



**This doctoral thesis aimed to investigate the neurocognitive correlates of pathological mental fatigue (PMF) and evaluate psychological group treatments for its alleviation. The three studies included in this thesis collectively enhance our understanding of both the neurocognitive correlates and treatment options for PMF. Study I indicates that individuals with PMF may exhibit neurocognitive differences compared to healthy controls. Symptom relief may be achievable through the psychological group treatments Brain Fatigue and Mindfulness program (BF-M) (Study II) and Mindfulness-Based Stress Reduction (MBSR) (Study III). The findings from this thesis can inform future efforts to identify and treat PMF.**

# Neurocognitive Correlates and Psychological Group Treatments for Pathological Mental Fatigue

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