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Poster Presentation Research

The Mediating Role of Difficulties in Emotion Regulation in the Relationship between Dysfunctional Attitudes and Anxiety Sensitivity among Students of the Islamic Azad University of Hamadan

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Abstract

The aim of this study was to evaluate the mediating role of difficulties in emotion regulation in the relationship between dysfunctional attitudes and anxiety sensitivity among students of the *Islamic Azad University* of *Hamadan*. The research method was correlation. The statistical population of this study consisted of all the university students from among which 200 students (120 females, 80 males) were chosen by random cluster sampling and were asked to complete difficulties in emotion regulation scale (DERS, Gratz and Roemer, 2004) and dysfunctional attitudes scale (Weissman and Beck, 1978). The data were analyzed by Pearson's correlation coefficient and multiple regressions. The results showed that dysfunctional attitudes are significantly able to anticipate anxiety sensitivity. Also, results showed that difficulties in emotion regulation were important intermediate factor in relation between dysfunctional attitudes and anxiety sensitivity. In generally, this finding suggests that difficulties in emotion regulation are important in understanding the pathogenesis of anxiety.

Keywords: Emotion, Attitudes, Anxiety, Students.

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