

ABSTRACT

Perceptions of Reactions to Trauma Disclosure and Posttraumatic Growth

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This dissertation explores the associations between trauma disclosure likelihood, perceptions of positive and negative social reactions to trauma disclosure, trauma impact, trauma type, and posttraumatic growth (PTG). The study aimed to clarify the ability of these variables to predict PTG, with a particular focus on the mediating roles of positive and negative social reactions to trauma disclosure in the relationship between trauma disclosure and PTG, even while controlling for positive social reactions to trauma disclosure. However, contrary to hypotheses, neither positive social reactions to trauma disclosure nor negative social reactions to trauma disclosure mediated the relationship between trauma disclosure likelihood and PTG; no evidence for mediation was found when these mediators were considered independently or as parallel mediators. These results underscore the importance of survivors disclosing their trauma to safe and supportive individuals who can provide positive social reactions. Additionally, special care should be given to survivors of Type 2 trauma, as they may require additional support to facilitate PTG. This study contributes to a broader understanding of the intricate relationship between social support, trauma disclosure, and PTG, emphasizing the complex interplay between trauma type, disclosure processes, and social reactions to trauma disclosure.