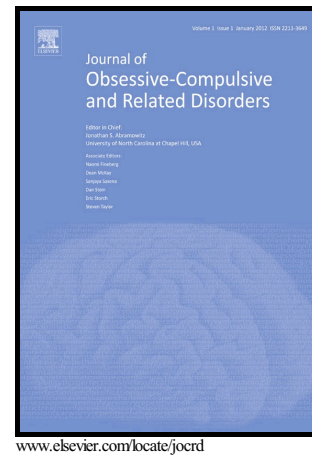


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Mental Contamination and Trauma: Understanding Posttraumatic Stress, Risky Behaviors, and Help-Seeking Attitudes

C. Alex Brake, Alyssa C. Jones, Joshua R. Wakefield, Christal L. Badour



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Mental Contamination and Trauma: Understanding Posttraumatic Stress, Risky Behaviors, and Help-Seeking Attitudes

C. Alex Brake
Alyssa C. Jones
Joshua R. Wakefield
Christal L. Badour

Department of Psychology, University of Kentucky, Lexington, KY, US 40506

Corresponding Author:

C. Alex Brake, M.A.
111J Kastle Hall
University of Kentucky
Lexington, KY 40506
Email: alex.brake@uky.edu
Phone: +1 859-257-5341

Abstract

Research has linked mental contamination to symptoms of posttraumatic stress disorder (PTSD). However, less research has examined how mental contamination relates to other factors observed among individuals with these symptoms. This study examined relationships among mental contamination, posttraumatic stress (PTS) symptoms, mood-dependent risky behaviors, and help-seeking attitudes among 232 trauma-exposed undergraduates. Participants completed self-report measures of mental contamination, contact contamination, PTS symptoms, mood-dependent risky behaviors, and help-seeking attitudes. While accounting for effects of contact contamination, biological sex, and unwanted sexual contact, results indicated mental contamination was positively linked to PTS symptoms. When accounting for PTS symptoms,

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