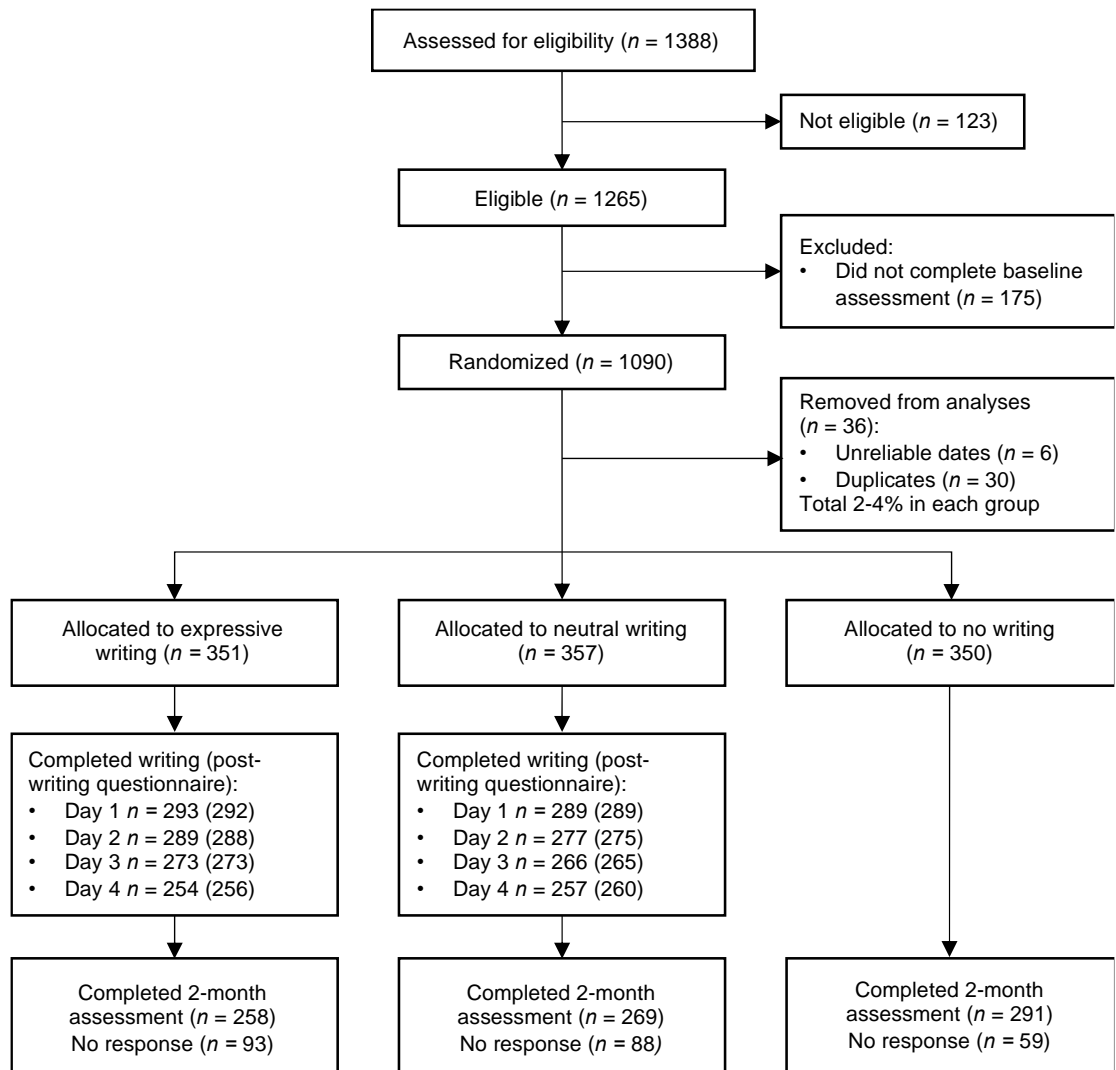


Flow chart of participants



Baseline characteristics

Characteristic	Expressive writing group (<i>n</i> = 351)		Neutral writing group (<i>n</i> = 357)		No writing group (<i>n</i> = 350)	
	mean	SD	mean	SD	mean	SD
Age (years)	30.90	4.91	31.04	4.74	31.10	4.78
Time since hurricane (days)	235.03	59.98	239.37	61.51	238.71	61.92
Time since conception (days)	355.77	120.97	369.10	121.27	359.47	118.46
Impact of Event Scale-Revised	18.84	18.79	16.58	18.80	18.03	17.69
IDAS Depression	44.78	14.68	42.90	13.83	43.64	14.07
IDAS Dysphoria	20.70	8.90	19.62	8.37	19.93	8.53
IDAS Panic	11.01	5.01	10.85	5.19	11.23	5.24
IDAS Ill Temper	8.46	4.28	8.37	4.18	8.35	4.29
IDAS Well-Being	19.86	6.94	20.32	6.82	20.27	7.35
Harvey Objective Stress Scale	31.04	28.10	30.61	28.69	30.56	27.49
Peritraumatic Distress Inventory	19.03	11.41	17.76	11.20	17.95	11.22
	N	%	N	%	N	%
Education						
High school or less	31	8.8	41	11.5	28	8.0
Some college	103	29.3	102	28.6	110	31.4
Bachelor's degree or higher	217	61.8	214	59.9	212	60.6
Married or partnered	315	89.7	309	86.8	310	88.6
Employed	171	48.7	192	53.8	194	55.6
Annual household income (USD)						
\$25,000 or less	56	16.0	63	17.7	51	14.6
\$25,001 – \$100,000	173	49.6	174	49.0	177	50.6
\$100,001 or more	120	34.4	118	33.2	122	34.9
Race						
American Indian or Alaska Native	4	1.1	5	1.4	4	1.2
Asian	17	4.9	12	3.4	12	3.5
Black or African American	42	12.0	47	13.2	44	12.7
Native Hawaiian or Other Pacific Islander	0	0.0	0	0.0	1	0.3
White	271	77.4	261	73.1	263	75.8
Other or Multiracial	16	4.6	32	9	23	6.6
Hispanic or Latinx	83	23.9	94	26.5	100	28.7

Pregnant during hurricane's landfall	278	86.1	289	90.3	276	87.1
Negative cognitive appraisal	237	67.5	221	61.90	226	64.60

IDAS: Inventory of Depression and Anxiety Scales

Primary and secondary outcomes

	Means (95% confidence intervals)			<i>F</i>	df	<i>p</i>	Partial η^2
	Expressive writing	Neutral writing	No writing				
<i>Primary outcome</i>							
Posttraumatic stress	12.8 (11.5, 14.4)	11.7 (10.3, 13.2)	12.3 (11.0, 13.7)	0.54	2, 325	0.584	0.002
<i>Secondary outcomes</i>							
Depression	40.4 (39.1, 41.7)	40.5 (39.3, 41.8)	39.6 (38.4, 40.8)	0.74	2, 616	0.480	0.002
Dysphoria	18.6 (17.9, 19.5)	18.5 (17.8, 19.2)	17.9 (17.2, 18.6)	1.31	2, 515	0.272	0.003
Panic	10.3 (10.0, 10.7)	10.4 (10.1, 10.7)	10.2 (9.9, 10.5)	0.42	2, 770	0.655	0.001
Ill temper	8.02 (7.70, 8.36)	7.93 (7.61, 8.27)	7.66 (7.36, 7.98)	1.34	2, 356	0.263	0.003
Well-being	21.7 (21.0, 22.5)	22.2 (21.5, 22.8)	21.4 (20.8, 22.1)	1.12	2, 395	0.326	0.003

Intention-to-treat analyses pooled over 20 multiply imputed datasets. All outcomes except well-being were log-transformed in the models. Means are adjusted for baseline score and are back-transformed to the original scale.

Adverse events

	Means (95% CIs)		<i>t</i>	df	<i>p</i>	<i>d</i> (95% CIs)
	Expressive writing	Neutral writing				
<i>Daily experiences (linear mixed models)</i>						
Racing heart	1.45 (1.40, 1.50)	1.16 (1.12, 1.20)	8.75	589	<0.001	0.72 (0.55, 0.88)
Upset stomach	1.29 (1.25, 1.33)	1.19 (1.15, 1.23)	3.59	582	<0.001	0.27 (0.12, 0.41)
Headache	1.30 (1.26, 1.35)	1.31 (1.26, 1.36)	-0.24	582	0.809	-0.02 (-0.18, 0.14)
Dizziness	1.13 (1.11, 1.16)	1.09 (1.07, 1.12)	1.96	575	0.050	0.18 (-0.00, 0.36)
Shortness of breath	1.16 (1.13, 1.20)	1.13 (1.10, 1.17)	1.33	578	0.185	0.12 (-0.06, 0.29)
Cold hands	1.07 (1.05, 1.10)	1.08 (1.05, 1.10)	-0.20	576	0.843	-0.02 (-0.19, 0.15)
Sweaty hands	1.19 (1.15, 1.22)	1.08 (1.05, 1.11)	4.62	594	<0.001	0.44 (0.26, 0.63)
Pounding heart	1.39 (1.34, 1.43)	1.12 (1.08, 1.16)	9.07	592	<0.001	0.74 (0.58, 0.90)
Nervous	1.55 (1.49, 1.61)	1.33 (1.28, 1.38)	5.51	592	<0.001	0.46 (0.29, 0.62)
Sad	1.76 (1.70, 1.83)	1.29 (1.24, 1.34)	11.83	590	<0.001	0.85 (0.71, 1.00)
Guilty	1.46 (1.40, 1.51)	1.25 (1.21, 1.30)	5.81	588	<0.001	0.41 (0.27, 0.56)
Happy	2.03 (1.94, 2.12)	2.68 (2.59, 2.77)	-9.33	601	<0.001	-0.99 (-1.19, -0.79)
Content	2.00 (1.91, 2.09)	2.51 (2.42, 2.59)	-8.03	599	<0.001	-0.72 (-0.90, -0.54)
Fatigued	2.00 (1.92, 2.08)	2.38 (2.30, 2.47)	-6.64	596	<0.001	-0.47 (-0.61, -0.33)
Constrained	1.27 (1.23, 1.32)	1.23 (1.19, 1.28)	1.24	589	0.215	0.11 (-0.06, 0.28)
Anxious	1.77 (1.70, 1.84)	1.50 (1.44, 1.56)	5.55	594	<0.001	0.47 (0.30, 0.63)
<i>Overall experiences (analyses of covariance)</i>						
Difficult	3.76 (3.36, 4.17)	2.72 (2.31, 3.14)	6.85	705	<0.001	0.60 (0.42, 0.77)
Depressed	2.90 (2.60, 3.21)	2.58 (2.25, 2.91)	2.44	705	0.015	0.21 (0.04, 0.38)
Happy	4.49 (4.16, 4.82)	4.88 (4.52, 5.25)	-3.23	705	0.001	-0.28 (-0.45, -0.11)
Valuable	4.62 (4.30, 4.94)	4.21 (3.81, 4.60)	2.83	705	0.005	0.26 (0.08, 0.45)

Daily and overall writing experiences in the expressive and neutral writing groups.

Intention-to-treat comparisons using linear mixed models (on the original dataset) and analyses of covariance (pooled over 20 multiply imputed datasets), all adjusted for baseline posttraumatic stress. Except happy, content and fatigued, all daily experience variables were log-transformed and their adjusted means were back-transformed. CI: confidence interval. Significant *p* values are bolded.