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## Abstract title:

PREDICTION OF HALLUCINATION PRONENESS BASED MINDFULNESS AMONG IRANIAN COLLEGE STUDENTS: EMPHASIZE MEDIATION ROLE OF DEPRESSION, ANXIETY AND STRESS

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## Background and Aims:

There are several definitions about hallucination, but briefly, it is defined as false perceptions that happened in the deficiency of a corresponding external sensory stimulus. However, the level of mindfulness as a risk factor of hallucination is not yet to be investigated in a non-clinical population. Besides, other probable mediators, such as depression, anxiety and stress that contributing to hallucination, remain to be properly evaluated. The main aim of the present study was examination the mediating effect of depression, anxiety and stress (that in this study is called mental distress) in prediction of hallucination proneness based mindfulness.

## Methods:

Since, the youth is one of the most challenging and stressful ages in the lifetime, the Iranian young people were selected to evaluating in this study. A sample of 168 Iranian college students completed a set of questionnaires include The Five Facet *Mindfulness Questionnaire (FFMQ)*, *Depression Anxiety and Stress Scales (DASS-21)* and *Revised hallucination scale (RHS)* were used to evaluate the level of mindfulness and hallucination and mental distress.

## Results:

The Correlation results illustrate that there is a significant association between levels of being mindful intrinsically (without mindfulness training) and hallucination proneness. Also, a model was presented that show the mental distress has a significant effect on the 4 facet of mindfulness and has an insignificant effect on one another facet of mindfulness (in some facets direct effect and in other facets indirect effect) in prediction of hallucination.

## Conclusions:

Those effects were both direct and indirect. The indirect effect developed by mediating of mental distress.

## Keywords:

Anxiety, Depression, Hallucination, Mindfulness, Stress