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researches that showed the role of trait mindfulness as a resiliency factor against different kinds of mental disorders such as depression and social anxiety (18). Trait Mindfulness, Reasons For

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Introduction: The use of Protective Behavioral Strategies (PBS) has been strongly linked with decreased experience of alcohol-related consequences, making them a potential target for intervention. Additionally, mindfulness is associated with decreased experience of alcohol-related consequences.

~~Trait Mindfulness and Protective Strategies for Alcohol ...~~

Trait Mindfulness Serves As Protective In other words, trait mindfulness was a

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protective factor that decreased both the risks of suicide and psychiatric general symptoms. These results in general were consistent with the results of other researches that showed the role of trait mindfulness

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Self-compassion and trait mindfulness as protective factors of parental wellbeing when caring for a young person with type 1 diabetes. Sarah Elizabeth Hanmer Supervised by: Doctor Catrin Eames (University of Liverpool) Doctor Anna Simmons (Alder Hey Children's NHS Foundation Trust) 9th June 2014

~~Self-compassion and trait mindfulness as protective ...~~

General mindfulness, mindfulness in the parenting role, and general acceptance were explored as potential protective factors between the child disability severity and maternal outcomes. Trait mindfulness and acceptance were significant predictors of lower stress, anxiety, depression, and daily health symptoms, while mindful parenting was associated with lower stress, anxiety, and depression.

~~Mindfulness and Acceptance as Potential Protective Factors ...~~

In other words, it is possible that trait

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mindfulness may be a protective factor against sleep problems for college students with low neuroticism, whereas in college students with high level of neuroticism, the predisposition toward negative affectivity may attenuate such protective influence by interfering with the mindful non-judgmental and non-reactive awareness critical for improving sleep quality.

~~Frontiers | Relationship Between Trait Mindfulness and ...~~

Objectives: Positive Expectations Regarding Aging serve as a protective factor of healthy aging; however, negative stereotypes regarding aging continue to dominate popular aging discourse. It is proposed that trait mindfulness (TM) is associated with aging expectations through the cultivation of openness, curiosity, and non-judgment to one's thoughts, emotions, and sensations, whether they are positive or negative.

~~Mindful aging: The association between trait mindfulness ...~~

In summary, this study is unique in that it suggests the trait non-reactivity facet of mindfulness offers cognitive protection from rumination and negative bias on a task explicitly involving the interaction of emotion and cognition, and does so using a region of the brain traditionally involved with interoceptive awareness.

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~~Psychological and neural mechanisms of trait mindfulness ...~~

Trait mindfulness has been defined as a dispositional proclivity toward “paying attention to present-moment experiences, labeling them with words, acting with awareness, avoiding automatic pilot, and bringing an attitude of openness, acceptance, willingness, allowing, nonjudging, kindness, friendliness, and curiosity to all observed experiences” (Baer, 2010, p. 28).

~~Trait Mindfulness: Pre-Sleep Arousal & Emotional Stability ...~~

The use of Protective Behavioral Strategies (PBS) has been strongly linked with decreased experience of alcohol-related consequences, making them a potential target for intervention. Additionally, mindfulness is associated with decreased experience of alcohol-related consequences.

~~Trait mindfulness and protective strategies for alcohol ...~~

Conclusions: Higher trait mindfulness may serve as a protective factor against stress among homeless individuals.

~~Trait Mindfulness and Stress among Homeless Adults ...~~

To determine this, we measured trait mindfulness and pain responsivity in 40 healthy volunteers naive to mindfulness meditation. As a feature of interest, we

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targeted the default mode network (DMN); a network of interacting brain regions associated with processes such as introspective thought, mind-wandering and rumination.

~~Trait mindfulness is associated with lower pain reactivity ...~~

Objectives: The objective of this study was to assess the association of trait mindfulness and stress in an urban convenience sample of homeless adults (N = 210). **Methods:** Associations between trait mindfulness and stress (general perceived stress and chronic urban stress) were assessed using linear regression analyses. **Results:** Higher trait mindfulness was significantly associated with lower ...

~~Trait Mindfulness and Stress among Homeless Adults ...~~

Trait mindfulness is associated with lower levels of stress among mothers of children with or without ASD. • Trait mindfulness was found to be associated with decreased stress among mothers in both ASD and non-ASD groups. • Results suggest support for mindfulness-based interventions for mothers of children with ASD.

~~Stress in mothers of children with autism: Trait ...~~

It has been suggested that mindfulness is a protective factor that buffers individuals

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from experiencing severe posttraumatic stress following exposure to a trauma. We aimed to examine the association between dispositional (trait) mindfulness and posttraumatic stress in individuals who had been exposed to the trauma of a natural disaster.

~~Is mindfulness protective against PTSD? A neurocognitive ...~~

Mindfulness is an emotion-regulation strategy that disarms the path-ways of stressor reactivity such that exposure to a stressor is no longer hazardous to health. In this way, mindfulness as a protective psychological process alters the stress pathways which would otherwise contribute to cellular aging (Epel et al., 2009). In sum, mindfulness has been

~~Stress on health related quality of life in older adults ...~~

Trait mindfulness and protective strategies for alcohol use: Implications for college student drinking Emma I. Brett, Thad R. Leffingwell, Eleanor L. Leavens PII: S0306-4603(17)30150-8 DOI: doi: 10.1016/j.addbeh.2017.04.011 Reference: AB 5145 To appear in: Addictive Behaviors Received date: 10 October 2016 Revised date: 1 April 2017

~~Trait mindfulness and protective strategies for alcohol ...~~

Among protective factors, only trait

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mindfulness showed a bivariate association with problem gambling issues. Somewhat surprisingly, regression analyses revealed that protective factors did not...

Objective: This study investigated whether trait mindfulness has a moderating effect on posttraumatic stress disorder (PTSD) severity for individuals who reported experiencing race-related stressors.

Amyotrophic Lateral Sclerosis (ALS) is a devastating neurodegenerative disorder with a progressive and fatal course, with no known medical therapies that can reverse the disease or halt its progression. Palliative care is the mainstay of disease management, aimed at maximizing Quality Of Life (QOL) for the patient and caregiver. Clinicians caring for patients with ALS need to understand complex psychological issues in the patient and caregiver, including depression, anxiety, hopelessness, and wish for hastened death (physician-assisted suicide). They also need to confront the psychological implications of rapidly advancing genetic research, the impact of cognitive and behavioural dysfunction in a sizable minority of ALS

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patients, and caregiver burnout. Healthcare providers can optimize care by better understanding not only these factors, but by learning how to facilitate their management with problem-solving, coping techniques, and with psychologically-based approaches such as mindfulness and other non-pharmacological approaches aimed at maximizing QOL.

Amyotrophic Lateral Sclerosis: Understanding and Optimizing Quality of Life and Psychological Well-Being provides a detailed review and evaluation of ALS, presented in a comprehensive and integrated fashion. The book achieves this through detailed and up-to-date information about the current state of knowledge in this field. It also offers new insights regarding future directions for research. This book will provide clinicians with a comprehensive description of the psychological aspects of ALS and their management, and incorporates chapters written by recognized scholars in their respective fields.

Featuring over seventy affirming interventions in the form of homework assignments, handouts, and activities, this comprehensive volume helps novice and experienced counselors support LGBTQ+ community members and their allies. Each chapter includes an objective, indications and contraindications, a case study, suggestions for follow-up, professional resources, and references. The book's social

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justice perspective encourages counselors to hone their skills in creating change in their communities while helping their clients learn effective coping strategies in the face of stress, bullying, microaggressions, and other life challenges. The volume also contains a large section on training groups of allies and promoting greater cohesion within LGBTQ+ communities. Counseling and mental health services for LGBTQ+ clients require between-session activities that are clinically focused, evidence-based, and specifically designed for one or more LGBTQ+ sub-populations. This handbook gathers together the best of such LGBTQ+ clinically focused material. As such, the book appeals both to students learning affirmative LGBTQ+ psychotherapy/counseling and to experienced practitioners. The Handbook features homework assignments, handouts, and activities that:

- Emphasize working with clients from different backgrounds.
- Stress the importance of ethical guidelines and culturally competent care.
- Demonstrate how to engage clients in conversations about coming out across the lifespan.
- Help clients manage oppression and build resilience through self-care, advocacy, and validation.
- Identify the facets of relationships that are unique to LGBTQ+ individuals.
- Offer interventions to enhance familial support and work through family dynamics.
- Assist clients to more deeply appreciate their genders and sexual identities.
- Aid therapists in their work

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with clients who have substance use and abuse issues. -Address concerns about career choices, employment options, and college pursuits. -Create safety in a range of social and clinical spaces, including college campuses. Offering practical tools used by clinicians worldwide, the volume is particularly useful for courses in clinical and community counseling, social work, and psychology. Those new to working with LGBTQ+ clients will appreciate the book's accessible foundation to guide interventions.

This timely handbook provides in-depth overviews of the myriad and multi-faceted issues surrounding sexual assault and its pervasiveness in today's culture. Drawing for multiple viewpoints and experts, the book is divided into seven comprehensive sections, covering such topics as risk factors, varying theoretical frameworks, prevention and intervention, and special populations. Within these sections the authors provide historical background as well as the latest research, and offer treatment outcomes and potentials. Selected topics covered in this book include: Feminist theories of sexual assault Social and economic factors surrounding sexual violence Mental, physiological, physical, and functional health concerns of victims, including PTSD Major categories of sexual offenders Treatment of sexual assault survivors in the LGBTQ+ community Procedural processes related

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to sexual assault investigation and adjudication within the criminal justice system. The Handbook of Sexual Assault and Sexual Assault Prevention is a vital book that will appeal to a broad spectrum of students, researchers, practitioners, and clinicians in the fields of psychology, psychiatry, community mental health, and sociology.

Attention refers to our ability to selectively process the vast array of stimuli impinging upon our senses at every moment. The mental processes of attention are critical for allowing us to maintain focus and complete tasks efficiently, even within distracting environments. The brain mechanisms of attention have been studied for decades, yet much still remains unknown, and consensus on core issues remains elusive. A unique aspect of this book are chapters that highlight recent debates on critical issues in attention research. Each of these chapters includes a comprehensive discussion paper that is followed by peer commentaries and an authors' responses. These debates include whether attention can modulate activity of even the earliest cortical processing region and whether changes in white matter are critical for plasticity-related effects of attention training. In addition to these discussion chapters, the book presents cutting-edge research on some of the newest theories of attentional control and selective

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attention, including the influence of practice, epigenetics, reward, social interaction, and distractor suppression. These studies employ advanced cognitive neuroscience methods such as neurostimulation, functional neuroimaging pattern analysis, and the evaluation of oscillatory brain activity to shed light on the brain mechanisms underlying attention. The chapters in this book were originally published as articles in various issues of the journal *Cognitive Neuroscience*.

In approximately 800 signed articles by experts from a wide diversity of fields, this encyclopedia explores all individual and situational factors related to human development across the lifespan.

An introduction to military medicine for medical students new to the military. Military medicine is the application of medical art and science in a military setting for the benefit of the military organization through optimal care of the combatant. Topics include: the history of military medicine, leadership, the management and treatment of trauma and mass casualties in frequently austere field and ship environments; the humane clearing of the battlefield; vaccines and protection against exotic global pathogens—both manmade and naturally

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occurring; unique psychological stressors of war; biodefense against chemical and nuclear weapons; facilitating return to duty; and the eventual return and reintegration home, of valuable human resource This "first-of-its-kind textbook", offers both authoritative scholarship and the experience of high-level medical officers for the new medical officer within any of the armed services, ranging from medical, surgical, nursing, dental, veterinary, and more. It also provides health education and research for the military health professional(s) deployed to save enlisted military lives and helps to educate medical students with military medical practices and leadership.

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