



### The Role of Attachment Styles and Cognitive Emotion Regulation Strategies on Adolescent's Social Anxiety

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#### **Abstract**

The aim of this study was to determine the role of attachment styles and cognitive emotion regulation strategies in adolescents' social anxiety. 430 Iranian high school students (200 boys and 230 girls) were selected by multistage cluster sampling method from high schools in Isfahan city and completed a battery of scales including attachment styles scale (Collins and Read, 1990), cognitive emotion regulation questionnaire (Garnefski, Kraaij and Spinhoven, 2002) and adolescent's social anxiety scale (LaGerca and Lopez, 1998). Results obtained from stepwise regression analysis indicated the significant role of ambivalent and secure attachment styles in predicting social anxiety components. Furthermore, it was found that the components of maladaptive cognitive emotion (i.e., rumination, self-blame and catastrophizing strategies) and the components of adaptive strategies (i.e., reappraisal and putting into perspective and refocusing on planning strategies) predict social anxiety. The results showed that the insecure attachment styles and ineffective coping strategies effect on social anxiety.

**Keywords:** Social Anxiety, Attachment Styles, Cognitive Emotion Regulation, Adolescents.

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