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1. Predictor and Moderator Effects of Ego Resilience and Mindfulness on the Relationship Between Academic Stress and Psychological Well-Being in a Sample of Ghanaian College Students.



Academic
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(includes abstract) Co
Aug2015; 41(4): 340-3

Subjects: Ego; Hardin
years; Middle Aged: 45



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...a R.; Opare-Henaku, Annabella; Fischer, Nicole L.; Journal of Black Psychology,

..., Psychological Prevention and Control; Adolescent: 13-18 years; Adult: 19-44

2. Mediating effect of stress on the association between early trauma and psychological distress in Korean college students: a cross-sectional observational study.



Academic
Journal

(includes abstract) Journal of Psychiatric & Mental Health Nursing, Dec2015; 22(10): 784-791. 8p. (Article) ISSN: 1351-0126

Subjects: Stress, Psychological Risk Factors; Trauma; Students, College; Adolescent: 13-18 years; Adult: 19-44 years; Male; Female

Cited References: (34)



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3. Factors Associated with Discrimination among Minority College Students.



Academic
Journal

(includes abstract) Hall, Michael E.; Williams Jr., Ronald D.; Penhollow, Tina M.; Rhoads, Kelley E.; Hunt, Barry P.; American Journal of Health Behavior, May/Jun2015; 39(3): 318-329. 12p. (Journal Article - research, tables/charts) ISSN: 1087-3244 PMID: 25741677

Subjects: Discrimination; Students, College; Minority Groups; Male; Female



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Article

Predictor and Moderator Effects of Ego Resilience and Mindfulness on the Relationship Between Academic Stress and Psychological Well-Being in a Sample of Ghanaian College Students

Journal of Black Psychology
2015, Vol. 41(4) 340–357
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DOI: 10.1177/0095798414537939
jbp.sagepub.com



**Nathasha N. Cole¹, Camilla W. Nonterah¹,
Shawn O. Utsey¹, Joshua N. Hook²,
Rebecca R. Hubbard³, Annabella Opare-Henaku¹,
and Nicole L. Fischer⁴**

Abstract
This study examined the predictor and moderator effects of ego resilience and mindfulness on the relationship between academic stress and psychological well-being in a sample of Ghanaian college students ($N = 431$). The results indicated that academic stress was positively associated with both anxiety and depression and that mindfulness and ego resilience were both negatively associated with anxiety and depression. Mindfulness buffered the positive relationship between academic stress and depression but not anxiety. In contrast, ego resilience buffered the positive relationship between academic

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“Full Text Finder” will also make it easy to use Interlibrary Loan

16. The Relationship between Recent Stressful Life Events, Personality Traits, Perceived Family Functioning and Internet Addiction among College Students.



(includes abstract) Yan, Wansen; Li, Yonghui; Sui, Nan; *Stress & Health: Journal of the International Society for the Investigation of Stress*, Feb2014; 30(1): 3-11. 9p. (Journal Article - research, tables/charts) ISSN: 1532-3005 PMID: 23616371

Subjects: Stress, Psychological; Personality; Family Functioning; Internet Addiction; **Students, College** Psychosocial Factors; Adolescent 13-18 years; Adult 19-44 years; Male; Female



17. Stress and Sleep Disturbances in Female College Students.



(includes abstract) Lee, Shih-Yu; Wuertz, Caroline; Rogers, Rebecca; Chen, Yu-Ping; *American Journal of Health Behavior*, Nov/Dec2013; 37(6): 851-858. 8p. (Journal Article - research, tables/charts) ISSN: 1087-3244 PMID: 24001634

Subjects: Stress Complications; Sleep Disorders Risk Factors; Adult 19-44 years; Female



18. Mindfulness and Alcohol Problems in College Students: The Mediating Effects of Stress.



(includes abstract) Bodenlos, Jamie S.; Noonan, Marleah; Wells, Stephanie Y.; *Journal of American College Health*, Aug/Sep2013; 61(6): 371-378. 8p. (Journal Article - research, tables/charts) ISSN: 0744-8481 PMID: 23930751

Subjects: Meditation Methods; Alcohol Abuse Complications; **Stress** Management Methods; Adolescent 13-18 years; Male; Female

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The Relationship between Recent Stressful Life Events, Personality Traits, Perceived Family Functioning and Internet Addiction among College Students.

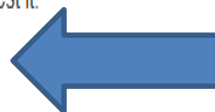
Yan, Wansen. *Stress & Health: Journal of the International Society for the Investigation of Stress* Volume: 30 Issue 1 (2014) ISSN: 1532-3005



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