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Longitudinal cross-lagged relationships between mindfulness, posttraumatic stress symptoms, and posttraumatic growth in adolescents following the Yancheng tornado in China

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Highlights

- Our participants were adolescents experiencing the 2016 Yancheng Tornado.
- PTSS had a stable and negative effect on trait mindfulness in adolescent survivors of natural disasters.
- The relations of PTG to PTSS or trait mindfulness were not detected.

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