Table 3 Predicting mental health problems by perceived stress, alexithymia and experiential avoidance: regression analysis

Model	Dependent variable	Summary of results	Predictors	B	β	t	P
1	Mental health problems	$R = 0.64$ $R^2 = 0.41$ $F = 155.29$ $P < 0.001$	Perceived stress	0.21	0.17	4.16	0.001
			Alexithymia	0.94	0.56	14.02	0.001
2	Mental health problems	$R = 0.71$ $R^2 = 0.50$ $F = 145.16$ $P < 0.001$ $\Delta R^2 = 0.09$	Perceived stress	0.10	0.08	1.97	0.053
			Alexithymia	0.56	0.34	7.48	0.001
			Experiential avoidance	0.45	0.40	8.57	0.001