Figure 1: PRISMA flow diagram (JBI, 2016)

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                    ┌─────────────────────────────┐
                    │  Records identified through  │
                    │      database searching      │
                    │         (n = 595)            │
                    └─────────────────────────────┘
                                  │
                                  ▼
                    ┌─────────────────────────────┐
                    │ Records after duplicates     │
                    │         removed              │
                    │         (n = 574)            │
                    └─────────────────────────────┘
                                  │
                                  ▼
                    ┌──────────────────┐        ┌─────────────────────────────┐
                    │ Abstracts        │───────▶│  Abstracts excluded as not   │
                    │ screened         │        │   on therapeutic writing     │
                    │ (n = 162)        │        │         (n = 114)            │
                    └──────────────────┘        └─────────────────────────────┘
                                  │
                                  ▼
┌──────────────────────┐  ┌──────────────────┐  ┌─────────────────────────────┐
│ Additional records   │─▶│ Full-text articles│─▶│ Full-text articles excluded, │
│ identified through   │  │ assessed for      │  │   with reasons (n = 38):     │
│ hand-searching       │  │ eligibility       │  │ Irretrievable sources (n = 7)│
│ (n = 2)              │  │ (n = 50)          │  │ Not on therapeutic writing   │
└──────────────────────┘  └──────────────────┘  │ (n = 9)                      │
                                                 │ Not research (n = 15)        │
                                                 │ Not on relevant population   │
                                                 │ (n = 1)                      │
                                                 │ Writing intervention was not │
                                                 │ the primary focus of the     │
                                                 │ study (n = 6)                │
                                                 └─────────────────────────────┘
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Quantitative studies (n = 8)   Mixed method study (n = 1)   Qualitative studies (n = 3)

Primary narrative quantitative analysis

Secondary narrative qualitative analysis