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## Health News

### Post trauma talking may not be helpful

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A couple embrace each other while others watch as balloons are released in front of Burruss Hall during a ceremony for the 32 victims of last Monday's shooting, on the campus of Virginia Tech in Blacksburg, Virginia on April 23, 2007. (UPI Photo/Kevin Dietsch)

**BUFFALO, N.Y., June 3 (UPI) --** A U.S. researcher says contrary to popular belief, it is all right not to express thoughts and feelings after experiencing a collective trauma.

Lead author psychologist Mark Seery of the University of Buffalo investigated the mental and physical effects of collective traumas on people who are exposed to a tragedy, but who do not experience a direct loss of a friend or family member.

Using a large national sample, Seery and co-researchers tested people's responses to the terrorist attacks of Sept. 11, 2001, immediately after the event and in the following two years. In an online survey, respondents were given the chance to express their thoughts and feelings on the day of Sept. 11, 2001, and a few days afterward. The researchers compared people who chose to express their thoughts and feelings versus those who chose not to express.

The study, published in the *Journal of Consulting and Clinical Psychology*, found people who chose not to express were better off than people who did choose to express.

Moreover, when researchers looked only at people who chose to express their thoughts and feelings, and tested the length of their responses, they found a similar pattern -- people who expressed more were worse off than people who expressed less.



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