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| Bulimic symptomology | Negative | Markey and Vander Wal, 2007 |
| Depression | Negative | Downey et al., 2008 |
| Negative interactions with close friends | Negative | Lopes et al., 2005 |
| Destructive behavior | negative | Brackett et al., 2006; Brackett et al., 2005 |
| Increased desire for social involvement | Positive | Caruso et al., 2002 |
| Reciprocal friendships | Positive | Lopes et al., 2005 |
| Academic grades | Positive | Brackett & Mayer, 2003; Marquez et al., 2006 |
| Pro-social tendencies | Positive | Brackett et al., 2006; Lopes et al., 2005; Marquez et al., 2006 |
| Preference of helping careers | positive | Caruso et al., 2002 |
| Parental support | Positive | Lopes, Salovey, & Straus, 2003 |
| Interpersonal sensitivity | positive | Lopes et al., 2005 |