Author's Accepted Manuscript

EFFECTIVENESS OF MINDFULNESS INTERVENTION IN REDUCING STRESS AND BURNOUT FOR MENTAL HEALTH PROFESSIONALS IN SINGAPORE

Yang Suyi, Pamela Meredith, Asaduzzaman Khan



 PII:
 \$1550-8307(17)30235-5

 DOI:
 http://dx.doi.org/10.1016/j.explore.2017.06.001

 Reference:
 JSCH2211

To appear in: Explore: The Journal of Science and Healing

Cite this article as: Yang Suyi, Pamela Meredith and Asaduzzaman Khan, EFFECTIVENESS OF MINDFULNESS INTERVENTION IN REDUCING STRESS AND BURNOUT FOR MENTAL HEALTH PROFESSIONALS IN SINGAPORE, *Explore: The Journal of Science and Healing*, http://dx.doi.org/10.1016/j.explore.2017.06.001

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

ACCEPTED MANUSCRIPT

Effectiveness of mindfulness training in reducing stress and burnout for mental health

professionals in Singapore

Dr Yang Suyi (Corresponding author) Senior Occupational Therapist, Institute of Mental Health 10 Buangkok Green Medical Park Singapore 539747 Phone: +65 6389 2912 Fax: +65 63892907 Email: suyi_yang@imh.com.sg Dr Pamela Meredith Senior Lecturer School of Health and Rehabilitation Sciences, The University of Queensland St Lucia, Queensland, 4072, Australia

Senior Lecturer School of Health and Rehabilitation Sciences, The University of Queensland St Lucia, Queensland, 4072, Australia Download English Version:

https://daneshyari.com/en/article/5572747

Download Persian Version:

https://daneshyari.com/article/5572747

Daneshyari.com