

عنوان مقاله:

Development and Validation of Emotion Regulation Strategies in Germophobia Questionnaire in Iran

محل انتشار:

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خلاصه مقاله:

Objective: The Coronavirus Disease-2019 (COVID-19) has recently been identified as a pandemic by the World Health Organization. The outbreak of the disease has caused numerous individuals around the world to become extremely frightened and subsequently present the signs of phobia. Fear is the basic emotion of anxiety disorders and individuals cope with their emotions by different strategies. The present study aimed at developing and validating Emotion Regulation Strategies for Germophobia Questionnaire (ERS-GPQ). **Methods:** The study participants were 99 individuals (54 females) of the Iranian population with concerns about germs who were selected with the snowball sampling method. They completed the ERS-GPQ and GPQ in the Google Forms platform. **Results:** The present study results illustrated that the ERS-GPQ has acceptable internal consistency with Cronbach's alpha coefficient ($\alpha=0.61$), reliability coefficients with split-half (0.70), and one-week test-retest (0.92); the ERS-GPQ also presented a moderate positive correlation with the contamination obsessions checklist of GPQ ($r=0.44$) as the convergent coefficient. Besides, the confirmatory factor analysis indicated 2 factors of the ERS-GPQ. Finally, the ERS-GPQ has 2 components with good convergent and discriminate validities and composite reliability. **Conclusion:** Based on the current research findings, the ERS-GPQ has acceptable and good psychometric properties; researchers can use the ERS-GPQ as a reliable and valid instrument for assessing ER strategies concerning germophobia. Furthermore, it has some considerations for practitioners in epidemic and pandemic crises, like COVID-19.

کلمات کلیدی:

Psychometric properties, Validity, Reliability, Emotion regulation strategies, Germophobia, Phobic Disorders, COVID-19

