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# **Prediction of high-risk behaviors based on cognitive emotion regulation styles in high school female students in Rasht**

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**Abstract** The purpose of this study was to predict risky behaviors based on cognitive emotion regulation styles in female high school students in Rasht. Descriptive research design is a correlation type. The statistical population of this study consists of all female secondary school students in Rasht, which are studying in the academic year of 1996-95. The sample size is 130 female high school students in the second district of district 1 of Rasht who have high-risk behaviors. A random cluster sampling method was used to the statistical sample. In order to collect data, Iranian adolescents' risk aversion questionnaire and excitement regulation questionnaire (Garnowski et al., 2001) were used. To analyze the data, Pearson correlation coefficient and multiple regression analysis have been used. All statistical analyzes in this study were done using SPSS-22 software. The results showed that according to the blame of others (P

**Keywords :** Keywords: High-risk behaviors, Cognitive emotional regulation styles.

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