

General Psychology Research Articles

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- 1) Bearden, A. G., Turnbull, B., Wallace, C., Prosser, S., & Vincent, A. (2024). The effects of a course-based mindfulness intervention on college student perfectionism, stress, anxiety, self-compassion, and social connectedness. *Psychology in the Schools*, 61(7), 2893–2911. <https://doi.org/10.1002/pits.23201>

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- 2) Harra, R. C., & Vargas, I. (2024). A peer-based mentoring program for reducing anxiety and depression symptoms among college students: A preliminary study. *Journal of American College Health*, 72(9), 3491–3498. <https://doi.org/10.1080/07448481.2023.2172580>

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- 3) Jamil, B., & Su, J. (2025). Multidimensional social support and associations between COVID-19 stress and depressive/anxiety outcomes among Hispanic/Latinx and White first-year college students. *Journal of American College Health*, 73(4), 1490–1501. <https://doi.org/10.1080/07448481.2023.2299413>

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- 4) Lancaster, B. D., Hefner, T., & Van Allen, J. (2025). Co-sleeping with a pet: Exploring the impact on youth sleep. *Journal of Pediatric Psychology*, 50 (4), 377-386. <https://doi.org/10.1093/jpepsy/jsaf016>

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- 5) Li, C., Lam, Y. C., Hsiao, J. H-W., Yee, L. T. S., Zhang, L., & Lau, E. Y. Y. (2025). Subclinically depressed individuals showed less trust after a night of sleep deprivation. *Spanish Journal of Psychology*, 28, e11, 1-8. <https://doi.org/10.1017/SJP.2025.11>

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- 6) Terrell, K. R., Stanton, B. R., Hamadi, H. Y., Merten, J. W., & Quinn, N. (2024). Exploring life stressors, depression, and coping strategies in college students. *Journal of American College Health*, 72(3), 923–932. <https://doi.org/10.1080/07448481.2022.2061311>

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