Accepted Manuscript

Mindfulness-based cognitive therapy for neuroticism (stress vulnerability): A pilot randomized study

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PII: S0005-7894(15)00139-2

DOI: doi: 10.1016/j.beth.2015.12.005

Reference: BETH 601

To appear in: Behavior Therapy

Received date: 9 July 2015

Accepted date: 24 December 2015



Please cite this article as: Armstrong, L. & Rimes, K.A., Mindfulness-based cognitive therapy for neuroticism (stress vulnerability): A pilot randomized study, *Behavior Therapy* (2016), doi: 10.1016/j.beth.2015.12.005

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ACCEPTED MANUSCRIPT

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Acknowledgements

We are grateful to the participants for their help with this research and to Laura Green for her assistance with the mindfulness group. There was no source of funding for this study.

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