

## Exploring the Role of Anonymous Social Media Posts in Empowering Women Affected by Deception and Infidelity: A Qualitative Study

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### Abstract

Women affected by domestic threats, deception, infidelity, and the subsequent mental health consequences often face barriers in seeking support and sharing their experiences openly due to fear of judgment, stigma, and reprisal. However, with the rise of anonymous social media platforms, women may now have a safe space to share their experiences, reach out for help, and boost one another's confidence without fear of reprisal. Examining the effects on women's well-being, access to resources, and sense of community, this qualitative study seeks to investigate the function of anonymous social media posts in empowering women facing these issues. Women who have experienced domestic violence, deception, infidelity, or mental health implications were interviewed in-depth as a part of the qualitative study. Participants were sought out through women-focused online communities and offline groups. Initial research indicates that women who have experienced domestic violence, deception, infidelity, or other negative effects on their mental health can find strength in sharing their experiences anonymously on social media. In addition, women were able to learn about their legal rights, mental health support services, and coping skills through anonymous social media posts. This study's findings highlight the significance of anonymous social media posts in aiding women who have experienced domestic violence, deception, adultery, or negative mental health outcomes. These online platforms allow women to speak out, get help, and learn from each other's experiences.

**Keywords:** *Social media, Anonymous posts, Domestic threats, Mental health consequences, Deception*