

# **The Predicting Mindfulness based on Emotion Regulation and Anxiety among High School Students in Rasht**

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**The current study was performed aimed to predicting mindfulness based on emotion regulation and anxiety among high school students in Rasht. It is a descriptive study in a correlation type. The population consisted of all female secondary school students in Rasht, those who are studying in the school year of 2017-2018. Finally, 150 people (50 individuals for each predictor / criterion variables) were ed by multistage cluster random sampling as a sample size. Data were collected using the Braun & Ryan's Mindfulness Questionnaire and the Cognitive Emotion Regulation Questionnaire (CERQ; Garnefski et al., 2001) and the Revised Children's Manifest Anxiety Scale (RCMAS). In order to analyze the data was used the Pearson correlation coefficient and multiple regression analysis via SPSS-22 software. The results indicated that there is a significant relationship between emotion regulation and anxiety, mindfulness of high school students in Rasht (p**

**Keywords : Emotion Regulation, Anxiety, Mindfulness**

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