Meta-Analysis References

- Arden-Close, E., Gidron, Y., Bayne, L., & Moss-Morris, R. (2013). Written emotional disclosure for women with ovarian cancer and their partners: randomised controlled trial. *Psycho-Oncology*, 22(10), 2262–2269. doi:10.1002/pon.3280
- Barry, L. M., & Singer, G. H. (2001). Reducing maternal psychological distress after the NICU experience through journal writing. *Journal of Early Intervention*, 24(4), 287–297. doi:10.1177/105381510102400404
- Bernard, M., Jackson, C., & Jones, C. (2006). Written emotional disclosure following first-episode psychosis: Effects on symptoms of post-traumatic stress disorder. *British Journal of Clinical Psychology*, 45(3), 403–415. doi:10.1348/014466505X68933
- Broderick, J. E., Junghaenel, D. U., & Schwartz, J. E. (2005). Written emotional expression produces health benefits in Fibromyalgia patients. *Psychosomatic Medicine*, 67(2), 326–334. doi:10.1097/01.psy.0000156933.04566.bd
- Bugg, A., Turpin, G., Mason, S., & Scholes, C. (2009). A randomised controlled trial of the effectiveness of writing as a self-help intervention for traumatic injury patients at risk of developing post-traumatic stress disorder. Behaviour Research and Therapy, 47(1), 6–12. doi:10.1016/j.brat.2008.10.006
- Craft, M. A., Davis, G. C., & Paulson, R. M. (2013). Expressive writing in early breast cancer survivors. *Journal of Advanced Nursing*, 69(2), 305–315. doi:10.1111/j.1365-2648.2012.06008.x
- Deters, P. B., & Range, L. M. (2003). Does writing reduce posttraumatic stress disorder symptoms? *Violence and Victims*, 18(5), 569–580. doi:10.1891/vivi.2003.18.5.569
- Di Blasio, P., Camisasca, E., Caravita, S. C. S., Ionio, C., Milani, L., Valtolina, G. G., Valtolina, G. G. (2015). The effects of expressive writing on postpartum depression and posttraumatic stress symptoms. *Psychological Reports*, 117(3), 856–882. doi:10.2466/02.13.PR0.117c29z3
- Gebler, F. A., & Maercker, A. (2007). Expressive writing and existential writing as coping

- with traumatic experiences A randomized controlled pilot study. Trauma & Gewalt, 1(1), 264-272.
- Gellaitry, G., Peters, K., Bloomfield, D., & Horne, R. (2010). Narrowing the gap: The effects of an expressive writing intervention on perceptions of actual and ideal emotional support in women who have completed treatment for early stage breast cancer.

 Psycho-Oncology, 19(1), 77–84. doi:10.1002/pon.1532
- Giannotta, F., Settanni, M., Kliewer, W., & Ciairano, S. (2009). Results of an Italian school-based expressive writing intervention trial focused on peer problems. *Journal of Adolescence*, 32(6), 1377–1389. doi:10.1016/j.adolescence.2009.07.001
- Gidron, Y., Peri, T., Connolly, J. F., & Shalev, A. Y. (1996). Written disclosure in posttraumatic stress disorder: Is it beneficial for the patient? *The Journal of Nervous and Mental Disease*, 184(8), 505–506. doi:10.1097/00005053-199608000-00009
- Greenberg, M. A., Wortman, C. B., & Stone, A. A. (1996). Emotional expression and physical health: Revising traumatic memories or fostering self-regulation? *Journal of Personality and Social Psychology*, 71(3), 588–602. doi:10.1037/0022-3514.71.3.588
- Halpert, A., Rybin, D., & Doros, G. (2010). Expressive writing is a promising therapeutic modality for the management of IBS: A pilot study. The American Journal of Gastroenterology, 105(11), 2440–2448. doi:10.1038/ajg.2010.246
- Horsch, A., Tolsa, J.-F., Gilbert, L., Chêne, L. J. du, Müller-Nix, C., & Graz, M. B. (2016). Improving maternal mental health following preterm birth using an expressive writing intervention: A randomized controlled trial. *Child Psychiatry & Human Development*, 47(5), 780–791. doi:10.1007/s10578-015-0611-6
- Hoyt, T., & Renshaw, K. D. (2014). Emotional disclosure and posttraumatic stress symptoms: Veteran and spouse reports. *International Journal of Stress Management*, 21(2), 186–206. doi:10.1037/a0035162
- Hoyt, T., & Yeater, E. A. (2011). The effects of negative emotion and expressive writing on posttraumatic stress symptoms. *Journal of Social and Clinical Psychology*, 30(6),

- 549–569. doi:10.1521/jscp.2011.30.6.549
- Ironson, G., O'Cleirigh, C., Leserman, J., Stuetzle, R., Fordiani, J., Fletcher, M., & Schneiderman, N. (2013). Gender-specific effects of an augmented written emotional disclosure intervention on posttraumatic, depressive, and HIV-disease-related outcomes: A randomized, controlled trial. *Journal of Consulting and Clinical Psychology*, 81(2), 284–298. doi:10.1037/a0030814
- Kállay, É., & Băban, A. (2008). Emotional benefits of expressive writing in a sample of Romanian female cancer patients. *Cognition Brain Behavior*, 12(1), 115–129.
- Kearns, M. C., Edwards, K. M., Calhoun, K. S., & Gidycz, C. A. (2010). Disclosure of sexual victimization: The effects of Pennebaker's emotional disclosure paradigm on physical and psychological distress. *Journal of Trauma and Dissociation*, 11(2), 193–209. doi:10.1080/15299730903502979
- Knaevelsrud, C., & Maercker, A. (2007). Internet-based treatment for PTSD reduces distress and facilitates the development of a strong therapeutic alliance: A randomized controlled clinical trial. *BMC Psychiatry*, 7(1), 13. doi:10.1186/1471-244X-7-13
- Konig, A., Eonta, A., Dyal, S. R., & Vrana, S. R. (2014). Enhancing the benefits of written emotional disclosure through response training. *Behavior Therapy*, 45(3), 344–357. doi:10.1016/j.beth.2013.12.006
- Koopman, C., Ismailji, T., Holmes, D., Classen, C. C., Palesh, O., & Wales, T. (2005). The effects of expressive writing on pain, depression and posttraumatic stress disorder symptoms in survivors of intimate partner violence. *Journal of Health Psychology*, 10(2), 211–221. doi:10.1177/1359105305049769
- Kovac, S. H., & Range, L. M. (2000). Writing projects: Lessening undergraduates' unique suicidal bereavement. Suicide & Life-Threatening Behavior, 30(1), 50–60.
- Lancaster, S. L., Klein, K. P., & Heifner, A. (2015). The validity of self-reported growth after expressive writing. *Traumatology*, 21(4), 293–298. doi:10.1037/trm0000052
- Lange, A., Van de Ven, J.-P., Schrieken, B., & Emmelkamp, P. M. (2001). Interapy.

- Treatment of posttraumatic stress through the Internet: A controlled trial. *Journal of Behavior Therapy and Experimental Psychiatry*, 32(2), 73–90. doi:10.1016/S0005-7916(01)00023-4
- Lichtenthal, W. G., & Cruess, D. G. (2010). Effects of directed written disclosure on grief and distress symptoms among bereaved individuals. *Death Studies*, 34(6), 475–499. doi:10.1080/07481187.2010.483332
- Low, C. A., Stanton, A. L., Bower, J. E., & Gyllenhammer, L. (2010). A randomized controlled trial of emotionally expressive writing for women with metastatic breast cancer. *Health Psychology*, 29(4), 460–466. doi:10.1037/a0020153
- Lu, Q., Zheng, D., Young, L., Kagawa-Singer, M., & Loh, A. (2012). A pilot study of expressive writing intervention among Chinese-speaking breast cancer survivors. *Health Psychology*, 31(5), 548–551. doi:10.1037/a0026834
- Meshberg-Cohen, S., Svikis, D., & McMahon, T. J. (2014). Expressive writing as a therapeutic process for drug-dependent women. Substance Abuse, 35(1), 80–88. doi:10.1080/08897077.2013.805181
- Nixon, R. D. V., & Kling, L. W. (2009). Treatment of adult post-traumatic stress disorder using a future-oriented writing therapy approach. *The Cognitive Behaviour Therapist*, 2(04), 243–255. doi:10.1017/S1754470X09990171
- Park, C. L., & Blumberg, C. J. (2002). Disclosing trauma through writing: Testing the meaning-making hypothesis. *Cognitive Therapy and Research*, 26(5), 597–616. doi:10.1023/A:1020353109229
- Páez, D., Velasco, C., & González, J. L. (1999). Expressive writing and the role of Alexythimia as a dispositional deficit in self-disclosure and psychological health. Journal of Personality and Social Psychology, 77(3), 630–641. doi:10.1037/0022-3514.77.3.630
- Possemato, K., Ouimette, P., & Geller, P. (2010). Internet-based expressive writing for kidney transplant recipients: Effects on posttraumatic stress and quality of life.

- Traumatology, 16(1), 49–54. doi:10.1177/1534765609347545
- Range, L. M., Kovac, S. H., & Marion, M. S. (2000). Does writing about the bereavement lessen grief following sudden, unintentional death? *Death Studies*, 24, 115–134. doi:10.1080/074811800200603
- Schoutrop, M. J. A., Lange, A., Hanewald, G., Davidovich, U., & Salomon, H. H. (2002).

 Structured writing and processing major stressful events: A controlled trial.

 Psychotherapy and Psychosomatics, 71(3), 151–157. doi:10.1159/000056282
- Schwartz, L. (2004). Effects of written emotional disclosure on caregivers of children and adolescents with chronic illness. *Journal of Pediatric Psychology*, 29(2), 105–118. doi:10.1093/jpepsy/jsh014
- Slavin-Spenny, O. M., Cohen, J. L., Oberleitner, L. M., & Lumley, M. A. (2011). The effects of different methods of emotional disclosure: Differentiating posttraumatic growth from stress symptoms. *Journal of Clinical Psychology*, 67(10), 993–1007. doi:10.1002/jclp.20750
- Sloan, D. M., Lee, D. J., Litwack, S. D., Sawyer, A. T., & Marx, B. P. (2013). Written Exposure Therapy for veterans diagnosed with PTSD: A pilot study. *Journal of Traumatic Stress*, 26(6), 776–779. doi:10.1002/jts.21858
- Sloan, D. M., & Marx, B. P. (2004). A closer examination of the structured written disclosure procedure. Journal of Consulting and Clinical Psychology, 72(2), 165–175. doi:10.1037/0022-006X.72.2.165
- Sloan, D. M., Marx, B. P., Bovin, M. J., Feinstein, B. A., & Gallagher, M. W. (2012).
 Written exposure as an intervention for PTSD: A randomized clinical trial with motor vehicle accident survivors. Behaviour Research and Therapy, 50(10), 627–635.
 doi:10.1016/j.brat.2012.07.001
- Sloan, D. M., Marx, B. P., & Epstein, E. M. (2005). Further examination of the exposure model underlying the efficacy of written emotional disclosure. *Journal of Consulting and Clinical Psychology*, 73(3), 549–554. doi:10.1037/0022-006X.73.3.549

- Sloan, D. M., Marx, B. P., Epstein, E. M., & Lexington, J. M. (2007). Does altering the writing instructions influence outcome associated with written disclosure? *Behavior Therapy*, 38(2), 155–168. doi:10.1016/j.beth.2006.06.005
- Sloan, D. M., Marx, B. P., & Greenberg, E. M. (2011). A test of written emotional disclosure as an intervention for posttraumatic stress disorder. *Behaviour Research and Therapy*, 49(4), 299–304. doi:10.1016/j.brat.2011.02.001
- Sloan, D. M., Marx, B. P., Lee, D. J., & Resick, P. A. (2018). A brief exposure-based treatment vs cognitive processing therapy for Posttraumatic Stress Disorder: A randomized noninferiority clinical trial. *JAMA Psychiatry*, 75(3), 233. doi:10.1001/jamapsychiatry.2017.4249
- Smyth, J. M., Anderson, C. F., Hockemeyer, J. R., & Stone, A. A. (2002). Does emotional non-expressiveness or avoidance interfere with writing about stressful life events? An analysis in patients with chronic illness. *Psychology and Health*, 17(5), 561–569. doi:10.1080/08870440290025777
- Smyth, J. M., Hockemeyer, J., Anderson, C., Strandberg, K., Koch, M., O'Neill, H. K., & McCammon, S. (2002). Structured writing about a natural disaster buffers the effect of intrusive thoughts on negative affect and physical symptoms. *Australasian Journal of Disaster and Trauma Studies*, 6(1).
- Stockton, H., Joseph, S., & Hunt, N. (2014). Expressive writing and posttraumatic growth:

 An internet-based study. *Traumatology: An International Journal*, 20(2), 75–83.

 doi:10.1037/h0099377
- Ullrich, P. M., & Lutgendorf, S. K. (2002). Journaling about stressful events: Effects of cognitive processing and emotional expression. *Annals of Behavioral Medicine*, 24(3), 244–250. doi:10.1207/S15324796ABM2403_10
- Vedhara, K., Morris, R. M., Booth, R., Horgan, M., Lawrence, M., & Birchall, N. (2007).

 Changes in mood predict disease activity and quality of life in patients with psoriasis following emotional disclosure. *Journal of Psychosomatic Research*, 62(6), 611–619.

doi:10.1016/j.jpsychores.2006.12.017

- Wagner, B., Knaevelsrud, C., & Maercker, A. (2006). Internet-based cognitive-behavioral therapy for complicated grief: A randomized controlled trial. *Death Studies*, 30(5), 429–453. doi:10.1080/07481180600614385
- Walker, B. L., Nail, L. M., & Croyle, R. T. (1999). Does emotional expression make a difference in reactions to breast cancer? *Oncology Nursing Forum*, 26(6), 1025–1032.
- Zakowski, S. G., Ramati, A., Johnson, P., Flanigan, R., Morton, C., Johnson, P., & Flanigan, R. (2004). Written emotional disclosure buffers the effects of social constraints on distress among cancer patients. *Health Psychology*, 23(6), 555–563. doi:10.1037/0278-6133.23.6.555