

# **Eudaimonic and Uncertainty Metaphors about Life are Associated with Meaningfulness, Experiential Avoidance, Mental Health and Happiness.**

Antonio Crego<sup>1</sup>, José Ramón Yela<sup>1</sup>, Rita Ozores-Pérez<sup>1</sup>, Pablo Riesco-Matías<sup>1</sup>, and María Ángeles Gómez-Martínez<sup>1</sup>

<sup>1</sup>Department of Psychology. Pontifical University of Salamanca (Spain)

## **Authors' note**

Dr. A. Crego (ORCID: 0000-0003-0410-5697), Dr. J. R. Yela (ORCID: 0000-0001-9770-4001), Dr. Pablo Riesco-Matías (ORCID: 0000-0003-2731-9372), and Dr. María Ángeles Gómez-Martínez (ORCID: 0000-0003-0095-2194) work at the Faculty of Psychology, Pontifical University of Salamanca (Spain). Ms. Rita Ozores-Pérez is a researcher at the Pontifical University of Salamanca (Spain) and also a licensed clinical and health psychologist working in private practice.

Correspondence concerning this paper should be addressed to Antonio Crego, Faculty of Psychology, Pontifical University of Salamanca, Calle de la Compañía, 5. E37002, Salamanca (SPAIN). Phone: +34 923 277 100. Email: [acregodi@upsa.es](mailto:acregodi@upsa.es)

## **Declarations**

**Funding:** No funding was received for conducting this study.

**Competing interests:** The authors have no relevant financial or non-financial interests to disclose.

**Conflict of interest:** The authors declare that they have no conflict of interest.

**Ethics approval:** The study was performed in accordance with the ethical standards as laid down in the 1964 Declaration of Helsinki and its later amendments. This research received approval