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The prevalence of moderate-to-high posttraumatic growth: A systematic review and meta-analysis

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Highlights

- Posttraumatic growth (PTG) is positive psychological changes after encountering challenging events. PTG can buffer the negative effects caused by distress and depression.
- The prevalence of moderate-to-high PTG in people who experienced suffering traumatic events was 52.58%.
- People whose age was younger than 60, had shorter time since trauma, had specific professional exposure and suffered from direct trauma reported high rate of moderate-to-high PTG.

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