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Prevalence of psychological distress and the effects of resilience and perceived social support among Chinese college students: Does gender make a difference?

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Highlights

- Chinese college students reported extremely high prevalence of psychological distress.
- Females reported significantly higher prevalence of psychological distress than did males.
- Gender moderated the effects of resilience and perceived social support on psychological distress.
- Male college students relied on both resilience and perceived social support, especially the former, to fight against psychological distress, and females relied mainly on perceived social support to reduce psychological distress.

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