

Table of Contents

Volume 8 Number 5

March 2017

**The Effects of Motivational Self-Talk on Competitive Anxiety and Self-Compassion:
A Brief Training Program among Competitive Swimmers**

S. K. Georgakaki, E. Karakasidou.....677

**Effects of Parent Training Programs on Parental Stress in a General Swedish
Population Sample**

H. O. Löfgren, S. Petersen, K. Nilsson, M. Padyab, M. Ghazinour, B. Hägglöf.....700

How Thai and Chinese Young Adults Manage Time?

N. Chen, P.-L. P. Rau, P. Suriyalaksh.....717

**How to Implement an Effective Intervention for Breaks during Working Days
—A Field Study**

V. Wagner, E. Pfaffstaller, K. W. Kallus.....728

**Teacher-Student-Relationships in Teacher Education: Exploring Three Projects
of Knowledge Transfer into Action**

G. Steins, B. Behravan.....746

Group Therapy for Japanese University Students with Autism Spectrum Disorder

Y. Furuhashi.....771