

Comparison of Perfectionism, self-awareness, emotion regulation and symptoms of cardiovascular disease and normal subjects

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The main objective of this study is to identify the difference between normal people and heart disease in terms of Perfectionism, emotion regulation and self-consciousness was. Accordingly, using a sample of 150 subjects (75 normal individuals and 75 patients of heart disease) was used to test hypotheses, questionnaires included measures of perfectionism, emotion regulation and self-awareness. Using t-test and analysis of variance (Manova) hypotheses and the results showed between ordinary people and heart disease in terms of negative perfectionism (ordinary people: 46.08; Heart Disease: 54.40); emotion regulation (ordinary people : 99.93; heart disease: 106.85) and consciousness (ordinary people: 42.62; heart disease: 35.62) there is a significant difference and variance analysis also confirms findings. Following the positive perfectionism among heart patients and normal subjects, no significant difference was observed (ordinary people: 49.49; Heart Disease: 47.15). Overall findings indicate that people with heart failure have been reported the highest negative perfectionism. They also have serious problems in emotion regulation and on the other hand have the lowest self-awareness

Keywords : Keywords: Perfectionism, Emotion regulation, self-awareness, heart disease.

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