

# **Mediating role of emotion regulation, thought control in predicting quality of life and psychological well-being of people who are recovering drug dependence in addiction treatment centers**

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**Abstract** The present study was conducted with the aim of mediating role of emotional regulation, thought control in predicting the quality of life and psychological well-being of all recovering addicts at the Addiction Treatment Centers. The statistical population of this study comprises all recovering addicts and addiction treatment centers including Anonymous Addicts Association and TC Centers who are holding group meetings in 33 groups across the city. Therefore, 120 subjects were ed as samples through using cluster sampling and stratified random sampling, and they responded to the Reef Psychological Well-Being questionnaire, emotional regulation scale, World Health Organization's quality of life questionnaire and thought control questionnaire. The Pearson Correlation Coefficient and multivariate regression were used for analyzing the data. The results of the regression coefficient show that there is a linear relationship between quality of life with emotional regulation and thought control. Also, the relationship between psychological well-being with emotional regulation and thought control is linear. The results of correlation coefficient suggest that there is a meaningful relationship between the observing variables of emotional regulation with quality of life and psychological well-being (P

**Keywords :** Emotional Regulation, Thought Control, Life Quality, Psychological Well-being

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