

Table 4 Direct and Indirect correlations in the model^a

		Direct			Indirect		
		B	η^2	P	B	η^2	P
Alexithymia	Avoidance	0.21	0.28	0.31	—	—	—
Stress	Avoidance	0.05	0.62	0.03	—	—	—
Alexithymia	Mental health problems	1.50	0.17	0.30	0.76	0.09	0.01
Stress	Mental health problems	0.35	0.39	0.001	0.17	0.19	0.001
Avoidance	Mental health problems	3.64	0.30	0.07	—	—	—

^aModel presented in Figure 1.