

Trait Mindfulness Serves As Protective Factor Against

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In other words, trait mindfulness was a 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 as a resiliency factor against different kinds of mental disorders such as depression and social anxiety (18).

Trait Mindfulness, Reasons For Living and General Symptom ...

Trait Mindfulness and Protective Strategies for Alcohol Use: Implications for College Student Drinking Individuals who are higher in trait mindfulness are more likely to use PBS, which leads to a decrease in the experience of alcohol-related consequences.

Trait Mindfulness and Protective Strategies for Alcohol ...

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 ...

Stress in mothers of children with autism: Trait mindfulness as a protective factor. Research in Autism Spectrum Disorders, 8, 617-624. Corrigan, P. W., & Watson, A. C. (2002). The paradox of self-stigma and mental illness. Clinical Psychology: Science and Practice, 9, 35-53.

Trait Mindfulness Attenuates the Adverse Psychological ...

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Mindfulness and acceptance have been found to be protective factors for parents of children with similar behavioral challenges, but these traits have not previously been explored among mothers with a child with FXS.

Mindfulness and Acceptance as Potential Protective Factors ...

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 ...

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

Conclusions: Higher trait mindfulness may serve as a protective factor against stress among homeless individuals. ... This study examined which facets of trait mindfulness offer protection against ...

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 ...

The mindfulness facets acting with awareness and non-reacting were significantly associated with a more positive perception of childbirth, after adjusting for covariates. Moderation analyses showed a significant interaction between acting with awareness and non-spontaneous delivery and non-judging and non-spontaneous delivery.

Trait mindfulness during pregnancy and perception of ...

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

(PDF) Risk and protective factors in problem gambling: an ...

Indeed, with regards to (a), the mindfulness stress buffering account (Creswell and Lindsay, 2014; Creswell et al., 2019) states that trait mindfulness mitigates stress assessment because stressors are observed with acceptance and equanimity which, in turn, buffers primary threat appraisals.

Frontiers | Mindful Sensation Seeking: An Examination of ...

Mindfulness is a "state" of mind that I can practice when I sit, but it is also a "trait" of mind, an "enduring characteristic," that can become a part of my basic temperament. In a way, "mindfulness" is an aspect of personality, much like extraversion or agreeableness.

Mindfulness: State and Trait - James M. Walsh Pastoral ...

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 ...

Mindfulness is a mental mode characterized by full attention to present-moment experience without judgment, elaboration, or emotional reactivity. Mindfulness training (MT) programs offer exercises and didactic guidance to help participants cultivate this mental mode. MT is now widely available, with more than 250 medical centers around the United States offering mindfulness-based stress ...

Examining the protective effects of mindfulness training ...

Conclusions: Higher trait mindfulness may serve as a protective factor against stress among homeless individuals. Future studies should examine the utility of mindfulness-based interventions in improving the health of homeless adults through stress reduction.

Trait Mindfulness and Stress among Homeless Adults ...

The Latin America Protective Riding Gear market is additionally anticipated to witness a vast growth price throughout the forecast period. The studies report serves a thorough assessment of the Protective Riding Gear market and carries thoughtful insights, facts, historical data, and statistically supported and industry-validated market statistics.