

The Effect of the Emotional Expression Through Writing on Reducing the Fear and Anxiety in Adolescent Students Saved from Death Quake in East Azerbaijan

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Abstract

Natural disasters such as earthquakes can have a destructive impact on the mental health and development of children and adolescents and may lead to the disruption of their development path. The effect of expressing feelings through writing on the physical and prognosis of chronic diseases has been investigated but so far its impact on trauma has not been studied in Iran. The study aimed to evaluate the effectiveness of intervention for emotional expression through writing in reducing the fear of death and the anxiety in the adolescent's survivors of the earthquake of August 2012 in East Azerbaijan. The present research was conducted in the form of a quasi-experimental design for 80 male and female adolescents diagnosed with the symptoms of anxiety and fear of death living in villages in quake-hit city of Harris using the random sampling based on accessibility that were 32 assigned into two experimental and control groups, respectively. The experimental attended with complete satisfaction in 3 sessions of writing in 3 consecutive days. Members of the control group received no intervention. Research instruments were the DASS-21 and TEMPLER which were completed by the participants at a pre-test, post-test and follow-up. Then, the data were analyzed using analysis of covariance and independent t-test. The results showed that anxiety index significantly reduced after performing independent variable in the experimental group compared to the control group. However, this method was not effective in reducing the symptoms of fear of death and also, independent t-test results showed that gender does not make a significant difference on the effects of intervention in relation to both variables (Symptoms of anxiety and fear of death). Treatment of emotional expression through writing was effective on reducing anxiety of young survivors of natural disasters and this method can be a self-help and inexpensive and available method in both genders. However, it needs to be investigated further in reducing the fear of death needs.

Keywords: Earthquake, teen, anxiety, fear of death, emotional expression through writing

Introduction

Unexpected events are sudden, unexpected and dangerous events that can be considered a threat to the lives of people and can affect a large group of residents in a region and also imposes a great mental stress beyond the capabilities and capacities of adaptation, to a community of people (Rabotz, 2002).

Earthquake is the most significant disaster with very human and financial damages and costs, the idea of which is enough to help people suffering from anxiety, especially the residents in the areas prone to earthquakes. Earthquakes are sudden and non-sudden catastrophe that affected the life for thousands of people, including children and adolescents,

The children who have survived this ordeal are confused and frightened because in a moment all the world of childhood is running wild. The intellectual engagement of teenagers becomes higher with the problems of philosophy of life. Some of them are orphans and one or both of their parents, or lost their siblings and some are forced to adapt to homelessness because their homes had been destroyed.

Others with no or few assets spent time in homeless accommodation without knowing what time to come home again. Adults around these children are not in good condition to be able to provide comfort and peace to them because they themselves are also victims of this terrible accident. Disorganization and disruption of daily life, the loss of the normal process of going to school, all this makes it harder for them to return to normal life. In the process of human development is intended for specific tasks at each age period to succeed and reach the next stage of their development needs, kids need to upgrade their withstanding against the hardships and stability and having a favorable response to these needs is the main factor creating a healthy lifestyle in adulthood for them.

The collapse of the familiar and the normal condition of life and the safe world for children and adolescents has made them as one of the most vulnerable groups in the face of a disaster and the effects. In the earthquake disaster, many people lose those who they loved. Thus, knowing their opinion about the phenomenon of death is a crucial point because dealing with this important issue is essential and crucial. In this context, understanding the process of feeling and reacting of different age groups is essential and it is necessary to deal with these people, we are able to make a better and more effective relationship. Understanding the psychological damage after natural disasters and handle the damaged people in terms of material, financial, physical and mental aspect is one of the necessary measures to protect the health of people and is the foundation of a successful future for the community. So reducing the anxiety and fear of death that increased due to the natural disasters and has reached to the extent of the damage in these cases is mandatory.

Written disclosure as an intervention is a cheap, portable, available and appropriate method for people who are experiencing mental distress, because the written emotional disclosure permits those who are exposed to aversive stimuli conditions (e.g., memories) and other signs which have been previously avoided (Bootzin, 1997, Pennbaker, 1997).

In this way, the effect of repeated exposure to the irritants will remove the written expression of negative emotions associated with it. According to the what mentioned above, the measurement of anxiety and fear of death in the adolescents affected by natural disasters such as earthquakes and providing the effective and efficient intervention could be a factor that increases the ability of teenagers, this grand and the creative group of the community against the stressful life events, useful indeed, with the hope that small step can be taken for a healthy society and a successful harvest. The horrific earthquake disaster affects the lives of children and adolescents and upsets them into the world of children and their loss of parents, sisters, brothers, friends and even pets and toys and personal items such as bicycles, makes them faced with homelessness and wandering.

The memories of the accident and other horrifying stories that are told in temporary accommodation places cause anxiety and fear in children about their own death and that of their loved ones. Natural disasters can lead to the behavioral, emotional and long-term effect emotional in children and adolescents and lead themselves to have feelings of anxiety and tension in the game, nightmares and panic attack the addition of sadness, isolation, depression, guilt, repression the return to childish habits, low self-esteem, aggression and impulsivity in damaged children and adolescents have been reported in natural disasters (Pawel, 1993).

Unexpected collapse and destruction in the safe and familiar environment of the past lead to fear, anxiety, grief and behavioral change. Being faced with the hard and chilling confrontation that

threatens the life, causing anxiety and distress and fear of lack of security and a repeat incident happened in the house, as if the image is constantly before their eyes. Writing is a form of art therapy through which emotions and feelings out and to apply the form of words on paper and transfer emotions from mind to paper, delivered the person from the negative emotions and maintain positive emotions and thus the author may be able to assess what is written, and thus to experience the tranquility and peace of mind.

Various research and studies have shown that writing about past experiences and emotional difficulties is effective on the mental and physical health. In fact, expressing the emotions and unspoken and obscure hints changes the emotional condition into the narrative and putting into the word. The words express the spoken and unspoken feelings and unconscious becomes conscious and as a result the criticality of the accident has been reduced and more consequences will be followed. Catharsis and emotional expression as describing the incidents of verbal event which is called the abreaction in the classic psychoanalysis is used to reduce anxiety. The great psychologists such as Sigmund Freud repeatedly used this method in the treatment of patients who have conflicts. Emotional expression is a method for writing because of the ease and doing it for self-help the need for less interference of the therapist and the short-term the treatment is distinct from other methods of psychotherapy that requires continuous therapy sessions in person. The need for psychological interventions in traumatic events is generally accepted by the expert. The use of writing feelings in the trauma caused by natural disasters for people that have the feeling of resistance, anger and anxiety about the future and death is an effective manner to provide their psychological balance.

Age, gender, exposure to events, the amount and type of support and to improve the care that is available to people can play an important role in the process of coping with emotional reactions. Researchers have found that men and women in the face of natural disasters accept different effects (Terr, 2004). The Expression of the Emotions is different in men and women for various reasons such as social learning and this is an issue which makes the researcher to select the intervention method in two groups of male and female teenagers affected by the earthquake.

Necessarily because Iran is a country with many earthquakes and considering the importance of timely and urgent intervention and aid in the prevention of adverse psychological consequences caused by natural disasters, the present study is going to reduce the psychological pressure using written emotional expression (written expression of emotions) among the adolescents' survivors of the earthquake in 19 August 2012 in East Azerbaijan, Iran and prove its impact in reducing the anxiety and fear of death in trauma from natural disasters.

The main questions discussed in the present study included:

1. Does the interventional method of emotional expression (written expression of emotions) affect the reduction of anxiety among the adolescent student's survivors of the earthquake in East Azerbaijan, Iran?
2. Does the interventional method of emotional expression (written expression of emotions) affect the reduction of fear of death among the adolescent student's survivors of the earthquake in East Azerbaijan, Iran?
3. Does gender significantly affect the efficiency of interventional method of emotional expression (written expression of emotions) the reduction of anxiety and fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran?

Main purpose of the study

1. Examining the efficiency of the emotional expression method (expressing the feelings through the method of written expression of emotions) in reducing the anxiety and fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran.

Secondary purpose of the study

2. Determining the efficiency of the emotional expression method (expressing the feelings through the method of written expression of emotions) in reducing the anxiety among the adolescent student survivors of the earthquake in East Azerbaijan, Iran.

3. Determining the efficiency of the emotional expression method (expressing the feelings through the method of written expression of emotions) in reducing the fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran.

4. Determining the efficiency of the emotional expression method (expressing the feelings through the method of written expression of emotions) in reducing the anxiety and fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran.

Research hypotheses

1. There is a significant difference between the reduction of anxiety among the adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental and control group after training through the method of written expression of emotions.

2. There is a significant difference between the reduction of fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental and control group.

3. There is a significant difference between the reduction of fear of death among the male and female adolescent student survivors of the earthquake in East Azerbaijan, Iran after training through the method of written expression of emotions.

4. There is a significant difference between the reduction of anxiety among the male and female adolescent student survivors of the earthquake in East Azerbaijan, Iran in experiment group.

The present research was conducted in the form of a quasi-experimental design for 80 male and female adolescents diagnosed with the symptoms of anxiety and fear of death

Living in villages in quake-hit city of Harris using the random sampling based on accessibility that were assigned into two experimental and control groups, respectively. The experimental attended with complete satisfaction in 3 sessions of writing in 3 consecutive days.

In this study, the relationship between the following variables were examined; written , expression of emotions (WEE) were considered as the independent variable and the anxiety and fear of death as the dependent variables, age and sex as control variables. Subjects were aged between 17-12 years. The interventional variables that affect the course of the study included teenager education, family life and property damage from earthquakes, fatigue, hunger, and dummy random answers to the questionnaire, motivation and willingness of the participants to answer questions and others.

Research instruments were the DASS-21 and TEMPLER which were completed by the participants at a pre-test, post-test and follow-up. Then, the data were analyzed using analysis of covariance and independent t-test.

In this design, first the response of all adolescents participating in the study (sample) was collected and scored on the scale of anxiety and fear of death by DASS-21 and TEMPELER tests and after collection of score data, the mean score of the teenagers affected by the earthquake calculated on a scale of anxiety and fear of death and finally based on the scores acquired on this scale, they were divided into the experimental and control groups (n=40) (consisting of 25 girls and 15 boys in the experimental group and 20 girls and 20 boys in the control group) according to the mild, moderate, severe and very severe anxiety and the moderate, and severe fear of death.

In the next step on the forty members of the experiment groups, the intervention of emotional expression in writing was done during the third session for 20 minutes in 3 days and in any event

they were asked to write down about the most uncomfortable memories in their life. In addition, they were asked at subsequent meetings to write their memories in more detail and those who were volunteers were asked to read memories for the others. Of course, few people welcomed reading their written memories for others especially boys only read their written memories for the researcher.

After the third session of writing, the DASS-21 questionnaire and Templer scale were used as the post-test to measure the anxiety and fear of death in both groups and as an intervention method and in order to measure the consolidation of the impact of emotional expression, one month after the post-test, the questionnaire DASS-21 and TEMPLER scale were used as follow-up test and scoring, the data were statistically analyzed, the results of which will be provided in the following.

Population and sample

According to the Demographic table provided by the Health Organization in city of Harris in the summer of 2013, the population of the study included 197 adolescent students (91 boys and 106 girls) in the age group of 12 to 17 years old in secondary and high schools in the villages of Khormalou , Jige, Sarai, Shahsavar.

Table 1: Statistical analysis of "anxiety" in the pretest-posttest control group and test and follow-up

Statistical analysis		mean	Standard deviation	skewness	kurtosis
group					
experiment	pre-test	16.37	3.65	1.17	3.79
	post-test	11.15	4.12	1.1	2.9
	follow-up	10.6	3.57	1.4	1.12
Control	pre-test	17.75	4.88	0.578	0.23
	post-test	17.45	4.14	0.2	0.29
	follow-up	17.30	4.39	0.584	0.7

Table 2: Statistical analysis of "fear of death" in the pretest-posttest control group and test and follow-up

Statistical analysis		mean	Standard deviation	skewness	kurtosis
Group					
experiment	pre-test	8.57	1.79	0.766	0.35
	post-test	7.6	2.02	0.913	1.54
	follow-up	7.5	1.74	0.88	1.03
Control	pre-test	7.87	1.48	0.39	0.934
	post-test	7.55	1.48	0.394	0.48
	follow-up	6.97	1.62	0.08	0.895

Table 3: Statistical analysis of "anxiety" in the stage of emotional expression intervention in two groups of boys and girls adolescent students survivors in East Azerbaijan earthquake

statistical analysis		mean	standard deviation	skewness	kurtosis
group					
Girls		14.04	5.82	0.45	0.399
Boys		14.62	4.59	0.362	0.239

Table 4: Statistical analysis of "fear of death" in the stage of emotional expression intervention in two groups of boys and girls adolescent students survivors in East Azerbaijan earthquake

Statistical analysis	Group	mean	Standard deviation	skewness	kurtosis
		Girls	7.48	1.67	0.416
Boys		7.65	1.89	2.08	1.12

Research hypothesis testing

The hypotheses of the research will be discussed in this section. The statistical methods used in this research is the analysis of covariance.

Table 5: Results of independent sample t-test

Variable	F	Df1	Df2	P	K	P
Anxiety	2.3	1	78	0.787	0.943	0.336
Fear of death	1.99	1	78	0.901	1.06	0.108

Hypothesis 1: There is a significant difference between the reduction of anxiety among the adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental and control group after training through the method of written expression of emotions.

Table 6: Statistical analysis of "anxiety" in control and experimental groups in the pretest-posttest control group and test and follow-up

Statistical analysis	Group	Mean	Standard deviation	Skewness	kurtosis
		Experimental	pre-test	16.37	3.65
post-test	11.15		4.12	1.1	2.9
follow-up	10.6		3.57	1.4	1.12
Control	pre-test	17.75	4.88	0.578	0.23
	post-test	17.45	4.14	0.2	0.29
	follow-up	17.30	4.39	0.584	0.7

Table 7: The result of ANCOVA analysis

Source	Sum of squares	Degree of freedom	Mean of squares	F	P	Effect size	Value	Eta
Training course	520/06	1	520/06	92/04	0/001	0/454	1	0/701
Error	435/09	77	5/65	-	-	-	-	-
total	18576	80	-	-	-	-	-	-

Hypothesis 2: There is a significant difference between the reduction of fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental and control group.

Table 8: Statistical indicators of "fear of death" in control and experimental groups in the pretest-posttest control group and test and follow-up

Statistical analysis		Mean	Standard deviation	skewness	kurtosis
Group					
Experimental	pre-test	8.57	1.79	0.766	0.35
	post-test	7.6	2.02	0.913	1.54
	follow-up	7.5	1.74	0.88	1.03
Control	pre-test	7.87	1.48	0.39	0.934
	post-test	7.55	1.48	0.394	0.48
	follow-up	6.97	1.62	0.08	0.895

Table 9: The result of ANCOVA analysis

Source	Sum of squares	Degree of freedom	Mean of squares	F	P	Effect size	value	Eta
Training course	0/239	1	0/239	0/079	0/78	0/001	0/059	0/297
Error	233/95	77	3/04	-	-	-	-	
total	4836	80	-	-	-	-	-	

Hypothesis 3: There is a significant difference between the reduction of fear of death among the male and female adolescent student survivors of the earthquake in East Azerbaijan, Iran after training through the method of written expression of emotions.

Table 10: Statistical analysis of "fear of death" in the stage of emotional expression intervention in two groups of boys and girls adolescent students' survivors in East Azerbaijan earthquake

Statistical analysis		mean	Standard deviation	skewness	kurtosis
Group					
Girls		7.48	1.67	0.416	0.444
Boys		7.65	1.89	2.08	1.12

Table 11: The result of independent sample t-test

variable	F	P	T	DF	P
Fear of death	2.47	0.119	0.487	78	0.628

Hypothesis 4: There is a significant difference between the reduction of anxiety among the male and female adolescent student survivors of the earthquake in East Azerbaijan, Iran in experiment group.

Table 12: Statistical analysis of "anxiety" in the stage of emotional expression intervention in two groups of boys and girls adolescent students survivors in East Azerbaijan earthquake

Statistical analysis		mean	Standard deviation	skewness	kurtosis
Group					
Girls		14.04	5.82	0.45	0.399
Boys		14.62	4.59	0.362	0.239

Table 13: Result of independent sample t-test

Variable	F	P	T	DF	P
Anxiety	0.349	0.566	0.493	78	0.623

Data Analysis

The study aimed to evaluate the effectiveness of intervention for emotional expression through writing in reducing the fear of death and the anxiety in the adolescent's survivors of the earthquake of August 2012 in East Azerbaijan, Iran. Research hypotheses included:

1. There is a significant difference between the reduction of anxiety among the adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental and control group after training through the method of written expression of emotions.
2. There is a significant difference between the reduction of fear of death among the adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental and control group.
3. There is a significant difference between the reduction of fear of death among the male and female adolescent student survivors of the earthquake in East Azerbaijan, Iran after training through the method of written expression of emotions.
4. There is a significant difference between the reduction of anxiety among the male and female adolescent student survivors of the earthquake in East Azerbaijan, Iran in experimental group.

The data of the study were collected using was collected and scored on the scale of anxiety and fear of death by DASS-21 and TEMPELER tests.

Research instruments were the DASS-21 and TEMPLER which were completed by the participants at a pre-test, post-test and follow-up. Then, the data were analyzed using analysis of covariance and independent t-test.

In this design, first the response of all adolescents participating in the study (sample) was collected and scored on the scale of anxiety and fear of death by DASS-21 and TEMPELER tests and after collection of score data, the mean score of the teenagers affected by the earthquake calculated on a scale of anxiety and fear of death and finally based on the scores acquired on this scale, they were divided into the experimental and control groups (n=40) (consisting of 25 girls and 15 boys in the experimental group and 20 girls and 20 boys in the control group) according to the mild, moderate, severe and very severe anxiety and the moderate, and severe fear of death.

In the next step on the forty members of the experimental groups, the intervention of emotional expression in writing was done during the third session for 20 minutes in 3 days and in any event they were asked to write down about the most uncomfortable memories in their life. In addition, they were asked at subsequent meetings to write their memories in more detail and those who were volunteers were asked to read memories for the others. Of course, few people welcomed reading their written memories for others, especially boys only read their written memories for the researcher.

After the third session of writing, the DASS-21 questionnaire and Templer scale were used as the post-test to measure the anxiety and fear of death in both groups and as an intervention method and in order to measure the consolidation of the impact of emotional expression, one month after the post-test, the questionnaire DASS-21 and TEMPLER scale were used as follow-up test.

According to the descriptive statistics the mean score of "anxiety" of the group who have had the emotional state intervention (experiemntal group) in the pre-test, post-test and follow up was 16.37, 11.15 and 10.6, respectively and for the control group, it was 17.75 , 17.45 and 17.30, respectively. Based on the analysis of covariance, F was 92.04, which was calculated based on F with a significant level of 0.01 and degrees of freedom of 1 and 77. Therefore, it can be said with 0.99 confidence level that the use of emotional expression intervention has had asignificant effects in reducing anxiety in adolescents' survivors of the earthquake.

Results of comparing the mean scores also shows that fear of death scores significantly reduced after the intervention (11.15) compared to the previous period (16.37). The mean fear of death score (10.6) in follow up period indicates that the level of anxiety is stabilized in this phase. But this is not about fear of death, the mean score of "fear of death" of the group who have had the emotional state intervention (experiemntal group) in the pre-test, post-test and follow up was 8.57, 7.6 and 7.5, respectively and for the control group, it was 7.86, 7.55 and 6.97and 17.30, respectively. Based on the analysis of covariance, F was 0.079, which was calculated based on F with a significant level of 0.01 and degrees of freedom of 1 and 77.

Therefore, it can be said with 0.99 confidence level that the use of emotional expression intervention has had asignificant effects in reducing fear of death in adolescents survivors of the earthquake.

Results of comparing the mean scores also shows that fear of death scores significantly reduced after the intervention (7.6) compared to the previous period (8.57). the mean fear of death score (7.5) in follow up period.

Also, according to this study, the mean and standard deviation score of "anxiety" girls who have had emotional expression intervention (control group) respectively is 14.04 and 5.82. The mean and standard deviation score "emotional expression of anxiety sons of intervention were 14.62 and 4.59 respectively and the information about the" fear of death "girls who have had emotional state intervention (control group) to 7.48 and 1.67 respectively.

The mean and standard deviation score "fear of death" sons of the intervention emotional expression had a 7.65 and 1.89, respectively, based on the independent t-test results for review and comparison of the fear of death in girls and boys, the T-calculate was 0.487, which is not significant at any level. So there was not a significant difference between the fear of death in girls and boys who have had written emotional expression intervention.

Comparison of the mean scores showed that there was no significant difference between girls the fear of death (7.48) and the mean fear of death Boys (7.65). 0.493 t calculated value in reducing anxiety in both genders is also not significant at any level. So, there was not a significant difference between reducing anxiety in girls and boys who have had the intervention of emotional expression. Comparison of the mean score showed that there was no significant difference between the level of anxiety in girls (14.04) and the level of anxiety of boys (14.62) . So WEE is not effective in reducing to reduce the anxiety and fear of deathand the effectiveness of the method does not make a significant difference and gender on anxiety and fear of death.

Results and Conclusion

In 1997 based on an analysis and explanation of psychological-social problems of the children orphaned by the earthquake in Rudbar was conducted by Zand, M. Tehran University, 2010. It was shown that adverse conditions were severe so that children and adolescents supervisor also were affected by depression, anxiety, aggression and irritability, academic failure, despair and social isolation and such a situation showed the efficiency by the adverse conditions of earthquake.

The results of the research were in line with the study of Askari(2013), on adolescents affected by the earthquake in 2012 in East Azarbaijan bytrauma such as dissociative disorders (20.2 percent), depression (3.7 percent), anxiety (15.2 percent), anger (13.5%) and post-traumatic stress disorder (6 / 14%). So, the performance of the psychological interventions in this group of people is affected by the requirements. The research on adolescents; students in summer 2013 earthquake damaged the eastern Persian date Mordad 21, 2012, the villages of Harris (house, Sharon and knight) have been completed and after analyzing the data from this study the following results were obtained:

According to descriptive and inferential findings of this study, it was concluded that the intervention emotional expression (WEE) is effective in reducing anxiety in adolescent survivors of natural disasters such as earthquakes. This type of treatment like post-traumatic stress disorder treatments based off of profitable operation, the people in this way are encouraged to show repeated trauma (of damage) and therefore took off the fell and anxiety.

The memoir, rumination and thus better assess the damage prevented it and coping method and expression of communion and shared memories' damage and validation of the people of diminished mental stress and reduces the negative emotions damage. The intervention of emotional expression (WEE) in reducing anxiety in adolescent survivors of natural disasters such as earthquakes is effective. This type of treatment like post-traumatic stress disorder treatments based off of profitable operation, the people in this way are encouraged to show repeated trauma (of damage) and therefore took off the fell and anxiety.

Since anxiety disorder is one of the damage caused by natural disasters, it can be a way to reduce trauma-related mental injuries and an inexpensive intervention that does not require to use the direct involvement of the therapist. The findings based on research (Hryz ancient Qi, S., et al., 2009) and a study by (Sterling, Petri and Penny Baker 1999 -2004), study of (Alice me, Close et al., 2002), a study by (Vicente, et al) and the research by (Koopman et al. 2005) and study (Petri, 2004).

Horizchi Ghadim, S., et al (2009) with the intervention emotional expression (emotional writing) on patients with multiple sclerosis referred to the centers of the Red Cross, Razi Hospital, Tabriz MS Society in the spring of 2009 demonstrated that public health indicators, anxiety and depression in the study group was significantly decreased after the intervention ($05/0 > P$). This reduction in anxiety and depression were observed. In several studies conducted by Sterling, Petri and Penny Baker (1999-2004) has proved to be externalized emotions by writing about painful and emotional events can reduce anxiety and depression.

Especially when associated with emotional depth understanding and insight into the causal event and review it. I'm Alice, Close et al (2002) concluded that externalized emotions for writing effective in reducing anxiety but little effect on depression. In a study by Vincent, and others in Madrid, Spain, was conducted to evaluate the effect of discharge of effect on homeless people in the pursuit of 6-1 weeks was a significant effect in improving performance. This type of intervention, even on the increase in HIV patient's immune system was performed by Petri (2004). It was shown in groups that have been implemented WEE significantly reduced HIV viral load and CD4 lymphocyte levels in the experimental group gradually increased, but this effect was observed within 6 months. In another study from the same group to study the immune system WEE was effective the antibody production after vaccination of hepatitis B among medical students in long-term interventions.

According to the descriptive and inferential findings, it was concluded that intervention emotional expression (WEE) was not effective in reducing the fear of dying young survivors of natural disasters such as earthquakes. This may be due to the intensity and deep rooted anxiety of the fear of death in humans. There is also the fear of death before facing earthquake event, a reminder of imminent death and its severity in people, especially teenagers with intellectual engagement with this issue is that the developments have increased their growth. The fear of death should be considered as a "side event" intended to be found in other parts of the person's unconscious.

Neurotic anxiety is fear of death, but real anxiety and reduction in the need consistency and continuity of the intervention. Also, deep emotional support and intervention on the rest of the family such as severe anxiety disorders that require more healing work is continuing,

On the other hand, always at the beginning of reminders of the trauma, severity of arousal is much more. This arousal disorder is that the more severe the initial sessions more seen and taps will be done gradually and with long sessions after reducing the fear of death may need more WEE sessions.

And perhaps more powerful for treatment in this field such treatment is necessary to reduce the fear of death and interference with WEE the interventions is recommended. The lack of effect of gender on the effectiveness of emotional expression in this study. The reason that this method could be held simultaneously for both genders alike and both genders, their memories were safely on paper without anyone overseeing their job and everyone who was willing to read books, in a gathering of the damage and the event will be shared and read. Although girls welcomed reading in the presence of others more but this will be offset by reading books boys alone in the presence of the therapist.

Therefore, it follows that written emotional expression intervention was effective to reduce anxiety caused by natural disasters (earthquake) because to say and write memories of trauma, stressful event causes more tangible, and display actuator repetition and traumatic memories caused by habituation and blackout takes place and prevent rumination. However, this intervention was not effective in reducing symptoms of anxiety with fear of death is more intense and deeper and a real anxiety and the need to sustain and prolong the writing sessions cause more arousal and diminishing them in the first meetings is not possible and it requires more meetings.

The results showed that anxiety index significantly reduced after the performance of independent variable in the experimental group compared to the control group. However, this method was not effective in reducing the symptoms of fear of death and also, independent t-test results showed that gender does not make a significant difference on the effects of intervention in relation to both variables (Symptoms of anxiety and fear of death).

Treatment of emotional expression through writing was effective on reducing anxiety of young survivors of natural disasters and this method can be a self-help and inexpensive and available method in both genders. However, it needs to be investigated further in reducing the fear of death needs.

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