

2022SewardTrent-abstract

## Abstract

Self-disclosure and mental health outcomes have vaguely been associated throughout modern research, however both variables have been integral to research on human development. Self-disclosure is tied to many communication theories, but for the purposes of this study, the Johari Window model is emphasized. Not always a mainstay in medical research, mental health outcomes are prominent and serve many purposes in and out of modern communication studies. The goal of this study is to determine the relationship between self-disclosure (in the context of a relationship with a mental health professional) and mental health outcomes. Results suggest a positive correlation between self-disclosure and mental health outcomes; however, these results also suggest there is no significant correlation. Further discussion and implications follow.

Honors College  
Ball State University  
Muncie, IN 47306