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Distress Tolerance an Approach Behavior? An Examination of Frontal Alpha Asymmetry and Distress Tolerance in Adolescents

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Highlight:

- Distress tolerance in adolescents is a transdiagnostic behavior.
- Greater left frontal alpha asymmetry predicted lower distress tolerance on a challenging task.
- This may suggest that greater left frontal alpha asymmetry in adolescents is associated with escape from punishment/aversion.

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