

## Trait Mindfulness Serves As Protective Factor Against

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Trait Mindfulness Serves As Protective 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

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~~Trait Mindfulness Serves As Protective Factor Against~~

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 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 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.

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