
Sarah S. Willen, PhD, MPH
University of Connecticut
Storrs, CT

Katherine A. Mason, PhD
Brown University
Providence, RI

How might online journaling help individuals and communities cope with the disruption, stress, and anxiety associated with a massive global health crisis? In this talk, we introduce the Pandemic Journaling Project (PJP), a combined journaling platform and research study launched in May 2020 as a way to create space for people around the world to chronicle their experiences of the COVID-19 pandemic and, at the same time, preserve their stories in a historical archive. We will describe the project's design and objectives; consider its value as a window onto the mental health burdens imposed by COVID-19, both in general and for vulnerable groups; and consider what we might learn from PJP about the potential value of online journaling as a therapeutic tool or clinical complement.

Learning Objectives
At the conclusion of this presentation, participants will be able to:
1. Identify potential benefits and limitations of online journaling as a mental health improvement tool.
2. Identify populations for whom online journaling may be particularly beneficial.
3. Discuss potential clinical applications of initial findings of the Pandemic Journaling Project.