

# A Written Web:

## Connecting Psychological Flexibility with a Reflective Journaling Model



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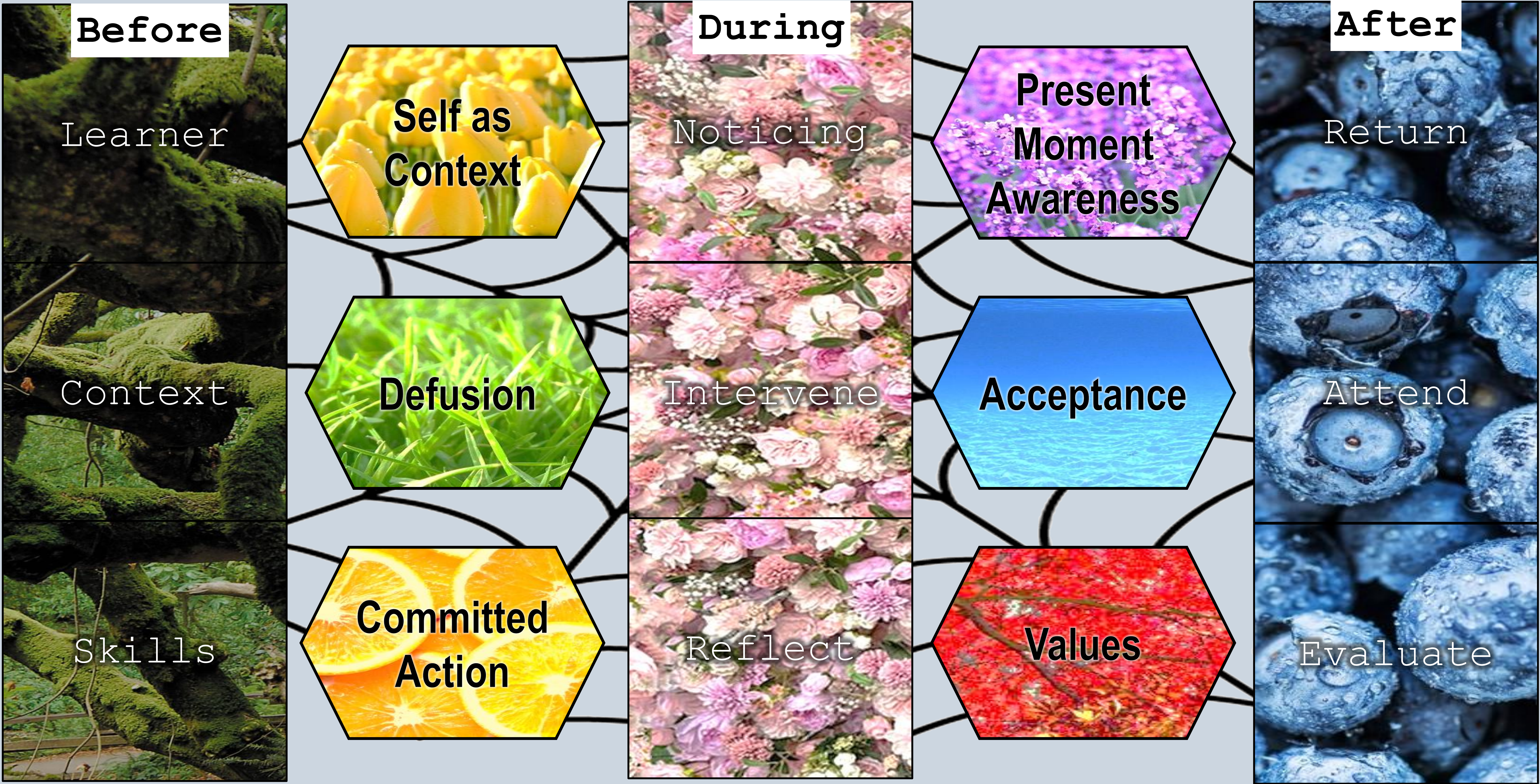
### INTRODUCTION & METHOD

While reflective journaling (Boud, 2001) has been shown to enhance well-being (Frisina et al., 2004) and aligns well with psychological flexibility (Hayes et al., 2011), no extant work has integrated these frameworks. The aims of this research were to develop an integrated model (see below) and assess its impacts. Fifty-seven college students were randomly assigned to respond to either a prompt made from the integrated model or a generic journaling prompt, or to no prompt at all over a 13-day period (see below for timeline).

Participants completed the **Psy-Flex** (Gloster et al., 2021), **Satisfaction with Life Scale** (SWLS; Diener et al., 1985), **Self-Compassion Survey – Short Form** (SCS-SF; Raes et al., 2011), **Brief Pittsburgh Sleep Quality Index** (B-PSQI; Sancho-Domingo et al., 2021), and the **Depression, Anxiety, and Stress Survey Short Form** (DASS-21; Henry & Crawford, 2005) at pre, post, and follow up. They also completed the Psy-Flex at each journaling point. Participants were also asked about their experiences with journaling.

### RESULTS & DISCUSSION

- No significant changes were found on any of the measures.
- It is possible that the intervention period and timing of follow-up assessment may have been too brief to capture significant changes on both process and symptom distress measures.
- Qualitative responses suggest effects pertaining to several constructs of interest, including awareness of thoughts, perspective-taking, and self-compassion. Examples are listed below.



Activity	Pre-Measures			1 <sup>st</sup> Journaling time			2 <sup>nd</sup> Journaling Time			3 <sup>rd</sup> Journaling Time			Post Measures	Follow Up
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	30+

### Quotes from participants:

These were quotes collected from participants in a set of post Study Receptive Questions (Kleiman et al., 2025; Moran-Harold, 2017):

- “I liked the journaling activity. I don't slow down to reflect often, and I noticed even 10 minutes made a difference in my day.”
- “Helped me become aware of my thoughts.”
- “Well, writing down what problems or things that are just messy in my mind is helpful. I can identify what is most important and irrelevant, and work with that in mind.”
- “It [journaling] also allowed me to view things from an outer perspective and see that I really need to show myself more love and compassion.”

### SCAN ME

