

Reproducible Meta-analysis

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Author Note

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Abstract

Expressive writing is beneficial for promoting both positive psychological and physical health outcomes. Unfortunately, inhibiting emotions is related to impairments in psychological and physical health. James Pennebaker and others have used expressive writing as an experimental manipulation to gauge its efficacy in treating a wide variety of physical and psychological outcomes. While many studies have been conducted that examine the efficacy of expressive writing across such outcomes, a considerable amount of these studies tend to neglect necessary considerations such as different levels of symptomatology, power, and meaningfulness of respective effect sizes. Six previous meta-analyses have been conducted that examine expressive writing's effect on psychological outcomes. However, these studies focus on the experimental versus control group effect size. Thus, our meta-analysis sought to examine the efficacy of an expressive writing task on only the experimental conditions in studies measuring posttraumatic stress, posttraumatic growth, and quality of life using random effects models. Results indicated a small overall effect size for posttraumatic stress and negligible to small effect sizes for posttraumatic growth and quality of life. However, those studies requiring a diagnosis of PTSD exhibited a medium to large effect size. Implications for future research design and interpretation of published research are discussed.

Keywords: keywords

Word count: X

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Methods

We report how we determined our sample size, all data exclusions (if any), all manipulations, and all measures in the study.

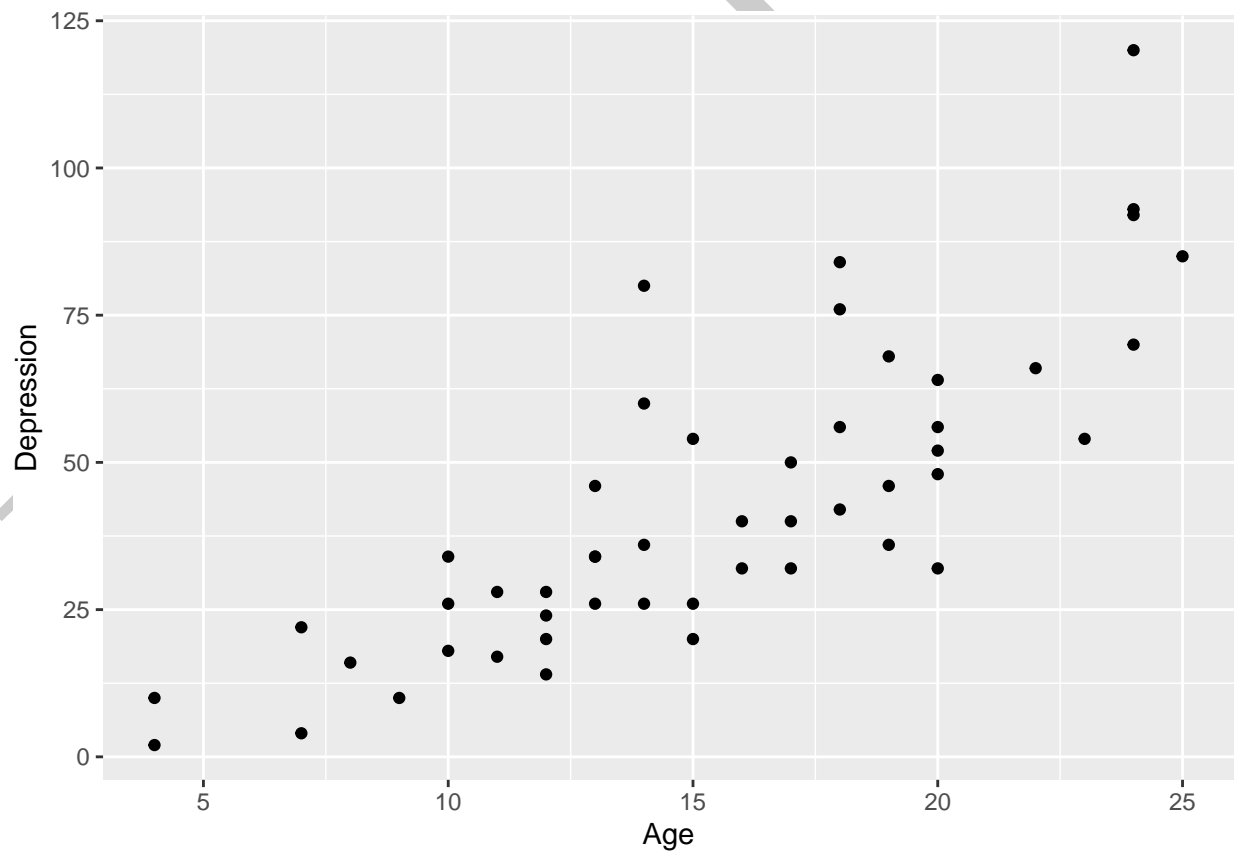
Participants

Material

Procedure

Data analysis

Results



Discussion

References

DRAFT

Table 1
A summary table of the cars dataset.

	Mean	SD	Min	Max
speed	15.40	5.29	4.00	25.00
dist	42.98	25.77	2.00	120.00

Table 2
A full regression table.

Predictor	<i>b</i>	95% CI	<i>t</i> (146)	<i>p</i>
Intercept	1.86	[1.36, 2.35]	7.40	< .001
Sepal Width	0.65	[0.52, 0.78]	9.77	< .001
Petal Length	0.71	[0.60, 0.82]	12.50	< .001
Petal Width	-0.56	[-0.81, -0.30]	-4.36	< .001

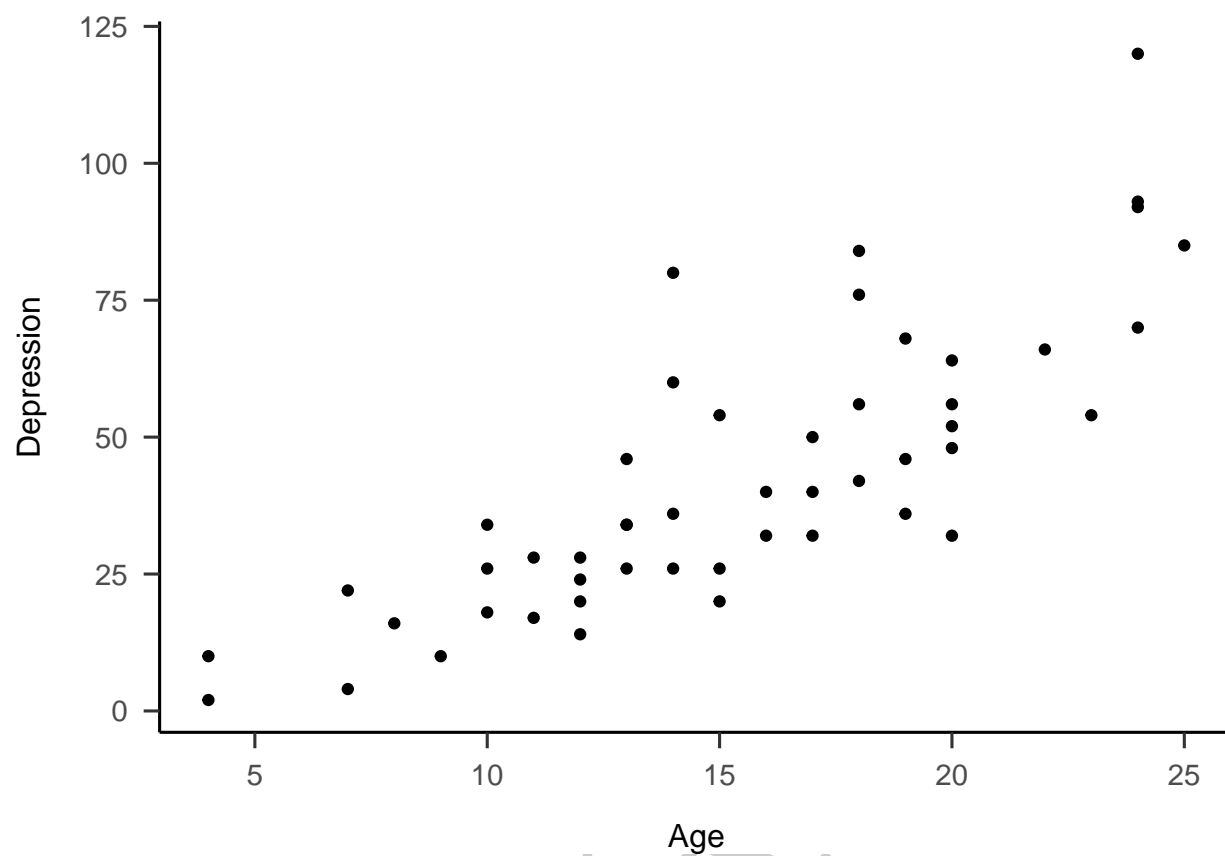


Figure 1. Correlation between x and y

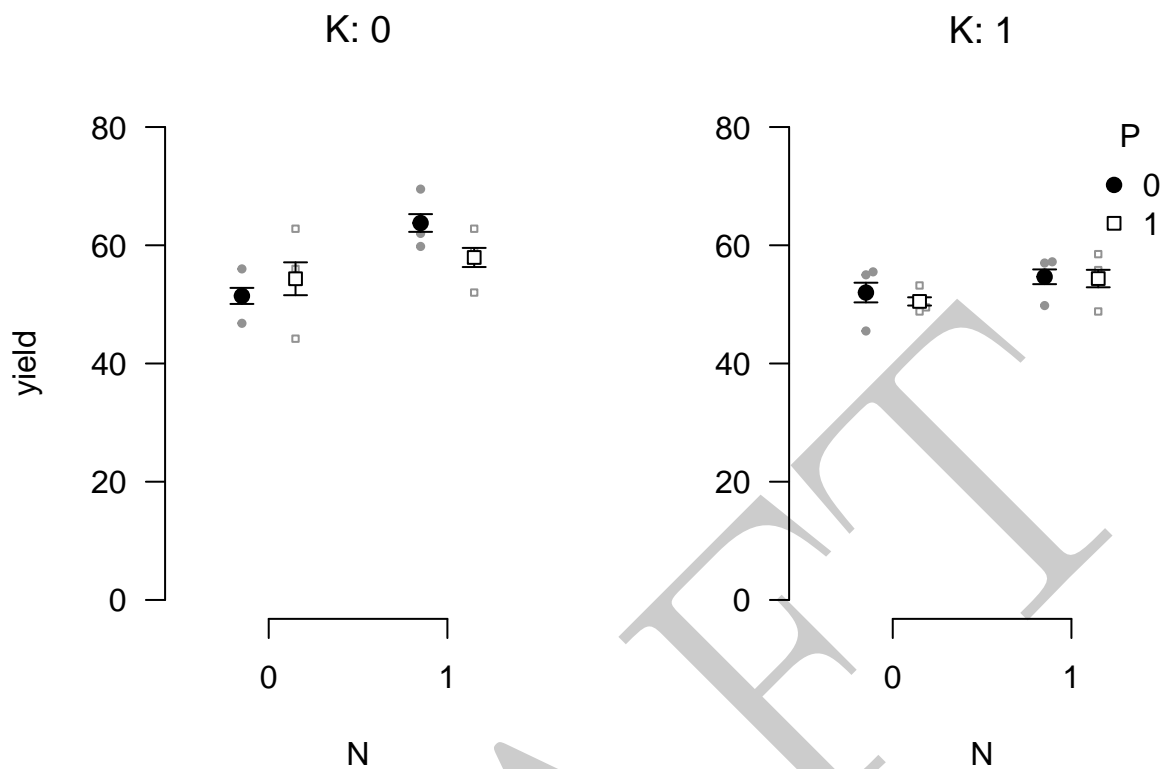


Figure 2. beeplot

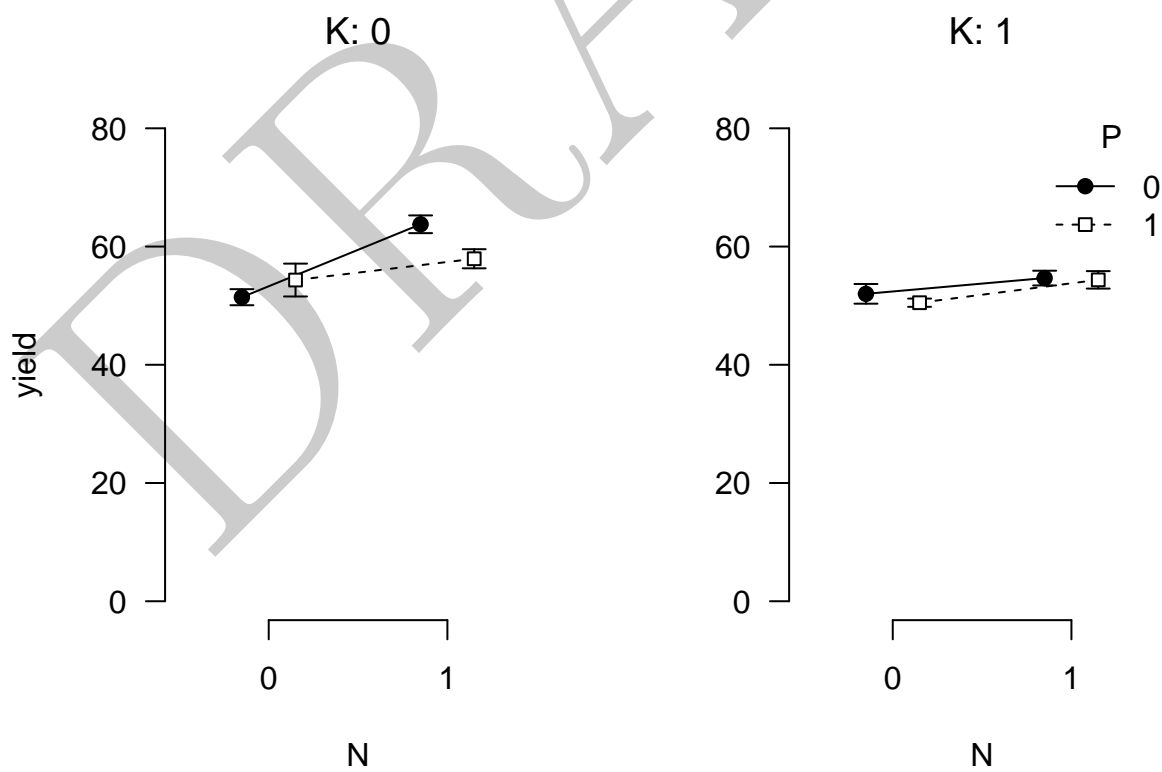


Figure 3. lineplot

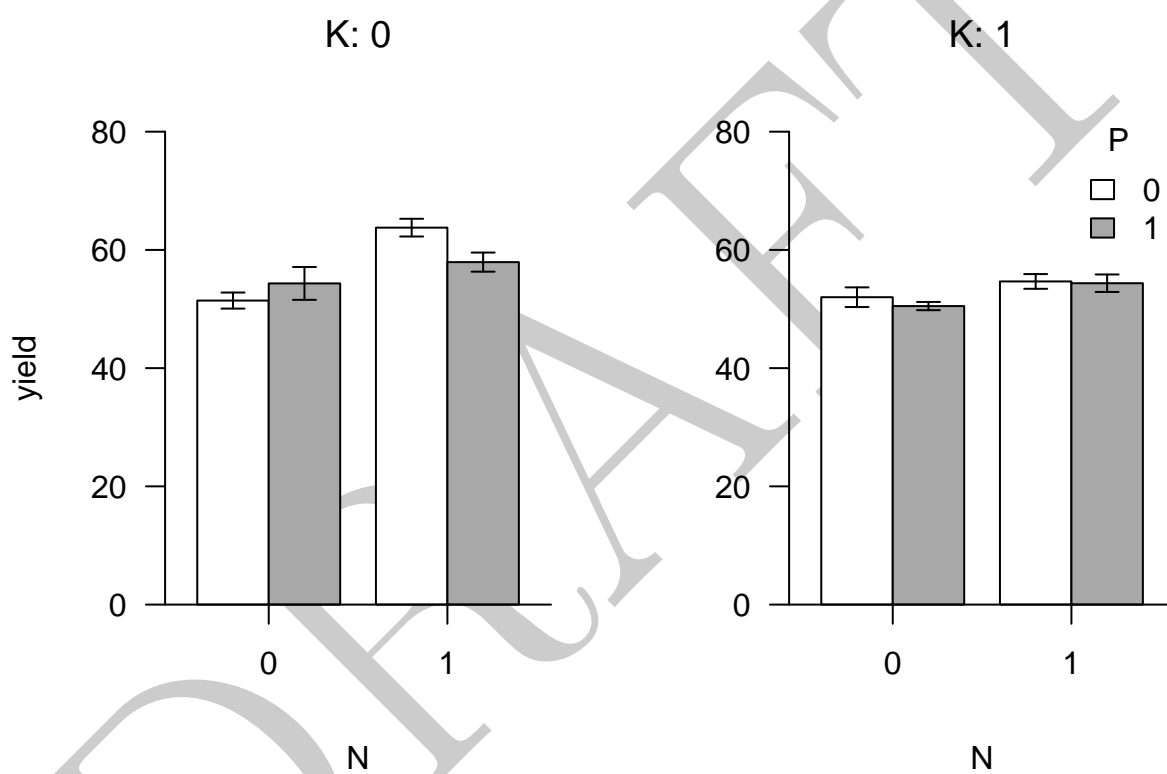


Figure 4. barplot