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Mindfulness-Based Interventions and Their Effects on Emotional Clarity: A Systematic Review and Meta-Analysis

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**Highlights**

- Mindfulness practice may help to develop skills that increase emotional clarity.
- A systematic review yielded 17 pre-post intervention studies, totalling 894 participants.
- Overall, the interventions resulted in small to moderate increases in emotional clarity.
- We discuss common limitations and specific recommendations for future studies.

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