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**POST-DISASTER MENTAL HEALTH AND THE STRUCTURE
OF PERSONAL NETWORKS**

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Social support, ranging from emotional to informational to material, can be an important factor in post-disaster mental health. However, it is largely unknown whether the structure of that social support plays a role in mitigating psychological problems. We collected data on personal networks and symptoms of psychological problems experienced by 20 people affected by hurricanes and floods in both mountain and coastal North Carolina. Network structure was measured in terms of network constraint. Higher levels of network constraint appear to be associated with a greater degree of negative mental health symptoms.

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