

Abstract

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Keywords: expressive writing, mental health, academic writing, psychology

MONTCLAIR STATE UNIVERSITY

The Impacts of Expressive Writing on Academic Writing and Mental Health

by

Theodore Evelyn Mosby

A Master's Thesis Submitted to the Faculty of

Montclair State University

In Partial Fulfillment of the Requirements

For the Degree of

Master of Arts

May 2022

College of Humanities and Social Sciences

Department of Psychology

Thesis Committee:

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THE IMPACTS OF EXPRESSIVE WRITING ON ACADEMIC WRITING AND MENTAL
HEALTH

A THESIS

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Montclair State University

Montclair, NJ

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Acknowledgements (Optional)

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Chapter 1: Expressive Writing Defined

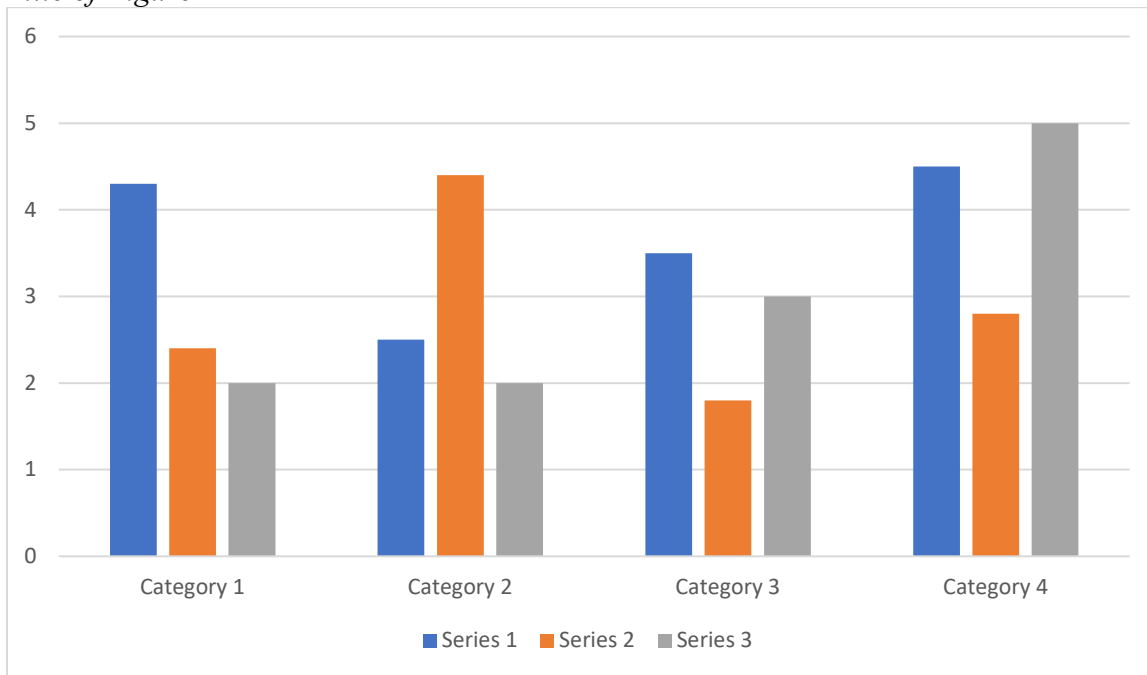
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Background Information

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Figure 1

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Table 1

Table Name

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Category 1	34	5
Category 2	67	109

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Mental Health and Academic Achievement: Byproducts of Expressive Writing

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