



## Abstract

•The overall goal of this study is to determine the efficacy of expressive writing as an intervention tool for state anxiety utilizing a randomized control trial (RCT) method. It will look specifically at positive, negative, temporal, and insight words to analyze the effect they have on the effectiveness of this intervention over time.

## Research Question

•How effective is expressive writing as an intervention tool for reducing state anxiety? Does the use of positive affect words, insight words and present time orientation words increase this tool's effectiveness?

## Methods

- IRB approval was obtained through Andrews University (IRB #16-106)
- Data will be collected from 63 students of Andrews University who are 18 and older, randomly assigned to two conditions.
  - Expressive writing condition: For this condition the participant will write about a stressful life event for 10 minutes. The prompt was developed by Gortner, Rude, and Pennebaker (2006).
  - Superficial writing condition : This condition is the control for this study.