Project Title: The Effects of Emotional Disclosure on Health
Investigator: Alexander Nagurney
Department: Psychology

Project Summary:
This study involved contacting fibromyalgia patients and asking them to participate in an emotional disclosure study. After initial contact, participants were assigned to write about a positive, negative, or neutral life event. It was hypothesized that writing about either a positive or negative event would result in improved physical and mental functioning, while writing about a neutral event should not change functioning either positively or negatively. The results provide a hint that emotional writing does indeed carry a benefit, although this benefit is limited to mental functioning.

External Grant Applied:
**In progress - Arthritis Foundation
Student Numbers: 2