# Article information:

Social support.  
<https://psycnet.apa.org/record/2000-08522-020>

# Article summary:

1. Social support refers to the help and assistance provided by family, friends, and other social networks.

2. Social support can have positive effects on mental and physical health, including reducing stress and improving immune function.

3. Different types of social support include emotional support, informational support, tangible support, and companionship support.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

Unfortunately, the above article does not provide any content for analysis as it only includes access options and publication usage information. It appears to be a placeholder for an article on social support that may be available through APA PsycInfo database. Without access to the actual article, it is impossible to provide a critical analysis of its content and potential biases.

# Topics for further research:

* Social support and mental health
* Types of social support
* Effects of social support on well-being
* Social support interventions
* Cultural differences in social support
* Social support and chronic illness

# Report location:

<https://www.fullpicture.app/item/ca5840501f7a1a0b6d88e77e4c760e53>