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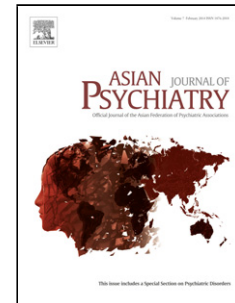
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Anxiety symptoms mediate the relationship between exposure to stressful negative life events and depressive symptoms: A conditional process modelling of the protective effects of resilience

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Highlights

- Anxiety symptoms mediate the relationship between exposure to stressful negative life events and depressive symptoms in samples from Australia and Norway.
- The indirect effect of exposure to stressful negative life events on depressive symptoms through anxiety symptoms is a decreasing function of resilience protective resources in samples from Australia and Norway.
- Clarifies the potential contingencies of resilience to protect against direct and indirect negative effects in samples from Australia and Norway.
- High subgroup of resilience was associated with less effect of exposure to stressful negative life events through anxiety symptoms on depressive symptoms than the low subgroup of resilience in samples from Australia and Norway.

Abstract

Background: Resilience has provided a useful framework that elucidates the effects of protective factors to overcome psychological adversities but studies that address the potential contingencies

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