

ват по-ниски равнища на стрес. По-силно изразеното конструктивно мислене е свързано и с по-добри решения и продуктивни стилове за управление на стреса (Карастоянов, 2018). Получените от нас резултати са изцяло в контекста на известните ни досега изследвания и потвърждават написаното от неговия създател, че този въпросник „може да замени всички други инструменти за справяне със стреса, включени в регресионните уравнения, с изключение на предикативните способности и характеристики на тестове, конструирани специално за измерването му“ (Erstein, 2014: 143). Въпросникът за конструктивно мислене позволява интерпретация на получените резултати от гледна точка на една глобална теория, каквата е когнитивно-преживелищната, и това е изключителното предимство на инструмента при провеждане на психологически изследвания.

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