

Author's Accepted Manuscript

EFFECTIVENESS OF MINDFULNESS INTERVENTION IN REDUCING STRESS AND BURNOUT FOR MENTAL HEALTH PROFESSIONALS IN SINGAPORE

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PII: S1550-8307(17)30235-5

DOI: <http://dx.doi.org/10.1016/j.explore.2017.06.001>

Reference: JSCH2211

To appear in: *Explore: The Journal of Science and Healing*

Cite this article as: Yang Suyi, Pamela Meredith and Asaduzzaman Khan, EFFECTIVENESS OF MINDFULNESS INTERVENTION IN REDUCING STRESS AND BURNOUT FOR MENTAL HEALTH PROFESSIONALS IN SINGAPORE, *Explore: The Journal of Science and Healing*, <http://dx.doi.org/10.1016/j.explore.2017.06.001>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

**Effectiveness of mindfulness training in reducing stress and burnout for mental health
professionals in Singapore**

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