Effectiveness of mindfulness training on cognitive emotion regulation strategies and resiliency of pregnant women

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The aim of current research was to investigate the effectiveness of mindfulness training on cognitive emotion regulation strategies and resiliency of pregnant women. The research method is semi-experimental and the pretest- posttest design with control group was used. Population in this study consisted pregnant women referring to the health centers of Rasht city in autumn 2016. The samples were ed at first by available sampling method and after completing Garnfsky cognitive emotion regulation questionnaire and Connor and Davidson resiliency scale and obtaining score for enter to research, were assigned using random sampling method in two experimental and control groups (15 ones per group). The experimental group participated in 8 sessions of group training bead on mindfulness training and control group received no intervention. The gathered data were analyzed by Spss version 18 using univariate and multivariate analysis of covariance. The results show that there exist significant differences between the post-test scores of experimental and control groups and mindfulness training could significantly improve adaptive emotion regulation strategies and reduce Maladaptive emotion regulation strategies in pregnant women (P>0.01). Also the results show that mindfulness training could significantly improve resiliency in pregnant women (P>0.01).Based on the results, it can be concluded Mindfulness training has a role in promoting resilience and adaptive emotion regulation strategies.