

The relationship between alexithymia, attachment styles and Emotion Regulation with quality of life in patients with chronic pain

zahra ebrahimi laleh*,samereh asadi majreh,

Pain is the most common psychological stress that man encounters. Regarding the role of psychological factors in the formation and continuation of chronic pain and its disability, the present study was conducted to determine the relationship between Alexithymia, attachment styles and emotion regulation whit quality of life in patients with chronic pain. The present research is descriptive correlational. The research sample consisted of 150 patients (90 woman and 60 males) with chronic pain who referred to the Gilan pain clinic in Rasht during April-June 2014. The samples were ed using the sampling method and Alexi Thymia Torento, Emotion regulation Difficulty Scale Grats and Roemer, and Collins & Reid's Attachment Styles Scale and Quality of Life Scale. Data were analyzed using descriptive index, Pearson correlation coefficient and stepwise regression using spss statistical software. The results showed a significant and inverse relationship between Alexithymia, insecure attachment styles, and the difficulty of adjusting the excitement to quality of life (p

Keywords : alexithymia, emotion regulation, quality of life, attachment styles, chronic pain.

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)