

عنوان مقاله:

The Role of Mindfulness in Predicting Self-Management and Cognitive Emotion Regulation among Recovered Addicts

محل انتشار:

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خلاصه مقاله:

Background and Aim: The present study aimed to investigate the The Role of Mindfulness in Predicting Self-Management and Cognitive Emotion Regulation among Recovered Addicts. **Materials and Methods:** The present research is a descriptive-correlational study. The statistical population of the study consisted drug released men from the Jiroft city. The sample composed of 91 men who drug released and attended addiction quitting classes and were selected based on availability sampling method. In this research, in order collect the data mindfulness inventory, self-management questionnaire and cognitive emotional regulation questionnaire were used. To analyze the data, the Pearson correlation coefficient and regression was used. **Results:** Normal scores of mindfulness and Self-Management and Cognitive Emotion Regulation were confirmed using Kolmogorov-Smirnov test. The findings indicated that mindfulness can significantly predict 17 percent of the variance of self-management and 17 percent of cognitive emotional regulation. ($p > 0.01$) **Conclusion:** The results showed that mindfulness influences with self-management and cognitive emotional regulation among Recovered Addicts. So, studying strategies based on mindfulness for improvement of self-management and cognitive emotional regulation among Recovered Addicts quality should be more considered.

کلمات کلیدی:

mindfulness, self-management, cognitive emotional regulation

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