

**Jeffrey M. Pavlacic  
University of Mississippi  
Clinical-Disaster Research Center (UM-CDRC)**

**Kinard Hall Suite 203, The University of Mississippi**

**University, MS 38677-1848**

August 2ndh, 2018

Dr. Gerianne Alexander

Review of General Psychology

Dr. Alexander,

We are submitting our manuscript entitled “A Meta-Analysis of Expressive Writing on Positive Psychology Variables and Traumatic Stress” for publication at *Review of General Psychology.* This meta-analysis examines the efficacy of expressive writing on posttraumatic stress (PTS), posttraumatic growth (PTG), and quality of life (QOL) using random effects models. Studies in this area revealed a small effect size for PTS and a negligible effect size for both QOL and PTG. However, when splitting the PTS studies by those requiring a diagnosis for participation (in line with recent literature suggesting that those with moderate symptoms of PTS benefit more), those studies requiring a PTSD diagnosis for participation exhibited a medium effect size, compared to the small effect size in studies not requiring a diagnosis (subclinical symptomology). While our meta-analysis focuses on effect sizes of our outcome variables primarily, we also discuss issues regarding power, heterogeneity of solicited studies, group change across time, and publication bias. In sum, we feel that our manuscript will provide the researcher with a cohesive overview of expressive writing and its theoretical underpinnings, as well its efficacy related to PTS, PTG, and QOL. We believe your journal is an excellent outlet to reach that audience.

My co-authors and I have no industry affiliations, and we have no conflicts of interest to disclose. There is no overlap between the contents of this manuscript and any other published material or materials in press. Portions of the content of the manuscript were recently presented as a poster presentation to the Association for Behavior Analysis International, but this manuscript is not under review at any other journal. All authors have seen and approved this version of the manuscript. We understand that the copyright to the pertinent manuscript will be transferred to *Review of General Psychology.*

We very much appreciate your consideration of our revised manuscript. If there is anything else we can do to assist you regarding the extensive revisions made to this meta-analysis, please do not hesitate to contact me at the email address listed below.

Best,

Jeffrey M. Pavlacic

jpavlacic@go.olemiss.edu