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The Effect of Expressive Writing on Psychological Well-being of Sexual Minorities

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## Abstract

Sexual minorities encountered much stress and had poor psychological health due to stigmatization. Expressive writing was one of the well-established interventions which could reduce the negative impact of stress on psychological health through writing the stressful or traumatic experience. Hence, the present study aimed to investigate the effect of expressive writing in enhancing sexual minorities' psychological health. The relationship among self-efficacy in coping with LGB-related stress, cognitive appraisal of stress, and psychological health were also investigated. In addition, the mechanism of expressive writing was briefly explored by examining whether there was changed in self-efficacy and cognitive appraisal brought by expressive writing. Seventy-seven lesbian, gay, and bisexual individuals were recruited and 60 of them finished the whole study. Correlation and repeated measure ANOVAs showed that no effect of expressive writing was observed in their psychological health, self-efficacy, or cognitive appraisal. However, significant correlation was found among self-efficacy, cognitive appraisal, and psychological well-being. Implications, limitations, and future direction were discussed.