

Accepted Manuscript

An evaluation of a low intensity mHealth enhanced mindfulness intervention for Chinese university students: A randomized controlled trial

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PII: S0165-1781(18)30723-6
DOI: <https://doi.org/10.1016/j.psychres.2018.09.060>
Reference: PSY 11774



To appear in: *Psychiatry Research*

Received date: 18 April 2018
Revised date: 26 September 2018
Accepted date: 26 September 2018

Please cite this article as: Brian J. Hall PhD , Peng Xiong MSN , Xinqi Guo BSS , Elvo Kuai Long Sou MS , Un I Chou BSS , Zhuozhuo Shen MS , An evaluation of a low intensity mHealth enhanced mindfulness intervention for Chinese university students: A randomized controlled trial, *Psychiatry Research* (2018), doi: <https://doi.org/10.1016/j.psychres.2018.09.060>

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LOW-INTENSITY MINDFULNESS INTERVENTION

Highlights

The trial showed efficacy for a short two-session mindfulness intervention

Medium to large effect sizes for depression, anxiety, stress and sleep were observed

Adherence was not improved by using weekly text message reminders

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