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Journal Information

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Classification History

Year	A+	A	B	C
2026			✓	
2025				
2024				
2023				
2021/2022				
2020				
2019				
2018				

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2026-9-10 Pages 1-27
Authors: Antonia Jiménez-Iglesias, Irene García-Moya, Carmen Paniagua et al.
DOI: 10.1080/00221309.2026.2715344

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2026-7-2 Pages 1-27
Authors: Jing Liu, Yanhui Xiang
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2026-6-26 Pages 1-26
Authors: Huiwen Xue
DOI: 10.1080/00221309.2026.2687380

The efficacy of mindfulness based interventions in mitigating stress and fostering enhanced mindfulness among higher education students
2026-6-25 Pages 1-18
Authors: Sonali Bindhani, Ramanjaneyulu Sanjeevagani, Geetha Gopinath et al.
DOI: 10.1080/00221309.2026.2687382