

## عنوان مقاله:

Comparison of the Levels of Self-Control and Emotion Regulation Strategies among College Students with High and Normal Body Mass Index

## محل انتشار:

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## خلاصه مقاله:

Background: The purpose of this study was to compare the levels of self-control and emotion regulation strategies among college students with high and normal body mass index (BMI). Materials and Methods: The present cross-sectional causal-descriptive study was conducted on female students with a high BMI at the Azad University of Roudehen, Iran, during the academic year of 2018-2019. The sample size was selected by the convenience sampling method (50 girls with high BMI and 50 girls with normal body weight). The data were collected using the self-control scale and the Emotion Regulation Questionnaire. Data analysis was performed in SPSS software (version 23) by ANOVA and t-test. Results: According to the results, students with high BMI had lower levels of self-control and positive emotional regulation, compared to those with normal BMI. Moreover, the individuals with high BMI had a higher level of negative emotional regulation, compared to those with normal BMI. Conclusion: Strategies for emotion regulation are very important for self-control, eating styles, and BMI. It is, therefore, suggested to apply this intervention for the treatment of obesity.

## کلمات کلیدی:

.Self-Control, Emotion Regulation Strategies, Body Mass Index

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