**102D**

**Narrative Exposure Writing Curtailed to Target Grief, Anxiety, & Depression for Suicide Survivors**

D. S. DeBrule PhD, C. Cummings BA, J. McCammon BS

Learning Objective: At the end of this presentation the participant will be able to discuss how writing can be implemented in clinical and research settings to help survivors.

The grief trajectory for suicide survivors is often complex and intense (Jordan & McIntosh, 2012). Few interventions have proven to be effective for survivors, and empirical

studies of such interventions often lack a control group or assess long-term change. There is a clear need for such interventions, given that approximately 4.6 million U.S.

survivors (McIntosh, 2012) may be significantly impacted by grief, depression, and anxiety. Of particular merit are interventions that can be implemented at the survivor’s

leisure without cost, logistical concerns, or potential exposure to others suicidal grief. Expressive writing (Pennebaker & Beall, 1986) and Narrative Exposure Writing (Sloan et.

al., 2012) have exhibited substantial promise for coping with trauma. While expressive writing targets health benefits, recent studies that employ an exposure-based model that

includes longer writing times have been more efficacious for psychological outcomes. Writing may be a palatable and easily implemented intervention for pernicious forms of

trauma that involve shame, stigma, and guilt. The present study examined a six session writing intervention among community survivors (n = 37). Participants were randomly

assigned to write for 6 sessions in an experimental group (warm-up, exposure writing, another’s perspective, finishing chapter) or a control group. The Beck Depression Inventory,

Beck Anxiety Inventory, Grief Experiences Questionnaire, Posttraumatic Growth Inventory, and Posttraumatic Checklist were administered before writing, after writing,

and at a one month follow-up. A total of 19 participants have completed all writing sessions and post writing forms, with a total of 60 participants anticipated by the conclusion

of the study. Preliminary results indicate that a mixed-design repeated measures ANOVA reveal a main effect for time F (1, 18) = 2.57, p = .08, and interaction of group and time

F (1, 18) = 2.70, p = .07, that approach significance. Further analyses indicate that survivors who wrote about their loss were significantly more likely to experience enhanced

posttraumatic growth compared to control writers from prewriting to post writing, F (1, 18) = 7.34, p = .02. Finally, BDI scores were markedly lower in both survivors who

wrote about their loss (M = 10.00 pre, M = 4.58 post) and survivors who wrote about plans for the day (M = 14.29 pre, M = 8.75 post). Further analyses and linguistic trends

will be presented following completion of data collection. The potential value of this intervention as an efficacious, convenient, and low cost intervention for survivors, particularly

those who elect not to seek traditional individual or group therapy, will be discussed as well as limitations of the intervention. Linguistic patterns will also be discussed

relative to other survivor researchers who have documented the power of metaphor and disclosure in resolving suicidal grief.

Daniel S. DeBrule PhD

Indiana University South Bend

1700 Mishawaka Ave.

P.O. Box 7111

South bend, IN, 46634-7111

ddebrule@iusb