

Abstract

The present study examined and compared the effectiveness of a variation of expressive writing intervention by providing instructions on emotion processing and guiding participants to go through the process of awareness, regulation, and transformation of emotions during writing (emotion-focused writing). The effects of participants' trait level of emotional intelligence and experiential avoidance on the health benefits of writing intervention was also examined. It was found that perceived stress level of individuals completing standard expressive writing dropped to a level comparable to the other groups at post-intervention and four weeks follow-up. As for emotion-focused writing group, individuals with lower trait attention to emotions were found to experience an increase in perceived stress level at post-intervention, which then reduced at four weeks follow-up. Further follow-up studies will help to clarify if delayed treatment effects would be found.