

Quiz: When Your Client is a Super Fan: Exploring parasocial relationships and their effects on mental health

1. What is a parasocial relationship?
 - a. A digital relationship with someone that has not been met in person
 - b. A relationship that is ultimately toxic for one or both parties
 - c. A two-way relationship with a celebrity
 - d. Nonreciprocal social emotional connections with celebrities
2. Parasocial relationships are had by which of the following age groups:
 - a. Children
 - b. Teenagers
 - c. Adults
 - d. All of the above
3. According to Nguyen, how do influencers use parasocial relationships to impact credibility?
 - a. Promises of more access lead to higher dependency on viewers
 - b. Repetition of messaging builds consistency and trust
 - c. They mimic two-way familial, platonic, and romantic relationships to build trust between them and their audience
 - d. Reinforce stronger bonds through consistent branding
4. Which of the following are examples of parasocial interactions?
 - a. Chance meetings in public
 - b. Interactions between a viewer and a celebrity at a panel discussion
 - c. Social media interactions
 - d. All of the above
5. How has social media impacted people's mental health in terms of parasocial relationships?
 - a. Higher levels of anxiety due to shame about the parasocial relationship
 - b. Higher levels of anxiety on the chance of interacting sooner or more frequently with celebrity content
 - c. Higher levels of depression due to time lost waiting for celebrities to post
 - d. Higher levels of depression when celebrities do not interact directly with fans
6. Parasocial relationships can have positive impacts on people
 - a. True
 - b. False
7. Which of the following is an example of parasocial loss?
 - a. A celebrity retiring
 - b. A celebrity dying
 - c. A celebrity being involved in a scandal
 - d. All of the above
8. Which of the following is an example of a negative impact of parasocial relationships?
 - a. Being involved in the same fandom community
 - b. Developing stronger identity around sexuality and sexual identity
 - c. Negative body image
 - d. Delayed growth in two way relationships
9. Which of the following attachment styles is most likely to engage in parasocial relationships?
 - a. Anxious
 - b. Anxious ambivalent
 - c. Disorganized
 - d. Secure
10. Parasocial loss may impact a client's thoughts about suicide.
 - a. True
 - b. False