

The Relationship Between Perfectionism and Psychological Distress through mediation of emotional cognitive regulation strategies in Students of Entrance Exam School of Rasht

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The aim of this study was to investigate the Relationship Between Perfectionism and Psychological Distress through mediation of emotional cognitive regulation strategies in Students of Mincur School of Rasht. This study was descriptive-correlational and and the population of the study consisted of 3,388 female students in the 12th grade in Rasht during the first semester of the academic year. this community, based on the Morgan table, a sample of 345 people was ed by cluster sampling. In this research, the Multidimensional Scale of Perfectionism of Hewitt and Felt (1991) and Garnowski and Greejee (2006) and Kasler's Psychological Distress Scale (2002) were used. Descriptive and inferential statistics (correlation and Path analysis) were used to analyze the data. the findings of Pearson correlation test showed that between perfectionism, Adaptation and Irrelevant cognitive-emotional regulation strategies with psychological distress has significant correlation. Also, The findings of the path analysis showed that cognitive-emotional regulation strategies have a mediating role in the relationship between perfectionism and psychological distress. so, it can be concluded that there is a relationship between perfectionism and emotional adjustment cognitive strategies by mediating psychological distress

Keywords : psychological distress, perfectionism, cognitive-emotional regulation strategies, Female students.

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