

## عنوان مقاله:

The role of HEXACO personality dimensions and emotion regulation in predicting depression

## محل انتشار:

مجله عوامل اجتماعی موثر بر سلامت, دوره 7, شماره 1 (سال: 1400)

تعداد صفحات اصل مقاله: 9

## نویسندگان:

Mojgan Ansari-Mahabadi - *Department of Psychology, Islamic Azad University Electronic Campus, Roudehen Branch, Roudehen, Iran*

Amin Rafieipour - *Department of psychology, Roudehen Branch-Islamic Azad University, Roudehen, Iran*

Khadijeh Abolmaali - *Department of psychology, Roudehen Branch-Islamic Azad University, Roudehen, Iran*

## خلاصه مقاله:

Background: one of the main issues in the social health is investigating the factors affecting the quality of life of people with depression. The main objective of the present study was providing the trainings to help in improving the mental health and quality of life in people with depression for the counselors and psychologists. This study examined the role of HEXACO personality dimensions in predicting the quality of life with depression. Methods: The statistical population comprised all people with depression referred to counseling centers in Tehran mental hospitals, ۲۰۰ subjects were chosen using simple random sampling. The BDI, HEXACO personality inventory, emotion regulation questionnaire, and SF-۳۶ questionnaire for quality of life were used. The collected data were analyzed based on Pearson correlation coefficient and stepwise regression. Results: There was a positive and significant relationship between HEXACO personality dimensions and the quality of life in people suffering from depression. The results of stepwise regression analysis showed that all personality dimensions and emotion regulation could significantly predict the quality of life. Therefore, there was a positive and significant correlation between personality dimensions and emotion regulation with the quality of life. Conclusion: quality of life of people with depression can be predicted by emotion regulation and HEXACO personality factors.

## کلمات کلیدی:

Emotion Regulation; Personality Inventory; Psychiatric; Quality of Life; Regression Analysis

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1546698>

