# Article information:

Effects of suppressing thoughts about emotional material - ProQuest  
<https://www.proquest.com/docview/614331540?accountid=14771>

# Article summary:

1. The study investigates the effects of suppressing thoughts about emotional material, specifically anxious and depressing thoughts, compared to neutral thoughts.

2. Attempts to suppress thoughts did not completely eliminate their occurrence, indicating that suppressing thoughts may actually lead to their continuation.

3. Subjects who initially engaged in suppression reported more frequent target thoughts during a subsequent expression period, suggesting a rebound effect where attempting to avoid a thought can make it even more intrusive later on.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

对于上述文章的详细批判性分析，需要实际阅读文章的内容。由于只提供了文章的标题和一些链接，无法进行具体分析和提供见解。请提供完整的文章内容以便进行详细分析和讨论。

# Topics for further research:

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