## Accepted Manuscript

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Shian-Ling Keng, Elysia Li Yan Tan, Tory A. Eisenlohr-Moul, Moria J. Smoski

PII: S0005-7967(17)30015-3

DOI: 10.1016/j.brat.2017.01.006

Reference: BRT 3083

To appear in: Behaviour Research and Therapy

- Received Date: 16 September 2016
- Revised Date: 5 December 2016
- Accepted Date: 16 January 2017

Please cite this article as: Keng, S.-L., Tan, E.L.Y., Eisenlohr-Moul, T.A., Smoski, M.J., Effects of mindfulness, reappraisal, and suppression on sad mood and cognitive resources, *Behaviour Research and Therapy* (2017), doi: 10.1016/j.brat.2017.01.006.

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## MINDFULNESS, REAPPRAISAL, AND SUPPRESSION

Effects of Mindfulness, Reappraisal, and Suppression on Sad Mood and Cognitive Resources

Shian-Ling Keng, Ph.D.<sup>1</sup>

Elysia Li Yan Tan, B.Soc.Sci.<sup>1</sup>

Tory A. Eisenlohr-Moul, Ph.D.<sup>2</sup>

Moria J. Smoski, Ph.D.<sup>3</sup>

<sup>1</sup> Department of Psychology, National University of Singapore

<sup>2</sup> Department of Psychiatry, University of North Carolina at Chapel Hill

<sup>3</sup> Department of Psychiatry and Behavioral Sciences, Duke University Medical Center

Corresponding Author: Shian-Ling Keng, Box 39, Department of Psychology, National University of Singapore, Singapore 129800, Singapore; E-mail: <u>psykeng@nus.edu.sg</u>; Tel: +65-65168857; Fax: +65-67731843.

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