**THE EFFECT OF EXPRESSIVE WRITING THERAPY
ON ANXIETY IN SCHIZOPHRENIC PATIENTS
AT Dr. RADJIMAN WEDIODININGRAT PSYCHIATRIC
HOSPITAL, LAWANG, MALANG, EAST JAVA**

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ABSTRACT

Background: Positive and negative symptoms in schizophrenia cause anxiety conditions that impact disturbances in self-care, productivity, and recreation. Expressive therapy is a form of writing activities about deep thoughts and feelings about traumatic experiences or events. This study aimed to determine the effect of expressive therapy on the anxiety of schizophrenic patients.

Subjects and Method: This was a quasi-experiment with pre and post-test one group design. It was conducted in Dr. Radjiman Wediodiningrat Psychiatric Hospital, Lawang, Malang, East Java, from September to October 2019. A total of 20 schizophrenia patients was selected purposively. The dependent variable was anxiety. The independent variable was expressive writing therapy. Expressive writing therapy was given ten times, and each session lasted 30 minutes. The data were collected by Hamilton Anxiety Rating Scale (HARS) instruments. The data were analyzed by paired t-test.

Results: Anxiety score after intervention (Mean= 20.70; SD= 7.39) was lower than before intervention (Mean= 26.88; SD= 10.24) was statistically significant ($p < 0.001$)

Conclusion: Expressive writing therapy is effective for reducing anxiety in schizophrenic patients.

Keywords: Schizophrenia, expressive writing therapy, anxiety level.

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