

- **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