



### Mediation Role of Cognitive Emotional Regulation for Emotional Safety and Emotional Problems

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#### **Abstract**

The study aimed to check the mediation role of cognitive emotional regulation for emotional safety and emotional problems such as stress, anxiety and depression. The sample of this study consisted of 240 high school students in Fasa, Fars (120 girls and 120 boys). The method of sampling was multistage cluster sampling. The mean age for the sample was 16.3 years old with SD=1.5. The scales that were used in this research include: A) depression, anxiety and stress scale (DASS), B) cognitive emotional regulation questionnaire (CERQ) and C) security in the family system (SIFS). The results of this research using path analysis method showed that totally 36% of anxiety was predictable by catastrophizing, other-blame and rumination and also non-security and disengagement. Altogether, we can conclude that cognitive emotional regulation played a significant mediating role for emotional security and emotional problems such as anxiety.

**Key words:** Cognitive Emotional Regulation, Emotional Security, Emotional Problems.

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