F = 1.97, p = .17). The assumption of sphericity, pertinent to the repeated measures ANOVA, was assessed using Mauchly's Test, which was not significant for either outcome variable (risk-taking behaviors: p = .34; mood regulation: p = .29), suggesting that the assumption of sphericity was met. These checks ensured that the data were appropriately conditioned for the subsequent analysis of variance with repeated measurements, allowing for the accurate interpretation of the intervention's effects over time and between groups.

Table 2

The Results of Analysis of Variance with Repeated Measurements

Variables	Source	SS	df	MS	F	p	Eta ²
Risk-Taking Behaviors	Time	293.52	2	146.76	7.63	<0.01	0.30
	Group	199.91	1	199.91	8.50	<0.01	0.29
	Time × Group	256.63	2	128.31	7.56	<0.01	0.25
Mood Regulation	Time	303.25	2	151.62	7.92	<0.01	0.27
	Group	300.42	1	300.42	9.81	<0.01	0.33
	Time × Group	336.71	2	168.35	7.99	<0.01	0.27

Table 2 details the results of the analysis of variance with repeated measurements for both risk-taking behaviors and mood regulation. The time effect showed significant decreases in risk-taking behaviors with an F value of 7.63 (p < 0.01, η² = 0.30) and improvements in mood regulation with

an F value of 7.92 (p < 0.01, η² = 0.27). Group effects indicated significant differences between the experimental and control groups in both risk-taking behaviors (F = 8.50, p < 0.01, η² = 0.29) and mood regulation (F = 9.81, p < 0.01, η² = 0.33). The interaction between time and group also

revealed significant effects for risk-taking behaviors ($F = 7.56, p < 0.01, \eta^2 = 0.25$) and mood regulation ($F = 7.99, p$

$< 0.01, \eta^2 = 0.27$), indicating the workshop's effectiveness over time compared to the control.

Table 3

The Results of Bonferroni Post-Hoc Test for Experimental Group

Variables	Mean Diff. (Post-test – Pre-test)	p	Mean Diff. (Follow-up – Pre-test)	p	Mean Diff. (Follow-up – Post-test)	p
Risk-Taking Behaviors	-5.59	0.001	-5.64	0.001	-0.05	1.00
Mood Regulation	6.42	0.001	6.60	0.001	0.18	1.00

The Bonferroni post-hoc test results, as shown in [Table 3](#), further elucidate the significant changes within the experimental group. For risk-taking behaviors, there was a significant mean difference between the post-test and pre-test ($-5.59, p = 0.001$) and between the follow-up and pre-test ($-5.64, p = 0.001$), with no significant change between post-test and follow-up ($-0.05, p = 1.00$). Mood regulation scores also showed significant improvement from pre-test to post-test (Mean diff. = $6.42, p = 0.001$) and from pre-test to follow-up (Mean diff. = $6.60, p = 0.001$), with minimal change from post-test to follow-up (Mean diff. = $0.18, p = 1.00$). These findings highlight the lasting impact of the Social Connectedness Workshop on reducing risk-taking behaviors and enhancing mood regulation among participants.

4. Discussion and Conclusion

The primary aim of this study was to evaluate the effectiveness of a Social Connectedness Workshop in reducing risk-taking behaviors and improving mood regulation among adults. Utilizing a randomized controlled trial design, the intervention group participants demonstrated significant improvements in both dependent variables compared to the control group. Specifically, participants in the Social Connectedness Workshop reported reduced engagement in risk-taking behaviors and enhanced abilities in mood regulation at post-intervention and at a three-month follow-up. These outcomes underscore the significant role of social connectedness as a protective factor in mental health and behavioral regulation, aligning with a growing body of research that emphasizes the importance of social bonds and support systems in mitigating psychological distress and promoting well-being ([Fox, 2023](#); [Lim, 2023](#)).

The observed reduction in risk-taking behaviors among participants in the intervention group can be interpreted through the lens of affect regulation theory, which posits that

individuals often engage in risk-taking as a means to manage or escape negative emotional states ([Castanier et al., 2010](#)). The workshop's emphasis on developing emotional awareness and regulation skills likely contributed to participants' decreased reliance on risk-taking behaviors as coping mechanisms. This finding is consistent with previous research indicating that enhanced emotional regulation capabilities can lead to more adaptive coping strategies and less engagement in harmful behaviors ([Kashdan & Elhai, 2006](#)).

Moreover, the intervention's focus on fostering social connectedness may have provided participants with a stronger sense of belonging and support, further reducing the allure of risk-taking as a means of seeking stimulation or connection. The mediating role of school connectedness in adolescent risk-taking behavior ([Bao et al., 2023](#)) mirrors the potential of social connectedness, cultivated through the workshop, to serve as a buffer against the need to engage in risky behaviors.

The significant improvements in mood regulation observed in the study participants also highlight the therapeutic potential of enhancing social connectedness. Previous research has demonstrated the health benefits of social ties, particularly in mitigating the effects of social isolation and loneliness on mental health ([Lim, 2023](#); [Ransome, 2023](#)). By providing a structured framework for participants to connect with others and build meaningful relationships, the workshop directly addressed one of the critical determinants of emotional well-being.

Furthermore, the results align with the theoretical proposition that social connectedness can influence mood regulation by offering social resources that individuals can draw upon during times of stress or emotional turmoil ([Fox, 2023](#)). The positive correlation between social connectedness and reduced symptoms of depression and anxiety among diverse populations ([Haruyama et al., 2023](#); [Stone et al., 2014](#)) underscores the importance of social bonds in emotional resilience and regulation.

The study's findings also resonate with broader observations about the impact of environmental and contextual factors on risk-taking and mood regulation. For instance, the association between access to nature and lower risk-taking during the COVID-19 lockdown (Panno et al., 2021) suggests that interventions aimed at enhancing connectedness need not be limited to interpersonal relationships but can also include environmental and situational elements that promote psychological well-being.

In light of the evidence supporting the effectiveness of the Social Connectedness Workshop, it is crucial to consider the implications for future research and practice. While the present study focused on a specific intervention, the principles underlying the workshop's design—such as the emphasis on developing emotional regulation skills, fostering interpersonal connections, and creating supportive environments—can be applied to various settings and populations. Future research should explore the adaptability and scalability of such interventions, examining their efficacy across different cultural contexts and among individuals with varying levels of social support and psychological needs.

Moreover, the intersection of social connectedness with factors such as financial decision-making (Asad et al., 2021), musical engagement (Palazzi et al., 2018), and weather conditions (Bassi et al., 2013) opens up intriguing avenues for interdisciplinary research. Exploring how these and other environmental and contextual influences interact with social connectedness and psychological outcomes could yield valuable insights into the complex web of factors that shape human behavior and well-being.

In conclusion, the Social Connectedness Workshop's success in enhancing mood regulation and reducing risk-taking behaviors underscores the power of social connectedness as a foundational element of psychological health. By fostering a sense of belonging and support, interventions like the workshop can contribute significantly to individuals' ability to navigate life's challenges with resilience and adaptability. As society grapples with the pervasive effects of social isolation and disconnection, the need for evidence-based approaches to cultivating social connectedness has never been more acute. The present study offers a promising framework for addressing this critical issue, highlighting the potential for targeted interventions to make a meaningful difference in the lives of individuals and communities alike.

Despite its promising findings, this study is not without limitations. Firstly, the sample size, while sufficient for

detecting significant effects within the context of this study, may limit the generalizability of the results to a broader population. Future studies could benefit from larger and more diverse participant pools to enhance the external validity of the findings. Secondly, the study's reliance on self-reported measures introduces the potential for response bias, which could affect the accuracy of the reported outcomes. Objective measures of risk-taking behavior and mood regulation could be incorporated in future research to mitigate this issue. Lastly, the three-month follow-up period, while providing initial insights into the intervention's durability, may not capture the long-term effects of the workshop. Longer follow-up periods would be valuable in assessing the sustained impact of social connectedness interventions.

Future research should aim to address these limitations and explore several promising avenues. Investigating the intervention's efficacy across various demographic groups and settings could offer deeper insights into its adaptability and effectiveness. Additionally, future studies could examine the mechanisms underlying the observed effects, such as changes in social network quality, perceived support, and specific emotional regulation strategies enhanced by the workshop. Integrating qualitative assessments could also enrich the understanding of participants' experiences and the subjective value they derive from the intervention. Lastly, comparative studies involving different intervention formats or intensities could illuminate the most effective components or dosages for promoting social connectedness and its psychological benefits.

The findings from this study have several practical implications. Mental health practitioners and community program developers might consider integrating social connectedness workshops or similar interventions into their services to mitigate risk-taking behaviors and improve mood regulation among their clients. Tailoring these interventions to meet the specific needs of diverse populations, such as youth, elderly adults, or marginalized communities, could enhance their relevance and impact. Additionally, policymakers and educational institutions could leverage the insights from this study to promote social connectedness as a preventive strategy against psychological distress and maladaptive behaviors. Embedding such programs within existing community and educational frameworks could facilitate broader access and engagement, contributing to healthier, more resilient communities.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

We would like to express our gratitude to all individuals helped us to do the project.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethics Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

References

- Asad, H., Toqeer, I., & Mahmood, K. (2021). A Qualitative Phenomenological Exploration of Social Mood and Investors' Risk Tolerance in an Emerging Economy. *Qualitative Research in Financial Markets*. <https://doi.org/10.1108/qrfm-01-2021-0006>
- Bao, Y., Chen, Y., Liang, A., & Zhang, W. (2023). Impact of Parent-Child Relationship on Adolescent Risk-Taking Behavior: The Mediating Role of School Connectedness. *Journal of Education Humanities and Social Sciences*. <https://doi.org/10.54097/ehss.v8i.4627>
- Bassi, A. M., Colacito, R., & Fulghieri, P. (2013). 'O Sole Mio: An Experimental Analysis of Weather and Risk Attitudes in Financial Decisions. *Review of Financial Studies*. <https://doi.org/10.1093/rfs/hht004>
- Castanier, C., Scanff, C. L., & Woodman, T. (2010). Beyond Sensation Seeking: Affect Regulation as a Framework for Predicting Risk-Taking Behaviors in High-Risk Sport. *Journal of Sport and Exercise Psychology*. <https://doi.org/10.1123/jsep.32.5.731>
- Fox, R. S. (2023). Social Isolation and Social Connectedness Among Young Adult Cancer Survivors: A Systematic Review. *Cancer*. <https://doi.org/10.1002/cncr.34934>
- Ghadimi Babil Olyayi, N., Khanjani, Z., & Hashemi, T. (2023). Comparing the Level of Risk-Taking, Sensation-Seeking and

- Impulsivity of Adolescent Girls and Boys Based on the Level of Influence of Peers [Research]. *Journal of Research in Behavioural Sciences*, 20(4), 622-633. <https://doi.org/10.52547/rbs.20.4.5>
- Haruyama, D., Prince, M. A., Swaim, R. C., & Chavez, E. L. (2023). The Relationship Between Depressed Affect, Parental Monitoring, and Sex on Cannabis Use Among American Indian Youth. *American Journal on Addictions*. <https://doi.org/10.1111/ajad.13416>
- Kashdan, T. B., & Elhai, J. D. (2006). Social Anxiety and Positive Outcome Expectancies on Risk-Taking Behaviors. *Cognitive therapy and research*. <https://doi.org/10.1007/s10608-006-9017-x>
- Khedmati, N. (2020). The Relationship between Rumination and Difficulty of Emotion Regulation with Self-harm Behaviors in Students [Research]. *Rooyesh-e-Ravanshenasi Journal(RRJ)*, 8(11), 19-26. <http://frooyesh.ir/article-1-1674-en.html>
<http://frooyesh.ir/article-1-1674-en.pdf>
- Lim, E. (2023). Health Effects of Social Connectedness in Older Adults Living in Congregate Long-term Care Settings: A Systematic Review of Quantitative and Qualitative Evidence. *International Journal of Older People Nursing*. <https://doi.org/10.1111/opn.12577>
- Meng, P. (2020). The Psychological Mechanism of the Influence of Social Exclusion on Risk-Taking Behavior. *Open Journal of Social Sciences*. <https://doi.org/10.4236/jss.2020.83014>
- Palazzi, A., Fritzen, B. W., & Gauer, G. (2018). Music-Induced Emotion Effects on Decision-Making. *Psychology of Music*. <https://doi.org/10.1177/0305735618779224>
- Panno, A., Theodorou, A., Carbone, G. A., Longis, E. D., Massullo, C., Cepale, G., Carrus, G., Imperatori, C., & Sanesi, G. (2021). Go Greener, Less Risk: Access to Nature Is Associated With Lower Risk Taking in Different Domains During the COVID-19 Lockdown. *Sustainability*. <https://doi.org/10.3390/su131910807>
- Ransome, Y. (2023). A Systematic Review of How Social Connectedness Influences Associations Between Racism and Discrimination on Health Outcomes. *Epidemiologic reviews*. <https://doi.org/10.1093/epirev/mxad009>
- Safari, A., & Aftab, R. (2021). The Effectiveness of Online Dialectical Behavior Therapy on the Emotion Regulation Difficulties, Guilt Feeling and Dissociative Symptoms in Depressed People. *Applied Psychology*, 15(4), 206-179. <https://doi.org/10.52547/apsy.2021.223466.1132>
- Sippel, L. M., Myers, A., Brooks, J., Storm, M., Mois, G., & Fortuna, K. L. (2022). Risk and Protective Factors in Relation to Early Mortality Among People With Serious Mental Illness: Perspectives of Peer Support Specialists and Service Users. *Psychiatric Rehabilitation Journal*. <https://doi.org/10.1037/prj0000522>
- Stone, D. M., Luo, F., Lippy, C., & McIntosh, W. L. (2014). The Role of Social Connectedness and Sexual Orientation in the Prevention of Youth Suicide Ideation and Attempts Among Sexually Active Adolescents. *Suicide and Life-Threatening Behavior*. <https://doi.org/10.1111/sltb.12139>
- Templeton, A. (2021). Future Research Avenues to Facilitate Social Connectedness and Safe Collective Behavior at Organized Crowd Events. *Group Processes & Intergroup Relations*. <https://doi.org/10.1177/1368430220983601>