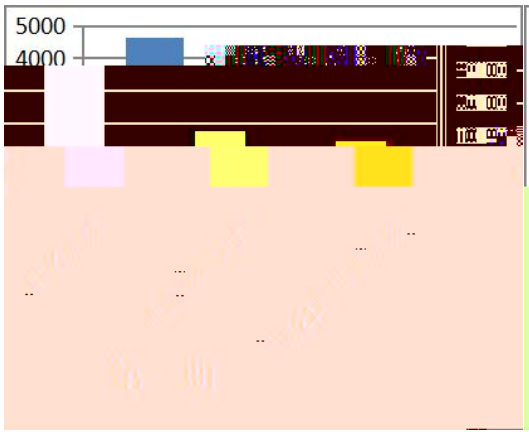
- 21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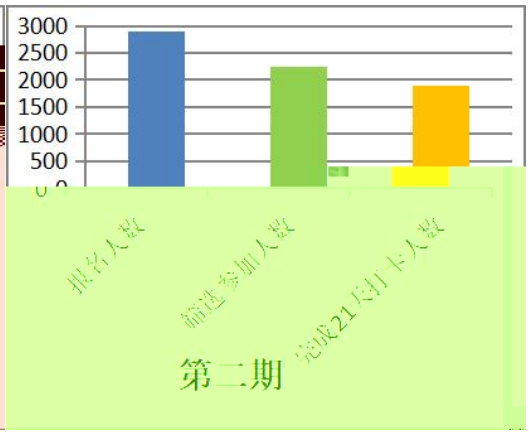
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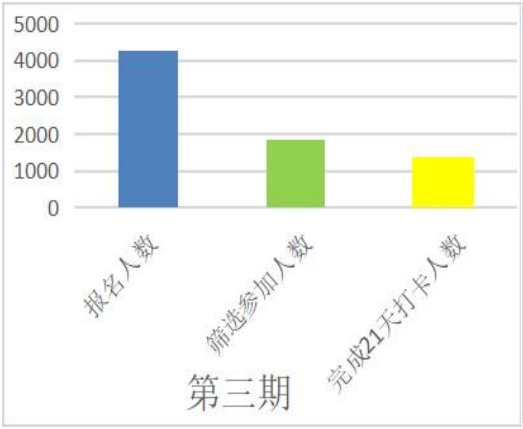
2500
2000
1500
1000
500
报名人数
筛选参加人数
完成21天打卡人数
第二期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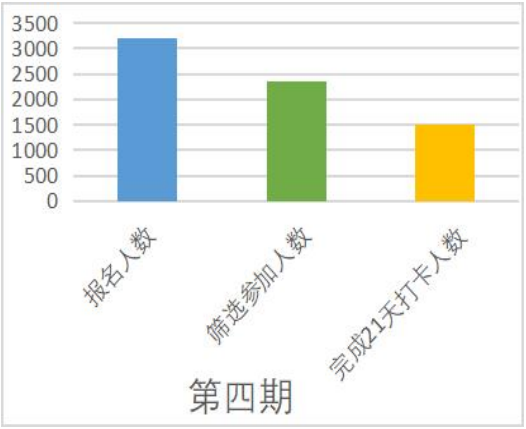
报名人数
筛选参加人数
完成21天打卡人数
第三期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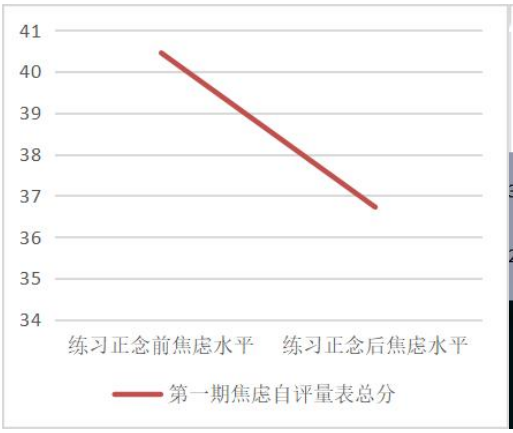
报名人数
筛选参加人数
完成21天打卡人数
第四期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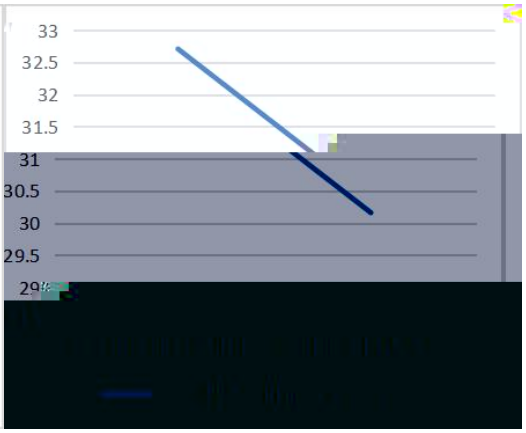
35
34
练习正念前焦虑水平
练习正念后焦虑水平
第一期焦虑自评量表总分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29.5
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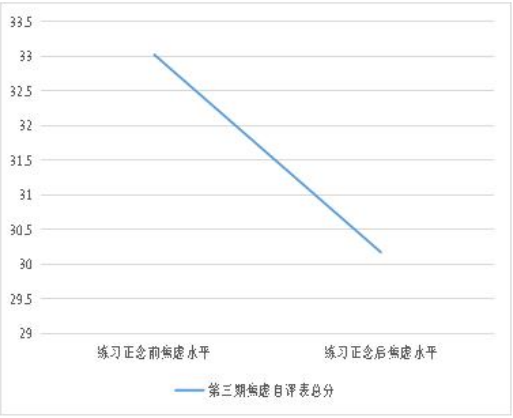
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33
32.5
32
31.5
31
30.5
30
29.5
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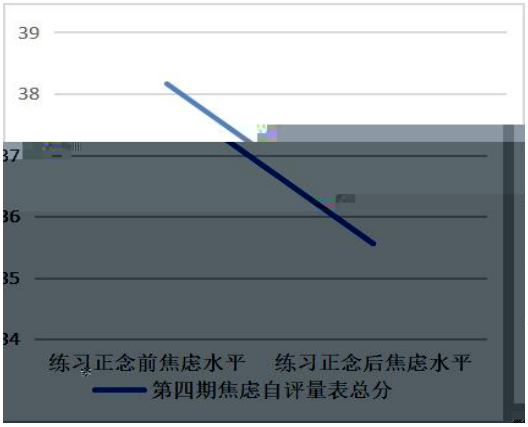
练习正念前焦虑水平
练习正念后焦虑水平
第三期焦虑自评表总分


39
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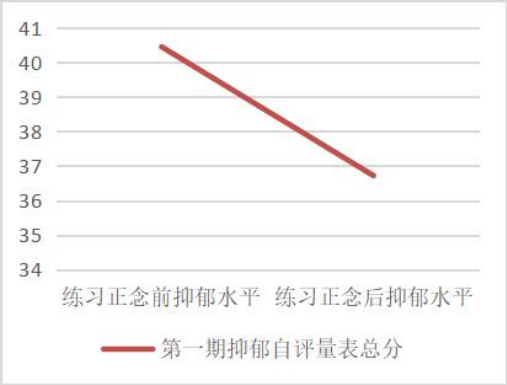
练习正念前焦虑水平
练习正念后焦虑水平
第四期焦虑自评量表总分


41
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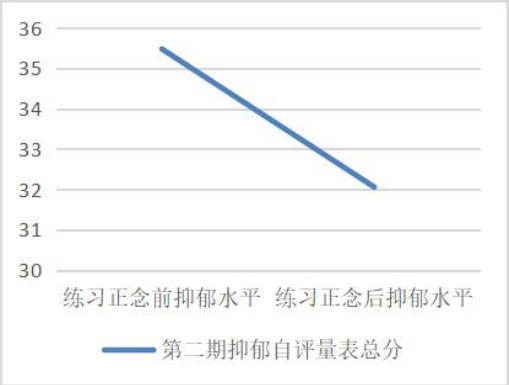
练习正念前抑郁水平
练习正念后抑郁水平
第一期抑郁自评量表总分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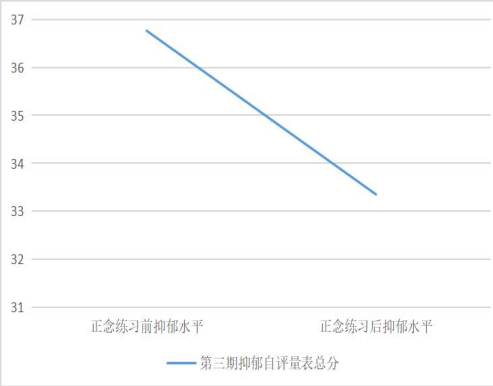
练习正念前抑郁水平
练习正念后抑郁水平
第二期抑郁自评量表总分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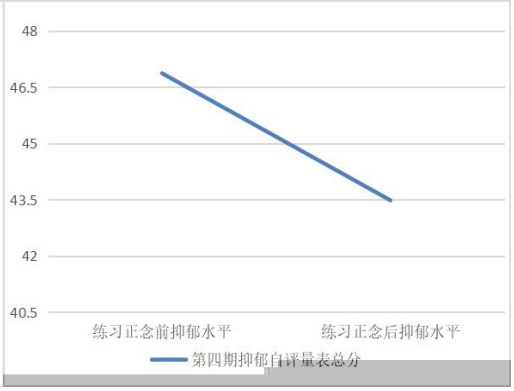
正念练习前抑郁水平
正念练习后抑郁水平
第三期抑郁自评量表总分


48
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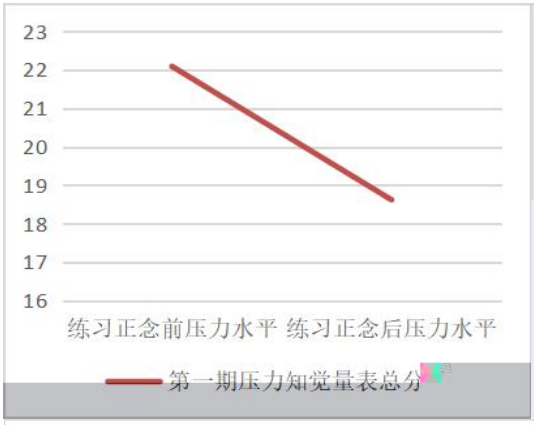
43.5
42
40.5
练习正念前抑郁水平
练习正念后抑郁水平
第四期抑郁自评量表总分


23
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21
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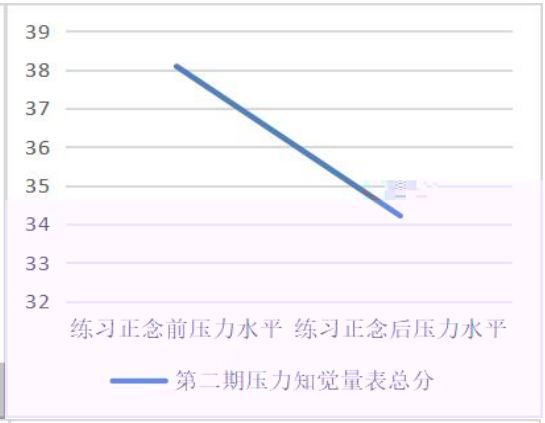
练习正念前压力水平
练习正念后压力水平
第一期压力知觉量表总分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33
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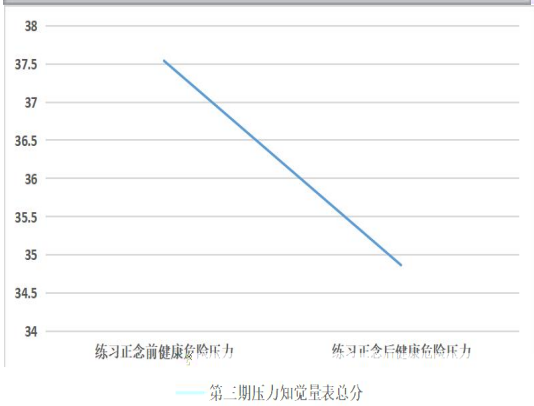
练习正念前压力水平
练习正念后压力水平
第二期压力知觉量表总分


38
37.5
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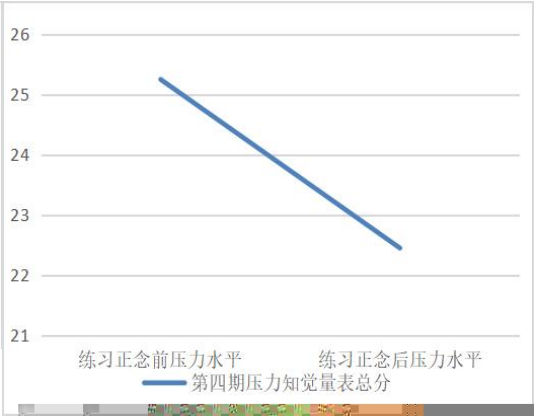
36.5
36
35.5
35
34.5
34
练习正念前健康危险压力
练习正念后健康危险压力
第三期压力知觉量表总分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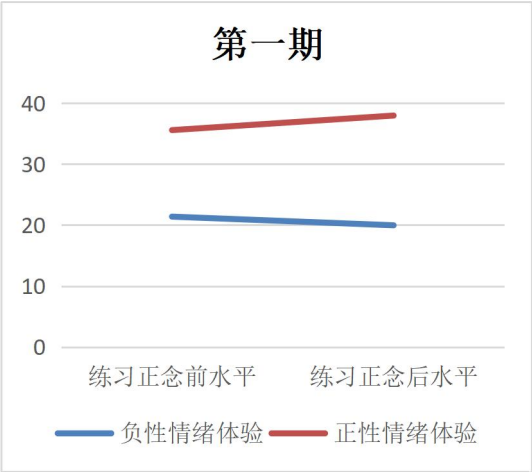
练习正念前压力水平
练习正念后压力水平
第四期压力知觉量表总分


第一期
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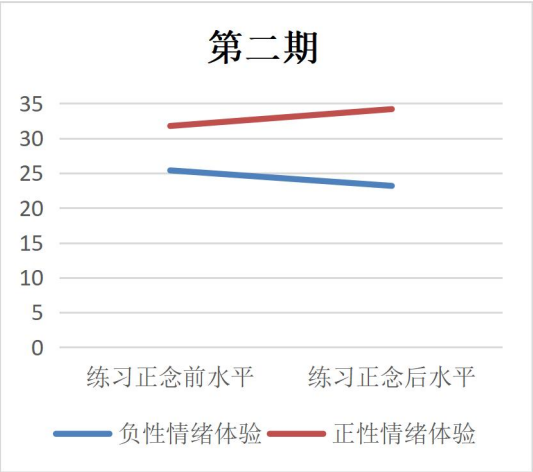
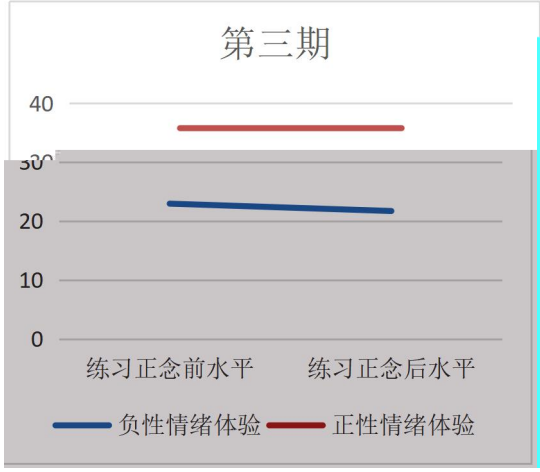
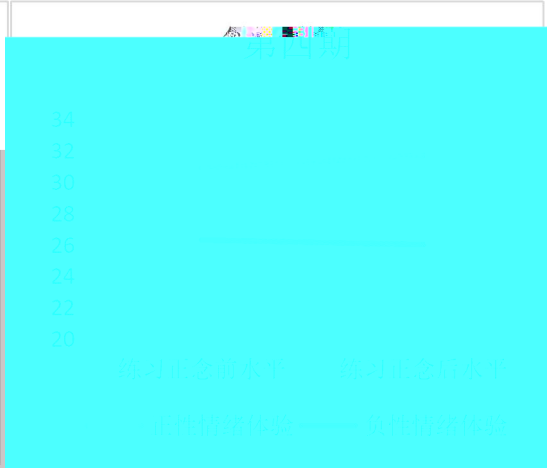
30
20
10
0
练习正念前水平
练习正念后水平
负性情绪体验
正性情绪体验


第二期
35
30
25
20
15
10
5
0
练习正念前水平
练习正念后水平
负性情绪体验
正性情绪体验


第三期
40
30
20
10
0
练习正念前水平
练习正念后水平
负性情绪体验
正性情绪体验


第四期
34
32
30
28
26
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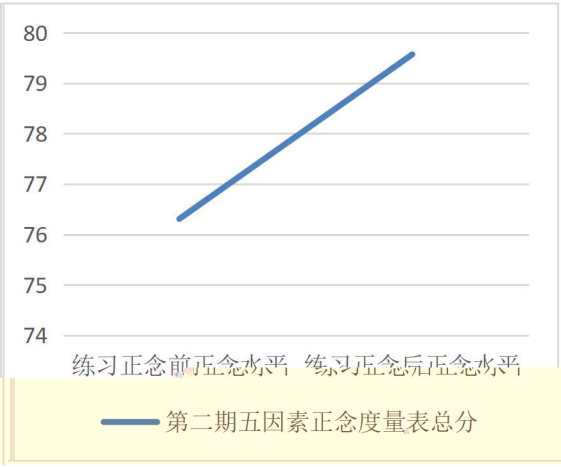
20
练习正念前水平
练习正念后水平
正性情绪体验
负性情绪体验

81
80
79
78
77
76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75
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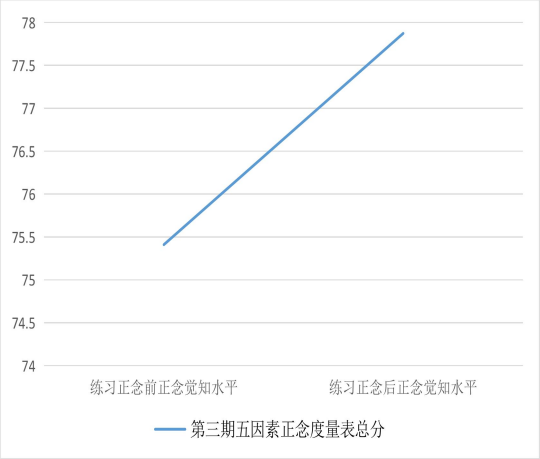
练习正念前五念水平
练习正念后五念水平
第二期五因素正念度量表总分


78
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76.5
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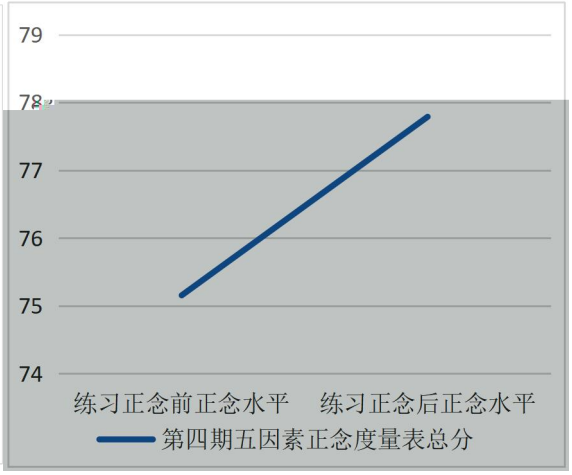
75.5
75
74.5
74
练习正念前正念觉知水平
练习正念后正念觉知水平
第三期五因素正念度量表总分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76
75
74
练习正念前正念水平
练习正念后正念水平
第四期五因素正念度量表总分

1. 21

2.