

Literature Review: Comparison of Effectiveness Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) to Reduce Stress Level in Parent WithÂ ...

<b>Title</b>	Literature Review: Comparison of Effectiveness Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) to Reduce Stress Level in Parent WithÂ #8230;
<b>Abstract</b>	
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<b>Journal Name</b>	#8220;4th International Conference In Health Sciences (ICHS)#8221;;, 2021
<b>Publish Year</b>	2021
<b>Citation</b>	(not set)
<b>Url</b>	<a #8230;"="" (act)="" (mbsr)="" +intitle:"literature="" acceptance="" and="" commitment="" comparison="" effectiveness="" href="https://scholar.google.com/scholar?q=" in="" level="" mindfulness-based="" of="" parent="" reduce="" reduction="" review:="" stress="" therapy="" to="" with="">https://scholar.google.com/scholar?q="+intitle:"Literature Review: Comparison of Effectiveness Mindfulness-Based Stress Reduction (MBSR) and Acceptance and Commitment Therapy (ACT) to Reduce Stress Level in Parent With #8230;"</a>
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