

Giving social support to others may boost your health - Ohio State University Study

When it comes to your health, being willing to give social support to your spouse, friends and family may be just as important as receiving assistance.

TENAFLY, NEW JERSEY, USA, November 27, 2021 /EINPresswire.com/ -- When it comes to your health, being willing to give social support to your spouse, friends and family may be just as important as receiving assistance, a new study suggests.

While researchers have long thought that receiving social support from others is a key to health, results from studies have shown mixed results. So researchers from The Ohio State University decided to see if giving support may also play an important role in health.

They found that on one important measure of health -- chronic inflammation -- indicators of positive social relationships were associated with lower inflammation only among people who said they were available to provide social support to family and friends.

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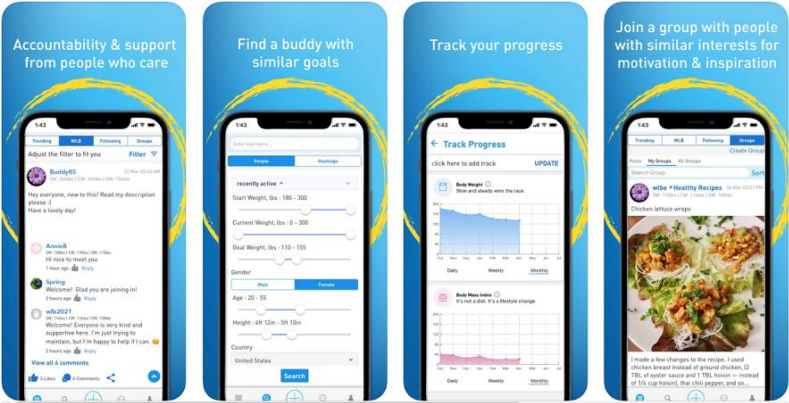
You can't help someone up a hill, without getting closer to the top yourself - Ohio State University Study”

Joey Dweck


In other words, having friends to lean on may not help your health unless you also say that you're available to help them when they need it.

“Positive relationships may be associated with lower


inflammation only for those who believe they can give more support in those relationships,” said Tao Jiang, lead author of the study and a doctoral student in psychology at Ohio State.



App Store Preview



App Store



Play Store

Preliminary evidence in the study suggested that the link between health and the willingness to help others may be especially important for women.

Jiang conducted the research with Jennifer Crocker, professor; Baldwin Way, associate professor; and Syamil Yakin, research assistant, all in psychology at Ohio State. Their study was published online this month in the journal *Brain, Behavior and Immunity*.

The results show that the healing power of good relationships comes from the fact that the support is mutual, Way said.

"It may be that when people believe they can give more support to friends and family, these relationships are especially rewarding and stress-relieving, which reduces inflammation," he said.

The study used data from 1,054 participants in the National Survey of Midlife Development in the U.S. These were all healthy adults between 34 and 84 years old.

Read more at [SkinnyNews](#) (an imprint of WeightLossBuddy)

About WeightLossBuddy

WeightLossBuddy is the largest community dedicated exclusively to supporting people who are struggling to lose weight.

Its new app allows users to monitor their weight, while sharing their progress with others, and at the same time learning from their experience.

Not only are users able to chat live with other users, but they can also form or join groups to connect with people who have similar interests and goals.

Public & Private groups let them share their concerns with people they can trust.

Research has shown that people who have social support, tend to be more successful at achieving, and maintaining weight loss than those who do not.

In a 2010 study, almost 88% of subjects who joined an internet weight loss support community reported that being part of a group supported their weight loss efforts by providing encouragement and motivation.

In addition to a very easy to use platform, weightlossbuddy uses a familiar "posting"

interface people are familiar with. It allows users to share both their successes and setbacks.

What makes the new weightlossbuddy app stand out from other apps is that it is non-toxic, safe, supportive, welcoming and easy to use.

Users can check in each day, post their progress, get encouragement and check to see how their friends are doing.

The new App helps users by giving them the support they need in a welcoming, non-threatening community of like-minded people who share their frustrations,

- WeightLossBuddy caters to those individuals who want to lose weight and need help.

- It helps by providing weight loss support from others on a similar journey.

- The new 100% FREE weight loss support app gives users access to a large weight loss community that is ready to

- encourage them, share effective weight loss tips, and help them in any way possible to reach their weight loss goal.

- COMMENT, LIKE, LIVE CHAT & POST

- Users of the new app can explore the social fitness & weight loss posts from weight loss buddy users that are on the same journey.

- Users can find great weight loss support content, read about other people's personal struggles to learn and relate, and like and comment on posts.

- Additionally, users can make use of Weightlossbuddy as their weight loss tracker and social weight loss app to post content, thoughts, struggles, progress photos, and more.

- Users can start chatting live with fitness buddies from around the globe within the app!

- WHY the NEW WEIGHTLOSSBUDDY APP?

Users can now:

- add current and target weight

- find a buddy and get support

- share photos and weight loss progress

- connect and chat live with other weight loss buddies

- comment and like on posts

- track daily weight

This New 100% FREE App can be found in both the [Apple](#) and [Google Play](#) stores.

It has the ability to transform people's lives.

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