

## **Effects of Writing or Talking about Personal Events**

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This study will test whether different approaches to talking or writing about life events influence the health and mental health of Asian undergraduate students. Eighty students will be assigned to one of four experimental conditions: writing about stressful events, talking about stressful events, writing about non-stressful events, or talking about non-stressful events. Over the course of four days, participants will be asked to write or talk about one of several different topics for 20 minutes each day. Each person will also complete questionnaires before the experiment, immediately following the experiment, and again about 6 months later. This study has two primary aims related to the effects of disclosing personal events on student health: 1) Test the effects of talking or writing on the mental health (i.e., self-reported depression, PTSD symptoms, and psychological distress) and physical health (i.e., self-reported physical health and visits to health center) of undergraduates and 2) Test whether personality factors and ethnic identity influence the effects of disclosure on health outcomes.