

Supplemental materials

Vol 134, No 1, Spring 2021

The characteristics and benefits of disclosing personal experiences in prison: A study on the “writing paradigm.”

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Table 1S: Pearson’s zero-order correlation coefficients between SA indices across the four writing sessions and GHQ difference scores (pretest scores – session 4 scores)

<i>GHQ_{pretest} - GHQ_{session 4}</i>				
	SA indices Session 1	SA indices Session 2	SA indices Session 3	SA indices Session 4
n. sentences	-.350*	-.341*	-.323*	-.256
n. words	-.437**	-.293*	-.266	-.263
simplicity	.097	.000	.104	-.189
emotional polarity	.218	-.084	.170	.043
attitude	-.278	-.342*	-.305*	-.172
behavior	-.183	-.203	-.146	-.164
cognitive state	-.354*	-.280*	-.345*	-.192
hedonic signal	-.089	-.295*	-.134	-.350*
emotion	-.203	-.273	-.316*	-.119
manner ^a	-.257	.130	--	.239
mood	-.198	-.238	.143	-.048
physical state	-.306*	-.335*	-.077	-.222
psychological state	-.186	-.265	-.186	-.063
emotional reaction ^a	-.026	--	--	--
sensation	-.151	-.133	-.239	.044
emotion-eliciting situation	-.207	-.212	-.098	-.130
trait	-.259	-.293*	-.190	-.153

* $p < .05$; ** $p < .01$

^a Correlations cannot be computed when the SA index = 0.

Table 2S: Pearson's zero-order correlation coefficients between SA indices across the four writing sessions and STAI-Y S difference scores (pretest scores – session 4 scores)

<i>STAI-Y S</i> <i>pretest</i> – <i>STAI-Y S</i> <i>session 4</i>				
	SA indices Session 1	SA indices Session 2	SA indices Session 3	SA indices Session 4
n. sentences	.134	.163	.178	.216
n. words	.121	.101	.108	.067
simplicity	-.151	-.106	-.266	.034
emotional polarity	.034	-.227	-.123	-.022
attitude	.109	-.082	.149	-.078
behavior	.092	-.010	.194	.297
cognitive state	.110	.044	.066	.052
hedonic signal	-.105	-.008	-.220	-.011
emotion	.078	.160	.152	.207
manner ^a	.082	-.060	--	.136
mood	-.076	.184	.504**	.190
physical state	.029	.241	.335*	.163
psychological state	-.123	-.083	-.181	-.124
emotional reaction ^a	-.179	--	--	--
sensation	-.157	-.033	-.069	.080
emotion-eliciting situation	.170	.105	.167	.135
trait	.126	.043	.110	-.065

* $p < .05$; ** $p < .01$

^a Correlations cannot be computed when the SA index = 0.

Table 3S: Pearson's zero-order correlation coefficients between SA indices across the four writing sessions and BDI-II difference scores (pretest scores – session 4 scores)

<i>BDI-II</i> <i>pretest</i> – <i>BDI-II</i> <i>session 4</i>				
	SA indices Session 1	SA indices Session 2	SA indices Session 3	SA indices Session 4
n. sentences	-.008	-.089	-.152	-.137
n. words	-.021	-.088	-.119	-.166
simplicity	-.071	.000	.057	.355*
emotional polarity	.145	-.096	-.333*	.073
attitude	.096	-.089	-.066	-.117
behavior	.002	-.070	-.103	-.104
cognitive state	.031	-.042	-.065	-.079
hedonic signal	.030	-.054	-.120	-.128
emotion	.062	-.048	-.087	-.069
manner ^a	.035	-.122	--	.292
mood	-.004	.148	.485**	.235
physical state	-.024	-.019	.299*	.068
psychological state	.132	-.145	-.040	-.122
emotional reaction ^a	.104	--	--	--
sensation	.097	-.078	-.058	.146
emotion-eliciting situation	.076	.008	-.088	-.043
trait	.080	-.131	-.104	-.125

* $p < .05$; ** $p < .01$

^a Correlations cannot be computed when the SA index = 0.

Table 4S: Pearson's zero-order correlation coefficients between SA indices across the four writing sessions and PANAS-S NA difference scores (pretest scores – session 4 scores)

	<i>PANAS-S NA_{pretest} - PANAS-S NA_{session 4}</i>			
	SA indices Session 1	SA indices Session 2	SA indices Session 3	SA indices Session 4
n. sentences	-.205	-.038	-.079	-.115
n. words	-.245	-.113	-.096	-.101
simplicity	.137	-.071	.209	.267
emotional polarity	.012	-.181	-.296*	-.260
attitude	-.127	-.114	.028	.026
behavior	-.052	-.016	.008	-.025
cognitive state	-.222	-.153	-.069	-.041
hedonic signal	-.002	-.125	-.258	-.116
emotion	-.172	-.072	-.060	-.017
manner ^a	-.211	-.188	--	.230
mood	-.157	-.155	.249	-.059
physical state	-.258	-.109	.038	.013
psychological state	.118	.093	-.016	-.016
emotional reaction ^a	.054	--	--	--
sensation	-.198	-.019	-.040	.171
emotion-eliciting situation	-.149	-.042	-.055	-.016
trait	-.148	-.172	-.090	-.116

* $p < .05$; ** $p < .01$

^a Correlations cannot be computed when the SA index = 0.

Table 5S: Pearson's zero-order correlation coefficients between SA indices and RRS subscales across the four writing sessions

SA indices	RRS		
	Brooding	Depression	Reflection
<i>Session 1</i>			
n. sentences	-.404**	-.335*	-.317*
n. words	-.293*	-.207	-.156
simplicity	.132	.151	.057
emotional polarity	.052	.092	.090
attitude	-.401**	-.340*	-.288*
behavior	-.312*	-.212	-.172
cognitive state	-.333*	-.249	-.237
hedonic signal	-.027	.080	.079
emotion	-.266	-.215	-.163
manner	-.403**	-.375**	-.353*
mood	-.260	-.092	-.122
physical state	-.354*	-.191	-.211
psychological state	-.035	-.147	-.077
emotional reaction	-.102	.002	-.121
sensation	-.083	-.030	-.041
emotion-eliciting situation	-.248	-.266	-.188
trait	-.361*	-.304*	-.265
<i>Session 2</i>			
n. sentences	.141	.027	.152
n. words	.114	.005	.146
simplicity	-.308*	-.343*	-.387**
emotional polarity	.000	.083	-.049
attitude	.195	.134	.184
behavior	.157	.066	.062
cognitive state	.167	.087	.201
hedonic signal	.146	.024	.076
emotion	.126	-.051	.015
manner	.044	.058	.039
mood	-.305*	-.317*	-.333*
physical state	-.088	-.150	-.081
psychological state	.148	.067	.108
emotional reaction ^a	--	--	--
sensation	-.053	.024	.038
emotion-eliciting situation	.033	.041	.119
trait	.193	.076	.146
<i>Session 3</i>			
n. sentences	.062	.056	.113
n. words	.037	-.004	.060
simplicity	.022	.056	.069
emotional polarity	-.140	-.047	-.096

attitude	.108	.107	.133
behavior	-.068	-.017	.016
cognitive state	-.071	-.093	-.128
hedonic signal	-.259	-.280	-.268
emotion	-.054	-.021	-.103
manner ^a	--	--	--
mood	.063	-.001	.024
physical state	.000	-.041	-.089
psychological state	-.070	-.158	-.096
emotional reaction ^a	--	--	--
sensation	-.115	-.079	-.142
emotion-eliciting situation	.052	.074	.112
trait	-.075	-.010	-.046

Session 4

n. sentences	-.021	-.134	.050
n. words	.133	.022	.169
simplicity	-.265	-.326*	-.262
emotional polarity	.076	-.019	-.068
attitude	.158	.211	.220
behavior	.045	-.016	.093
cognitive state	.093	.034	.175
hedonic signal	.095	-.007	-.033
emotion	.066	.043	.205
manner	-.053	-.104	-.027
mood	-.022	-.147	.066
physical state	.085	.002	.158
psychological state	.031	.031	-.072
emotional reaction ^a	--	--	--
sensation	.110	.094	.249
emotion-eliciting situation	.068	.035	.050
trait	.207	.112	.315*

* $p < .05$; ** $p < .01$

^a Correlations cannot be computed when the SA index = 0.

Table 6S: Pearson's zero-order correlation coefficients between SA indices and RRS difference scores (pretest scores – scores at each session)

<i>SA indices</i>	<i>RRS Differences</i>		
	Brooding _{pretest - session 1}	Depression _{pretest - session 1}	Reflection _{pretest - session 1}
<i>Session 1</i>			
n. sentences	.471**	.466**	.443**
n. words	.324*	.249	.236
simplicity	-.099	-.121	-.029
emotional polarity	.013	.069	-.030
attitude	.400**	.346*	.312*
behavior	.421**	.280*	.250
cognitive state	.410**	.367**	.335*
hedonic signal	-.109	-.213	-.158
emotion	.348*	.292*	.275
manner	.550**	.580**	.519**
mood	.266	.173	.191
physical state	.292*	.237	.235
psychological state	.092	.111	.056
emotional reaction	.021	-.061	-.014
sensation	.215	.082	.110
emotion-eliciting situation	.402**	.346*	.363**
trait	.505**	.446**	.406**
<i>Session 2</i>	Brooding _{pretest - session 2}	Depression _{pretest - session 2}	Reflection _{pretest - session 2}
n. sentences	-.118	-.027	-.082
n. words	-.077	-.002	-.060
simplicity	.169	.253	.318*
emotional polarity	-.081	-.078	-.024
attitude	-.012	.073	.015
behavior	.002	.069	.078
cognitive state	-.104	-.069	-.070
hedonic signal	-.084	-.032	.003
emotion	-.117	-.036	-.021
manner	-.019	-.040	-.036
mood	-.043	-.001	.010
physical state	-.315*	-.253	-.276
psychological state	.048	.095	.075
emotional reaction ^a	--	--	--
sensation	-.095	-.122	-.179
emotion-eliciting situation	.013	.037	-.096
trait	-.037	.096	.022
<i>Session 3</i>	Brooding _{pretest - session 3}	Depression _{pretest - session 3}	Reflection _{pretest - session 3}
n. sentences	-.025	0.000	-.037
n. words	.035	.046	.056

simplicity	.031	-.002	.007
emotional polarity	.252	.253	.126
attitude	.022	-.009	.028
behavior	.206	.130	.226
cognitive state	.120	.159	.197
hedonic signal	.212	.314*	.324*
emotion	.088	.082	.193
manner ^a	--	--	--
mood	-.209	-.146	-.214
physical state	-.089	-.021	.003
psychological state	.188	.135	.203
emotional reaction ^a	--	--	--
sensation	.106	.092	.163
emotion-eliciting situation	.047	.047	.036
trait	.177	.091	.151
<i>Session 4</i>	Brooding pretest - session 4	Depression pretest - session 4	Reflection pretest - session 4
n. sentences	.059	.075	.075
n. words	.046	.026	.026
simplicity	.230	.166	.166
emotional polarity	-.053	.025	.025
attitude	.010	-.023	-.023
behavior	.128	.076	.076
cognitive state	.093	.048	.048
hedonic signal	-.014	.054	.054
emotion	.035	-.041	-.041
manner	-.067	-.037	-.037
mood	-.024	.045	.045
physical state	-.054	-.041	-.041
psychological state	-.087	-.071	-.071
emotional reaction ^a	--	--	--
sensation	-.275	-.260	-.260
emotion-eliciting situation	-.034	-.095	-.095
trait	-.008	-.046	-.046

* $p < .05$; ** $p < .01$

^a Correlations cannot be computed when the SA index = 0.