



For over 30 years, researchers have been studying the effects of expressive writing. In most studies, participants are asked to take 15 to 30 minutes to write about an emotionally challenging, even traumatic incident in their lives. Typically, they are asked to do this once a day for three to five days. Even though the time spent writing can be emotional and make the writer feel vulnerable, the long-term benefits are positive.

Research has found that expressive writing can:

- Improve grade point average
- Improve working memory
- Improve writing skills
- Decrease school dropout rates
- Enhance immune function (fewer illnesses and fewer trips to the doctor)
- Decrease blood pressure
- Promote wound healing after surgery
- Decrease anxiety and depression
- Help people feel better about life
- Lessen post-traumatic intrusion and avoidance symptoms

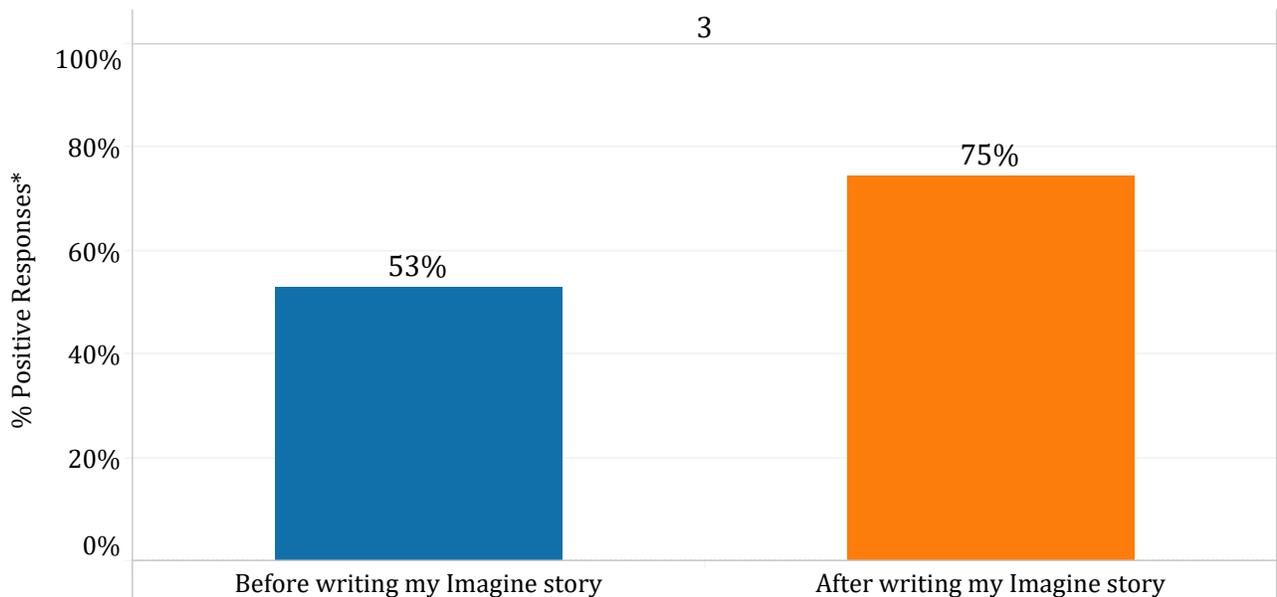
Study measurements were done months, even years, after the writing exercises and positive results still existed.

At The Imagine Project, we collect evaluative data through our elementary questionnaire (3rd - 6th grade), our teen questionnaire (6th - 12th grade), our teacher questionnaire, and our parent questionnaire. Questionnaires are completed voluntarily by the youth, teachers, and parents who have adopted The Imagine Project, and come in through Google forms from across the country. The questionnaires are anonymous and comments are kept confidential. If you would like to find out more or to participate, please visit:

<https://theimagineproject.org/research/>

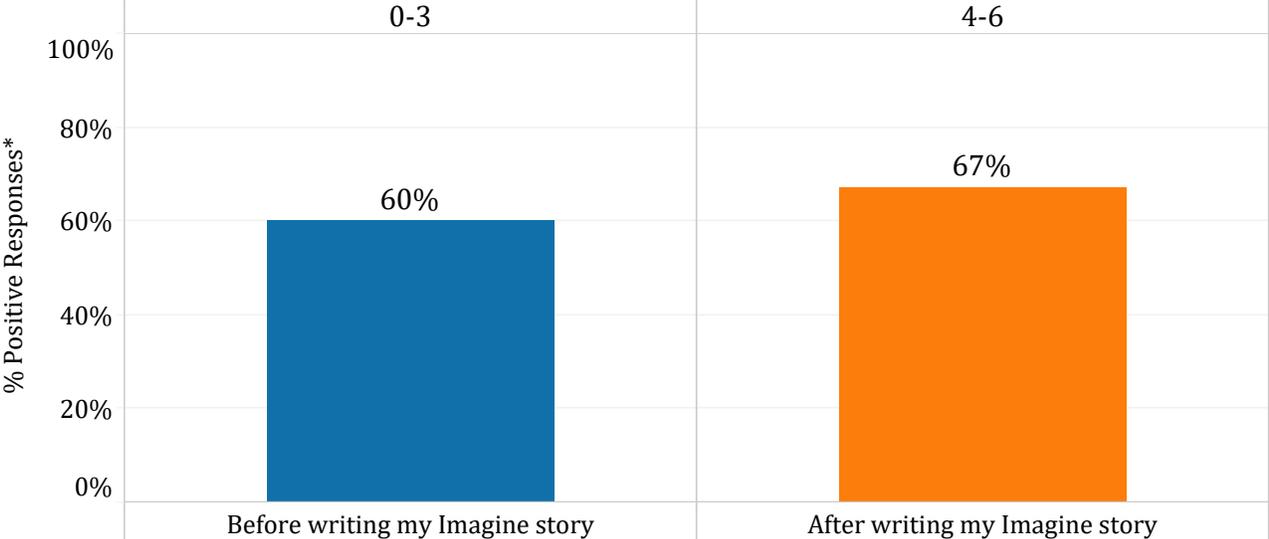
The graphs below display results from the Elementary and Teen Questionnaires where Post results showed statistically significant\*\* gains over the Pre results. By hovering your cursor over the bars, you will see additional information, such as counts. Counts are the number of responses, not the number of respondents. The results below feature responses submitted between October 2019 and February 2020.

### Percentages of Positive Responses by Grade (Elementary)



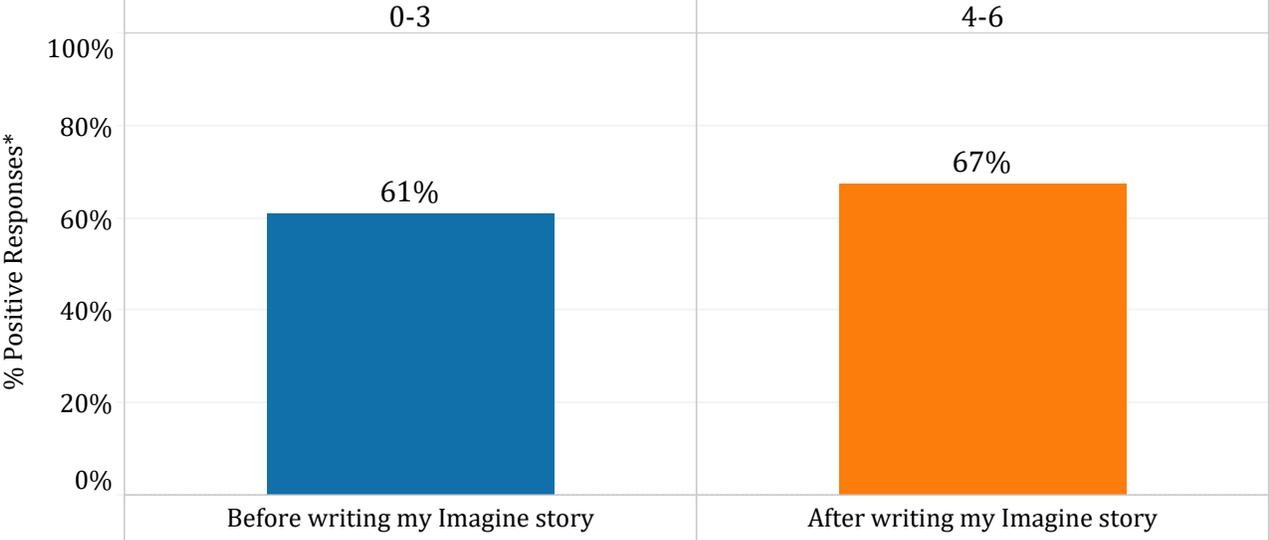
Graph 1 - The data reflect a significant gain in the post results for 3rd grade students.

### Percentages of Positive Responses by how many times a week they write an Imagine story (Elementary)



Graph 2 - The data reflect a significant gain in the post results for Elementary students who wrote an Imagine story 4-6 times a week.

### Percentages of Positive Responses by how many times a week they write an Imagine story (Teen)



Graph 3 - The data reflect a significant gain in the post results for Teen students who wrote an Imagine story 4-6 times a week.

\*Positive Responses: the response options for the questionnaire items in this report are "Always", "Most of the time", "Sometimes", and "Never". Depending on the item, "Positive Responses" groups "Always"/"Most of the time" or "Sometimes"/"Never".  
 \*\*Statistically Significant: two-sided t-test where alpha=.05.