

## Table of Contents

**Volume 4    Number 1**

**January 2015**

**Psychosocial Correlates of Motivation for Academic Accomplishment among University Students**

A. M. Hamdan-Mansour, S. H. Hamaideh, S. N. Azzeghaiby, S. I. Hanouneh, A. E. Aboshaiqah.....1

**Cognitive Behavioral Therapy as the Basis for Preventive Intervention in a Sleep Health  
Program: A Quasi-Experimental Study of E-Mail Newsletters to College Students**

K. Asano, I. Ishimura, H. Abe, M. Nakazato, A. Nakagawa, E. Shimizu.....9