

Bonfante 1

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ENC 1102

13 July 2026

Research Log

Research question: How does collaborative writing in mental health therapy help promote and improve relationships between patients and clinicians?

Source 1:

- a Hirschberg, R., Sylvia, L. G., Wright, E. C., Gupta, C. T., McCarthy, M. D., Harward, L. K., Goetter, E. M., Boland, H., Tanev, K., & Spencer, T. J. (2020). Collaborative Songwriting Intervention for Veterans with Post-Traumatic Stress Disorder. *The Journal of Alternative and Complementary Medicine* (New York, N.Y.), 26(3), 198–203.
<https://doi.org/10.1089/acm.2019.0368>
- b UCF Library Tools
- c Collaborative writing in mental health
- d See if collaborative song writing intervention can improve the physical and mental symptoms of PTSD
“Participants who completed the study to follow up... rated the intervention as helpful and relevant...” (Hirschberg Page 200)
- e This article went into detail about the intervention process and its steps. It communicated about how the collaborative songwriting was able to improve symptoms of those suffering with Post-Traumatic Stress Disorder. It showed that when the writer got to know the veteran, they were able to communicate what they wanted to put in their song, which is the reason for the improvements in their mental health. I am certain that this article would help with my research.
- f June 30, 2026

Bonfante 2

Source 2:

- a Pehrsson, D.-E. (2007). Co-story-ing: Collaborative Story Writing with Children Who Fear. *Journal of Creativity in Mental Health*, 2(1), 85–91.
https://doi.org/10.1300/J456v02n01_08
- b UCF Library Tools
- c Collaborative writing in mental health
- d Get kids to open up about their fears and find solutions to them by using collaborative writing.
“Most clients feel very safe when they explore alter-nate strategies within the context of a story...” (Pehrsson Page 91)
- e This article showed that once Mrs. Green, the teacher of Molly, the student involved in this experiment, built a relationship with her student they were able to together write a story that helped Molly find healthy risks to take in her story. Taking these risks also allowed Molly to build courage in the real world. It showed the steps she took to get to that comfort and how she was able to apply in the co-writing they used. This article would prove to be helpful for my research.
- f June 30, 2026

Source 3:

- a Deepa Iyer S, S Thenmozhi, & Ramakrishna, R. (2023). Report on the Music Therapy/Songwriting Workshop: RUSA 2.0 – Promoting Mental Health in Schools: A Collaborative Mental Health Program in Chennai. *Voices : A World Forum for Music Therapy*, 23(3), 1. <https://doi.org/10.15845/voices.v23i3.3871>
- b UCF Library Tools
- c Collaborative writing in mental health
- d See how collaborative song writing with other students improves mental health.
“...the participants developed strong group cohesion. Engaging in practical activities such as content writing, song development, and composing together fostered a sense of unity and collaboration.” (Iyer Page 3)
- e While reading this article I discovered it doesn’t speak much about mental health. While it does contribute to showing the collaborative writing being helpful, it doesn’t make many connections to mental health despite the name of the article. So even though it does support collaborative writing helps with knowledge retention, it doesn’t speak of mental health enough for me to be able to significantly use it in my research.
- f July 13, 2026

Source 4:

- a Mundy, S. S., Kudahl, B., Bundesen, B., Hellström, L., Rosenbaum, B., & Eplov, L. F. (2022). Mental health recovery and creative writing groups: A systematic review. *Nordic Journal of Arts, Culture and Health*, 4(1), 1–18. <https://doi.org/10.18261/njach.4.1.1>
- b Google Scholar
- c Collaborative writing and its effects on mental health
- d Determine if creative writing in groups have any effects on mental health
“A potentially positive impact on constructs related to personal recovery – particularly connectedness, empowerment, and identity – was identified. However, studies on clinical recovery were scarce...” (Mundy)
- e While conducting this experiment, it was found that due to the creative writing in the groups, the participants learned to be more vocal about their emotions. In the results, it shows many of them reported that this intervention was helpful and they were able to make connections with their peers. The only downfall is that the researchers cannot determine if the reason for the positive impact was clinical or personal. They determined more research would be needed to actually differentiate the results, because of this I can use this for my research however it wouldn’t be the most reliable.
- f July 13, 2026

Source 5:

- a Lynn Haertl & Maiers Ero-Phillips, Kristine & Adrienne. “The Healing Properties of Writing for Persons with Mental Health Conditions: Arts & Health: Vol 11 , No 1 - Get Access.” *The Healing Properties of Writing for Persons with Mental Health Conditions*, www.tandfonline.com/doi/full/10.1080/17533015.2017.1413400. Accessed 13 July 2026.
- b Google Scholar
- c Collaborative writing and its effects on mental health
- d Hoped to show that therapeutic writing is essential in mental health improvements.
“Therapeutic benefits of writing cited in the study include improved feelings of self-worth, enhanced perspectives of mental health and mental illness, increased coping strategies, improved stress management, and ability to cope with life’s ups and downs.” (Haertl & Maiers)
- e During the experiment almost all of the participants said that they noticed an importance in writing for their mental health. It helped the way they thought about themselves and helped identify the thoughts that are harmful to them. While this wasn’t a

group/collaborative writing experiment, it still showed that writing has improvements for mental health. I can use this article in support of writing and its effect on mental health but not on collaboration.

f July 13, 2026

Source 6:

- a Bundesen, B., Aymo-Boot, M., Djørup, A., Fritzsche, L., Gejl, T., Levin, K., ... Rosenbaum, B. (2020). REWRITALIZE: Participatory creative writing groups led by authors in collaboration with mental health care professionals for people experiencing severe mental illness. *Nordic Journal of Arts, Culture and Health*, 2(2), 140–147. <https://doi.org/10.18261/issn.2535-7913-2020-02-05>
- b Google Scholar
- c Collaborative Writing and its effects on mental health
- d Determine whether collaborative creative writing with authors can improve mental health.
“...the writing created a safe space that enabled her to synthesize inner phenomena, integrate past traumatic experiences and explore them from a distance, which made it easier for her to reflect on and relate to them.” (Bundesen)
- e While another article I previously sourced said that creative writing wasn’t a guaranteed source of improvement for mental health, this article says otherwise. The differences between these two experiments might be the reason for different findings. With the help of professional authors working with participants suffering from mental health problems, they were able to vocalize what is bothering them. The things that traumatized them and gave them these difficulties were being identified and written about and gave them control to reflect on what happened to them and improve. This article is a combination of collaboration and writing and fits perfectly with my research question.
- f July 13, 2026

Source 7:

- a Vincent, Cynthia, Émilie Tremblay-Wragg, and Isabelle Plante. 2023. "Effects of a Participation in a Structured Writing Retreat on Doctoral Mental Health: An Experimental and Comprehensive Study" *International Journal of Environmental Research and Public Health* 20, no. 20: 6953. <https://doi.org/10.3390/ijerph20206953>
- b Google Scholar
- c Collaborative writing and its effects on mental health

Bonfante 5

- d See if structured writing has any effect on mental health.
“Similar to writing groups, structured writing retreats emerged as promising interventions for promoting doctoral researchers’ mental health.” (Vincent)
- e While reading this article, I discovered that structured writing has an evident positive effect on mental health. According to Vincent, the structured routine that was maintained, and included consistent times for writing improved the mental health of doctors who are struggling. This article, while again, may not include collaborative writing, does show that another form of writing is helpful in improving the symptoms of mental health disorders.
- f July 13, 2026

Source 8:

- a Hartill, Graham. “The Web of Words Collaborative Writing and Mental Health.” *Google Books*, books.google.com/books?hl=en&lr=&id=wNpfs-bLxiwC&oi=fnd&pg=PA47&dq=Collaborative+writing+and+its+effects+on+mental+health+&ots=fj51fZmBVD&sig=icT0yXoAK72oRmUlFhfycCK7YOM#v=onepage&q=Collaborative%20writing%20and%20its%20effects%20on%20mental%20health&f=false.
- b Google Books
- c Collaborative writing and its effects on mental health
- d Have a group meeting with people with mental health issues and write.
“Everybody comes to a writing workshop...go around in a circle and ask each person to say their name...”
“Everybody fishes out a key...Do a brainstorm then on keys: get the wrists moving.” (Hartill)
- e This article covers everything regarding writing and mental health. While this isn’t an experiment, it still shows results. This group writing was for the people themselves, and they found a way to help themselves. Even though this article covers everything, I don’t think I would use this article very much because it is not as organized as the other sources.
- f July 13, 2026

Source 9:

- a Golden, K.M. The Use of Collaborative Writing to Enhance Cohesion in Poetry Therapy Groups. *Journal of Poetry Therapy* 13, 125–138 (2000).
<https://doi.org/10.1023/A:1021473712505>
- b Google Scholar

- c Collaborative writing and its effects on mental health
- d Find out if there was a difference between collaborative and non-collaborative writing on mental health
“It was concluded that there was no significant difference between the pretests of the control...” (Golden)
- e This article once again shows that writing does have a positive impact on mental health. While the other articles worked to prove their specific writing style helped, this experiment was to see if there was any difference between collaborative and non-collaborative writings. They found that it's not the specific type of writing you do but the writing itself that helps the mental health symptoms. This article is something that I can use in my research question but also as a counterclaim in a way, showing that collaboration isn't needed to reduce symptoms.
- f July 13, 2026