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Review Paper

Modeling the effect of personality type D, obsessive beliefs and disease perception on corona anxiety caused by holding face-to-face classes in middle school teachers of Mazandaran province

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Abstract

Introduction: The physical and mental health of teachers as one of the influential groups in the educational society of the country is essential and the emergence of critical conditions such as the corona virus epidemic has affected the mental health of teachers. The aim of the current research was to model the effect of personality type D, obsessive beliefs and disease perception on corona anxiety caused by holding face-to-face classes among secondary school teachers in Mazandaran province.

Methods: In terms of purpose, the research is applied, and in terms of research method, it is descriptive of the correlation type. The statistical population of first and second secondary teachers in Mazandaran province in the spring and summer of 1400 was unlimited and 800 questionnaires were distributed using the available sampling method. The data collection tools were Denault's personality type D questionnaires, obsessive beliefs, Bradbent et al.'s (2006), emotional self-regulation by Hoffman and Kashdan (2010) and coronavirus anxiety, whose validity is construct validity (convergent validity range between 0.376 to 0.571 and divergent validity is more than the correlation of the structure with other structures) and its reliability by three methods Cronbach's alpha coefficient (between 0.807 and 0.938), factor loading coefficients (more than 0.4) And composite reliability (between 0.866 and 0.945) was confirmed. Structural equation modeling was used and the data was analyzed through SPSS and Smart PLS software with path analysis test.

Findings: D personality type (path coefficient 0.206 and t-value 6.405), obsessive beliefs (0.194 and 5.896) and disease perception (-0.198 and 5.891), anxiety caused by Corona predicted, D personality type (-0.225 and 6.824), obsessive beliefs (-0.246 and 6.751) and disease perception (0.189 and 5.638), predicted emotional self-regulation and emotional self-regulation (-0.241 and 7.759) predicted the anxiety caused by Corona. Emotional self-regulation in the relationship between personality type D (0.054 and 5.071), obsessive beliefs (0.059 and 5.131) and disease perception (-0.046 and 4.568), with anxiety caused by Corona, the role acted as a mediator.

Conclusion: Considering the effect of personality type D, obsessive beliefs and disease perception on corona anxiety, it seems necessary to use strategies to improve the understanding of the disease and reduce obsessive beliefs to reduce teachers' anxiety.

Key Words: Corona anxiety, D personality type, obsessive beliefs, disease perception, emotional self-regulation.

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Introduction

The personality and psychological balance of teachers as one of the most important influential social strata in any society is essential and necessary; But sometimes there will be a sudden situation in the society that will affect the mental health of the teachers until it can be controlled and mastered, and a person must adapt to this situation. One of the difficult conditions of the current era was teaching for teachers during the Corona epidemic. The outbreak of the coronavirus started in December 2019 in Wuhan, China, and has spread to many regions, including Africa, the Americas, the Eastern Mediterranean, Europe, Southeast Asia, and the Arabian Pacific. In Iran, corona is also very common and endangers the physical and mental health of people (Najari, Bibak, Khadranjad, Khadranjad, and Kaderdoost, 1400). With the spread of this virus, different countries were affected by the virus one by one, different parts of the societies were affected by this disease. The institution of education is also among the institutions that were not spared from the crisis of the spread of the virus. Considering the economic, social and cultural consequences of the epidemic of this virus in all aspects of the lives of the people of the world, one of the national functions that has been severely affected by the current crisis is education (Esmaili Shad, 1401). Governments and public health systems have taken extensive measures to prevent this disease by declaring a state of emergency. This disease has changed the lifestyle of millions of people all over the world, the speed of transmission of this disease and the death caused by it, has led people to be afraid of contracting this disease (Abul Ma'ali al-Husseini, 2019). As a member of society, teachers are not immune from the psychological consequences of the disease outbreak like other people. Factors such as not being in the community due to social distancing, reduced social connections with family, acquaintances and friends, disturbed sleep patterns, improper diet, following false and disappointing news from various sources, long-term worry and fear of contracting Covid, lack of use of public education about how to quarantine suspicious people, health measures, etc., lack of access to social support and skills training resources to improve psychological status, family and acquaintances getting infected with Covid, unpleasant thoughts, financial and economic problems of the family, residence in rural areas, due to the lack of economic, health, cultural and educational facilities, the absence of effective drug treatment and the long period of home quarantine and not having the opportunity to have fun outdoors, these are common factors affecting the psychological health of teachers (Ebrahimi, 2019).

In 2020, the corona virus has become a big problem and challenge in more than 200 countries of the world, both advanced and third world. The World Health Organization has referred to this virus as Covid-19. In general, this virus

is similar to the acute respiratory syndrome, which is called SARS, but they are not the same in any way. The origin and source of contamination are mainly patients infected with the Covid-19 virus. This virus can be transmitted from person to person. Spreading through respiratory tract secretions and contact with surfaces or person to person are the most important factors of virus transmission. Also, transmission through air particles is another way of transmission of this virus (Bazer Afshan et al., 2018). Patients with confirmed or suspected COVID-19 may experience fear of the consequences of infection with the deadly new virus, and those in quarantine may experience boredom, loneliness, and anger. In addition, symptoms of infection such as fever, hypoxia, cough, as well as side effects such as insomnia caused by corticosteroids can lead to worsening anxiety and mental distress (Jiang et al., 2020). Also, the perceived threat of this disease can cause severe psychological incompatibility such as depression, anxiety and stress (Perez-Fontzo et al., 2020). Perhaps no group of people suffering from mental disorders has been directly affected by the outbreak of Covid-19 as much as people with obsessive compulsive disorder. Mainly, anxiety about the virus causes an obsessive fear of contamination in some people with obsessive compulsive disorder and triggers harmful compulsive actions. For these people, the coronavirus becomes exactly what they think it is (Feinberg et al., 2020). Obsessive thoughts are an intrusive and repetitive thought, feeling, opinion, or feeling, and in contrast, obsessive behavior is a self-conscious, measured, and repetitive behavior such as counting, avoiding, or revising. Usually, obsessive thinking increases a person's anxiety, while doing an obsessive action decreases a person's anxiety ((Marshall Reeve, 2017).

Also, since a significant relationship between the intensity of anxiety, the understanding of causality and the controlled thoughts of obsessive-compulsive disorder has been determined, understanding the disease in the treatment of this disease may bring improved results (Dias et al., 2018). When people are dealing with a disease or a threatening factor, they create a general image and a specific belief about the disease and its treatment in their mind, which is called disease perception, the understanding of the disease in the way a person behaves, his adaptation to the disease, the control of the disease by the person himself. And in general, it is effective in the outcome of the disease (how and rate of the patient's recovery) (Sade Tabarian, Ghiasvandiann, Haqqani, 2017). On the other hand, misunderstanding of the disease plays an important role in patients not following the treatment. Understanding of the disease refers to the patient's beliefs about the symptoms, consequences, time course, controllability and causes of the disease (Tabiban, Soleimani, Bakhshande and Asghari, 2018).

While the different dimensions of the perception of the disease are dynamic and as a result of changes in the experience of different symptoms, the acquisition of new information, or negative coping evaluations, changes in the person's perception of the disease occur (Lonthal, Diefenbeck, Lonthal, 1992), researches It has shown that personality as a constant aspect of human existence also affects the quality of his life. One of the personality constructs is the disturbed personality type (personality type D), which was initially presented to measure the personality traits of patients with coronary heart disease; However, it was also used for other chronic diseases (Donalt et al., 2009). This personality trait refers to people who experience high negative emotions and show inhibition in social interactions. In fact, this construct consists of two dimensions: negative excitability and social inhibition, and it means readiness to experience negative emotions such as anger, lack of pleasure, irritability, hostility, depressed mood, and anger along with inhibition and not expressing these emotions in It is social communication (Donalt, 2005). One of the important psychological variables is emotional self-regulation. Self-regulation is one of the categories in which the individual's role in emotion regulation is considered (Thompson, 1994). in other words; Emotional self-regulation does not mean suppressing emotions and creating a defensive barrier against our emotions and stimuli, but it refers to the issue of choosing how to express our emotions. In fact, it emphasizes the method of expressing emotions (Cole, 2009). Emotion regulation has attracted the interest of many researchers. The nature of emotion regulation is to control the lower and more basic emotional system by the higher logical system to achieve logical goals. Transformational researchers have a functional orientation about emotion regulation and believe that this regulation can create multifaceted effects on emotion (such as continuity, increase or decrease of emotion).In general, the definition of emotion regulation from the perspective of the evolutionary approach is as follows: emotion regulation includes internal and external processes responsible for reviewing, evaluating and modifying emotional reactions, especially their intensity and temporary characteristics, to achieve individual goals (Thompson, 1994). . According to the researches that have been conducted in the field of the role of disease perception and personality type D, and considering that most of the researches in this field, especially in the field of personality type D, have been conducted on chronic patients, and since anxiety plays an important role in determining It has an effect on the perception of the disease and affects various aspects of self-regulation and its consequences (Dias et al., 2018), exploring the relationship between the perception of the disease, obsessive beliefs, personality type D and emotional self-regulation, an insight into the theoretical and practical relationship in the field of anxiety.

provides (Morgan et al., 2014). Because Iran was one of the first countries affected by corona disease in the Middle East (Shirzad, Farnoosh, Abbasi Farajzadeh, Hosseini, and zi judi, 2019). Therefore, examining mental health problems in the current research is of particular importance. Since the current research is new in terms of focusing on mental health and its variables in the critical situation of Corona in our dear country and it clarifies the research gap in this field. In a situation where the society is involved with the consequences of this crisis, conducting such research shows the necessity of conducting research. Based on what was said, knowing the extent of the effects of the spread of epidemic diseases on the one hand and after passing through the disastrous periods of experiencing epidemic diseases in the history of our country, such as the plague in the Persian Gulf (kavosi eraghi, 2001), the plague in Mashhad (Dehghan Nejad and Kasiri, 2010), diphtheria, maltese fever, typhus and leprosy (Mirsalehian and Dalvand, 2018) and cholera in the whole country (Mohammad Salehi et al., 2018), on the other hand, it was a push that prompted the researcher in this research to Look for variables that can moderate the possible negative effects of general anxiety in this difficult situation. In fact, in this situation, it is very necessary to intervene in the psychological crisis urgently for all exposed people, including patients, medical staff, people close to the patients, people living in the affected areas, as well as the general public. Many people around the world, especially in our country, are not safe from potential threats due to the lack of regular confrontation plans in facing the crises caused by this disease, and directly, in addition to the physical effects, they are at risk of distress and ill health. They are psychologically located. In this regard, the present study aims to investigate the modeling of the effect of personality type D, obsessive beliefs and disease perception on the anxiety of corona caused by holding face-to-face classes in middle school teachers of Mazandaran province.

Theoretical foundations and research background

Theoretical foundations of research

The covid-19 disease causes a decrease in general health, a decrease in sleep quality, and an increase in anxiety and depression. The spread of Covid-19 caused an emergency situation in global health in less than a few months in all countries of the world due to the speed of transmission, which is one of the characteristics of this virus (Kiriimi Johani et al., 2019). The epidemic of Covid-19 has physical damage and adverse effects on people's mental health (Huang and Zhao, 2020). Like tension, it leads to anxiety and fear, which leads to mental disorders such as acute stress disorder, depression and suicide. Zhong Nanshan,

the leader of the Chinese Health Commission, reminded; The psychological fear caused by this disease is more frightening than the disease itself. Although infectious diseases cause a wide range of emotional responses, not all people experience this negative emotional impact equally (Khalid et al., 2016). Corona anxiety is the anxiety caused by contracting the corona virus, which is mostly due to the fact that it is unknown and creates cognitive ambiguity about it (Alipour, Gadami, Alipour and Abdullazadeh, 2018).

People with disease anxiety believe in the existence of a serious disease in themselves and are constantly worried about it (Sadoc, Sadoc and Ruiz, 2020). These people are in the grip of false sensory perceptions, and they tend to attribute these perceptions to physical disorders that do not exist (Dadastin, 2019). Research from past epidemics has linked excessive anxiety about disease-related threats to symptoms of health anxiety and obsessive-compulsive disorder (Whitton, Esner, & Mark, 2021). Perhaps no group of people with mental disorders has been directly affected by the outbreak of Covid-19 as much as people with obsessive compulsive disorder. Mainly, anxiety about the virus causes an obsessive fear of contamination in some people with obsessive-compulsive disorder and triggers harmful compulsive actions. For these people, the corona virus becomes exactly what they think about it (Zooghi, Ajil Chi, Yousefi Rad and Monazam Dehghan, 2019). On the other hand; Health anxiety is a psychological experience characterized by a perceived threat to one's health that produces physical and emotional symptoms of anxiety. An increase in health anxiety has a negative effect on the perception of the disease and prevents a person from adapting to the process of adapting to her treatment (Varli and Alankaya, 2022). Since there is a significant relationship between the intensity of anxiety, understanding of causality and controlled thoughts in obsessive thoughts, therefore; Understanding the disease in the treatment of this disease may lead to improved results (Dias et al., 2018). Evidence shows that risk perception is directly related to anxiety among different populations (Ross et al., 2015). Kashiwazaki et al. reported in their study that health anxiety has a much greater effect on psychological distress than risk perception in patients (Kashiwazaki et al., 2020). If people find themselves in ambiguous and dangerous situations such as facing the corona virus, they experience a high sense of danger, in other words, the higher their perception of danger, the less they will distort their feelings and physical changes, and as a result, about the disease. Covid-19 acts in a more practical and logical way (Aghajani, Parzour and Ahmadi, 2021).

Methodology

The present research has been done in a qualitative and phenomenological (descriptive) way. The purpose of phenomenological research is to describe life experiences as they are in life. Streubert and Carpenter (2003) consider phenomenology as a practice that aims to describe special phenomena or appearance of things and life experiences. The focus of phenomenology is life experiences, because these experiences make the meaning of each phenomenon for the person and tell the person what is real (Adib Haj Bagheri, Parvizi, Salsali, 2011), and because the phenomenological method tries to describe human experiences in context in which it occurs provides the richest and most descriptive information, so the use of this method is suitable for elucidating and describing the phenomenon in more depth. The number of research samples was 15 faculty members (Professors of educational sciences in Tehran universities) who were interviewed out of every 15 cases. Research participants were selected based on purposive sampling and snowball method. Professors subject to this approach were teaching in the field of higher education. Participants in this study were selected and interviewed with the characteristics presented in Table (1).

Table 1- Profile of the interviewees

Number	Job	degree	Sex
1	University faculty	Ph.D.	Male
2	University faculty	Ph.D.	Male
3	University faculty	Ph.D.	Male
4	University faculty	Ph.D.	Male
5	University faculty	Ph.D.	Female
6	University faculty	Ph.D.	Female
7	University faculty	Ph.D.	Male
8	University faculty	Ph.D.	Female
9	University faculty	Ph.D.	Male
10	University faculty	Ph.D.	Male
11	University faculty	Ph.D.	Male
12	University faculty	Ph.D.	Female
13	University faculty	Ph.D.	Female
14	University faculty	Ph.D.	Male
15	University faculty	Ph.D.	Male

The number of samples was determined based on the researcher's information saturation; That is, the number of interviews went so far that the researcher's information in the field of research was saturated and then no other information was added. In the discussion of assessing the validity of the research, the interview questions were modified and approved by 4 professors in the relevant field after they were designed. To record the interviews, all conversations were recorded audio. The recorded interviews were then carefully listened to by the researcher himself and written word by word. After the recorded interviews were written, the "members' check" method was used to confirm the validity of

the interviews. Thus, the written text of the interviews was sent again to the participants to confirm the accuracy of the content and to correct the content if necessary. Data analysis was performed by Strabert and Carpenter (2003). The method includes description of the phenomenon by the researcher, discarding the researcher's assumptions, interviewing participants, reading participants' descriptions, extracting essences, finding basic relationships, writing a description of the phenomenon, returning this description to the participants and obtaining their approval and finally reviewing the relevant texts and published findings (Adib Haj Bagheri, Parvizi, Salsali, 2011).

Research Findings

First, the variables associated with each of these tools were analyzed descriptively, and then the normality of these variables was checked.

Table of descriptive indicators of research variables

Research variables	Number	Average	Middle	mad	Deviation from the norm	the least	the most
negative emotion	800	72/14	00/15	00/16	02/5	00/1	00/28
Social inhibition	800	11/15	00/15	00/17	17/5	00/0	00/27
Type d personality	800	83/29	00/30	00/32	62/8	00/7	00/54
General	800	37/0	00/1	00/5-	07/12	00/36-	00/40
Certainty perfectionism	800	86/4-	00/5-	00/4-	69/7	00/28-	00/18
Sense of responsibility and assessment of risk and threat	800	16/7-	00/7-	00/5-	26/5	00/20-	00/12
The importance and control of thoughts	800	09/0	00/0	00/3-	59/4	00/13-	00/14
complete affairs	800	92/3-	00/4-	00/5-	83/3	00/14-	00/7

Obsessive beliefs	800	-48/15	00/15-	00/28	07/25	00/90-	00/64
Perception of illness	800	36/40	00/41	00/41	36/6	00/22	00/60
compatibility	800	96/20	00/21	00/22	37/5	00/7	00/35
Secrecy	800	19/23	00/23	00/22	10/6	00/8	00/40
Tolerance	800	95/13	00/14	00/14	77/3	00/5	00/25
Emotional self-regulation	800	09/58	00/57	00/53	14/12	0021	00/97
Psychiatric symptoms	800	19/17	00/18	00/17	74/5	00/2	00/27
Physical symptoms	800	79/17	00/18	00/20	50/5	00/2	00/27
Anxiety caused by Corona	800	98/34	00/36	00/38	80/9	00/6	00/54

After collecting the information related to the research variables, the Kolmogorov-Smirnov test was performed, and the findings showed that most of the model variables were non-normal, so non-parametric tests were used to test the hypotheses. Conducting an inferential analysis using the method of structural equation modeling with partial least squares approach (PLS-SEM) is performed in two main stages: "checking the fit of the model" and then "testing the research hypotheses", which will be examined further. became.

Reliability: According to Fornell and Larker (1981), reliability in the PLS method is measured using factor loading coefficients, Cronbach's alpha coefficients and composite reliability (CR). According to the results; All the coefficients show the appropriateness of this criterion. Validity: In addition to the fact that the validity of the questionnaire is examined in terms of content, it has also been examined in the form of convergent and divergent validity using the PLS structural equation model. Convergent validity refers to the principle that the indicators of each structure have a moderate correlation with each other. According to the results, the model is at a very good level in terms of all three criteria mentioned above. Divergent validity is the third criterion for examining the fit of measurement models, which covers two issues: Examining the divergent validity by comparing the correlation of a structure with its indicators against the correlation of those indicators with other structures (Fornell and

Larcker method), the results of which are shown in table (2), shows the confirmation of the divergent validity of the second method. . The main diameter of this matrix contains the root of the AVE values of the research constructs. If the root value of AVE values of each construct is higher than the correlation of that construct with other constructs, according to Fornell and Larcker, it will have divergent validity. According to the results of the correlation matrix and divergent validity check by the method of Fornell and Larcker (1981), this applies to all research constructs and this shows the confirmation of divergent validity. In the general review of the model, the value of SRMR is the root mean square of the standardized residual, which is an approximate value of the goodness of fit of the model, which is a suitable and acceptable value.

Structural model processing

After processing the measurement models, it is time to fit the structural model of the research. Unlike the measurement model, the structural model part has nothing to do with questions (obvious variables) and only hidden variables and relationships between them are examined. The fit of the structural model using T coefficients is such that these coefficients must be greater than 1.96 or equivalently, the corresponding p-values for them should be less than 0.05, so that they can be significant at the 95% confidence level. confirmed

R2 criterion: The second criterion for checking the fit of the structural model in a research is the R2 coefficients related to the hidden endogenous (dependent) variables of the model. The mentioned criteria are shown in the circles related to the structural model of the research, and for the structural model of this research, considering that there are two endogenous variables. ***

Figure 1- The research model in the case of standard and significant coefficients

General review of the model: In the general review of the model, the SRMR value of the root mean square of the standardized residual, which is an approximate value of the goodness of fit of the main model and the special model, is equal to 0.072 and 0.05, respectively, which is a suitable and acceptable value. The data obtained from field research was implemented in SMART-PLS software and the following results were obtained. Table (2) shows the path coefficients and significant numbers related to the relationships between the variables of the model.

Table 2- Path coefficient and significance coefficient in the main model

Path between variables	path coefficients		p-value	Result
	T statistic			
Personality type D > anxiety caused by corona	206/0	405/6	0009/9	It is meaningful
Obsessive beliefs > anxiety caused by corona	194/0	896/5	0009/0	It is meaningful
Perception of illness > Anxiety caused by Corona	198/0-	891/5	0009/0	It is meaningful
Personality type D > emotional self-regulation	225/0-	824/6	0009/0	It is meaningful
Obsessive beliefs > emotional self-regulation	246/0-	751/6	0009/0	It is meaningful
Illness perception > emotional self-regulation	189/0	638/5	0009/0	It is meaningful
Emotional self-regulation > Anxiety caused by Corona	241/0-	759/7	0009/0	It is meaningful
Personality type D > emotional self-regulation > anxiety caused by Corona	054/0	071/5	0009/0	It is meaningful

Obsessive beliefs > emotional self-regulation > anxiety caused by Corona	059/0	131/5	0009/0	It is meaningful
Disease perception > emotional self-regulation > anxiety caused by Corona	046/0-	668/4	000/90	It is meaningful

According to the results of table (2), the path coefficient of personality type D on anxiety caused by Corona is equal to 0.206 and the t-statistic is equal to 6.405 and the p-value is less than 0.05. As a result, personality type D, anxiety It predicts significantly and positively due to being infected with the Covid-19 virus. The path coefficient of obsessive beliefs on anxiety caused by Corona is equal to 0.194 and the t-statistic is equal to 5.896 and the p-value is less than 0.05. As a result, obsessive beliefs significantly reduce the anxiety caused by being infected with the Covid-19 virus. It predicts meaningful and positive. The path coefficient of disease perception on anxiety caused by corona is equal to -0.198 and the t-statistic is equal to 5.891 and the p-value is less than 0.05. As a result, disease perception is anxiety caused by being infected with the covid 19 virus. predicts significantly and negatively. The path coefficient of personality type D on emotional self-regulation is equal to -0.225 and the t-statistic is equal to 6.824 and the p-value is less than 0.05. As a result, personality type D affects emotional self-regulation significantly and negatively. predicts. The path coefficient of obsessive beliefs on emotional self-regulation is equal to -0.246 and the t-statistic is equal to 6.751 and the p-value is less than 0.05. As a result, obsessive beliefs predict emotional self-regulation significantly and negatively. slow The path coefficient of disease perception on emotional self-regulation is equal to 0.189 and the t-statistic is equal to 5.638 and the p-value is less than 0.05. As a result, disease perception predicts emotional self-regulation significantly and positively. The path coefficient of emotional self-regulation on anxiety caused by corona is equal to -0.241, and the t-statistic is equal to 7.759 and the p-value is less than 0.05. As a result, emotional self-regulation, anxiety caused by being infected with the covid-19 virus predicts significantly and negatively. Considering the significance of the direct relationship between personality type D and anxiety caused by being infected with the corona virus

and the coefficient of the indirect path of personality type D and anxiety caused by corona through emotional self-regulation equal to 0.054, the t-statistic is equal to 5.071 And the p-value is less than 0.05, as a result, emotional self-regulation plays a (partial) mediating role in the relationship between personality type D and anxiety caused by Corona. Considering the significance of the direct relationship between obsessive beliefs and anxiety caused by being infected with the corona virus and that the coefficient of the indirect path of the variable obsessive beliefs with anxiety caused by the corona virus through emotional self-regulation is equal to 0.059, the t-statistic is equal to 5.131 And the p-value is less than 0.05, as a result, emotional self-regulation plays a (partial) mediating role in the relationship between obsessive beliefs and anxiety caused by Corona. Considering the significance of the direct relationship between disease perception and anxiety caused by being infected with the corona virus and that the coefficient of the indirect path of the disease perception variable on the anxiety caused by the corona virus through emotional self-regulation is equal to -0.046, the t-statistic is equal to 568/ 4 and the p-value is less than 0.05, as a result, emotional self-regulation plays a (partial) mediating role in the relationship between disease perception and anxiety caused by Corona.

Examining the results of the special model: The results related to the special model are observed in the presence of the components of each variable. ***

Table 3- Path coefficient and significance coefficient in special model

Path between variables	Path coefficients	T statistic	P value	result
Feeling responsible for risk and threat assessment > Anxiety caused by Corona	0/00	1/48	0/138	It is not meaningful.
Sense of responsibility and assessment of risk and threat > Tolerance	-0/06 -0/01	1/58 0/24	0/113 0/811	It is not meaningful. It is not meaningful.
Sense of responsibility and assessment of risk	-0/00	1/10	0/200	It is not meaningful.

and threat > adaptability				
Sense of responsibility and assessment of risk and threat > Secrecy	-./2.	0/87	./000	It is meaningful.
Perception of illness > Anxiety caused by Corona	./14	3/64	./000	It is meaningful.
Disease perception > toleranceDisease perception > tolerance	./18	0/14	./000	It is meaningful.
Disease understanding > adaptability	./13	3/28	./001	It is meaningful.
Disease perception > concealment	./08	2/27	./023	It is meaningful.
y CoroComplete tasks > Anxiety caused by Coronana	-./04	1/08	./279	It is not meaningful.
complete affairs > endurance	-./00	1/20	./211	It is not meaningful.
complete affairs > compatibility	-./03	0/67	./002	It is not meaningful.
Complete affairs > concealment	./00	1/44	./149	It is not meaningful.
The importance and control of thoughts > Anxiety caused by Corona	-./00 ./149	2/36 1/44	./018 ./005	It is meaningful. It is meaningful.
Importance and control of thoughts > Tolerance	-./09	2/36	./018	It is meaningful.
Importance and control of thoughts > adaptability	-./08	2/02	./043	It is meaningful.
The importance and control of	-./11	2/86	./004	It is meaningful.

thoughts > concealment				
Social inhibition > anxiety caused by corona	•/•∧	۲/۲۶	•/•۲۴	It is meaningful.
Social inhibition > Tolerance	-•/۱۱	۲/∧۴	•/••۴	It is meaningful.
Social inhibition > adaptability	-•/•∧	۲/•۳	•/•۴۳	It is meaningful.
Social inhibition > concealment	-•/•۹	۲/•۹	•/•۳۷	It is meaningful.
Tolerance > anxiety caused by corona	-•/۱۳	۳/۹∧	•/•••	It is meaningful.
Compatibility > Anxiety caused by Corona	-•/•۹	۲/۶۳	•/••۹	It is meaningful.
Negative emotion > anxiety caused by corona	•/۱۶	•/•۷	•/•••	It is meaningful.
Negative affect > tolerance	-•/۱۲	۳/۱۲	•/••۲	It is meaningful.
Negative affect > adaptation	-•/۱•	۳/۹۷	•/•••	It is meaningful.
Negative affect > concealment	-•/۱۱	۲/۷∧	•/•••	It is meaningful.
General > Anxiety caused by Corona	•/•۳	•/۷۶	•/۴۴۶	It is not meaningful.
General > Tolerance	-•/••	۱/۲۷	•/۲•۳	It is not meaningful.
General > Compatibility	-•/۱۲	۲/۹۹	•/••۳	It is meaningful.
General > Stealth	-•/••	۱/۲۶	•/۲•۷	It is not meaningful.
Secrecy > Anxiety caused by Corona	-•/•۹	۲/۷۴	•/••۶	It is meaningful.

Perfectionism and certainty > anxiety caused by Corona	.-/·٩	٢/٧٤	·-/·٠٦	It is meaningful.
Perfectionism and certainty > tolerance	--/·٠٤	١/١٠	·-/٢٧١	It is not meaningful.
Perfectionism and certainty > compatibility	--/·٠٢	·-/٥٨	·-/٥٤٢	It is not meaningful.
Perfectionism and certainty > secrecy				It is not meaningful.

Table (4) shows the path coefficients along with the significance of the variables in the special model

Table (4) shows the coefficients of the indirect path along with the significance of the variables in the special model. It should be noted that the relationships that are directly significant and their indirect coefficients are also significant are partial mediators and the relationships that are directly significant and their indirect coefficients are not significant are not mediators and the relationships that are not directly significant and their indirect coefficients are not mediated. It is also meaningful; they are the general mediator.

Table 4: Main and sub-themes extracted from the interviews

Main themes	Sub-themes of opportunities	Sub-themes Challenges
Cultural	flexibility Comprehensive participation Rejection of preset	Danger of cultural rupture Ethnic and cultural hatred Cultural narcissism
Social	Focus on children's interests The nature of non-prescription Avoid prejudice Usability	Danger of community fragmentation The danger of ethnic self-determination
Economical	Attract financial participation of the target community Avoid wasting resources	High cost for compiling resources

Structural	Loss of bureaucracy Direct communication between planner and learner	Lack of a single structure Chaos and anarchism
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Discussion and conclusion

This research was aimed at modeling the effect of personality type D, obsessive beliefs and disease perception on corona anxiety caused by holding face-to-face classes among middle school teachers in Mazandaran province. The results of the research showed that personality type D (path coefficient 0.206 and T-value 6.405), obsessive beliefs (0.194 and 5.896) and disease perception (-0.198 and 5.891) caused anxiety. From corona, personality type D (-0.225 and 6.824), obsessive beliefs (-0.246 and 6.751) and disease perception (0.189 and 5.638), emotional self-regulation and emotional self-regulation (0.241) - and 7/759 predicted the anxiety caused by Corona. Emotional self-regulation in the relationship between personality type D (0.054 and 5.071), obsessive beliefs (0.059 and 5.131) and disease perception (-0.046 and 4.568), with anxiety caused by Corona, the role acted as a mediator. According to the results, type D personality type predicts anxiety caused by being infected with the Covid-19 virus, which is in agreement with the research results of Norouzian and Paheh Kohsar (2011), Fallah Ziarani et al. (2019), Tyuman (2022). , Gracey et al. (2021) and Jaskine et al. (2018), are consistent and in the same direction. Because personality traits are the factor of stability in how people behave, feel and think in different situations and over time. Personality traits can be studied in relation to safety-related behaviors (Gershasbi et al., 2021). Based on previous studies, personality traits affect the management of stressful situations (Chadoori et al., 2018). According to Costa and McCree (1992), people with flexible personality traits are willing to accept new ideas and unconventional values and experience positive and negative emotions more deeply than inflexible people; Therefore, in the unusual conditions of the spread of the corona virus in the society, these people show more ability to tolerate ambiguity and new conditions, and the ability to control emotions prevents them from avoiding negative feelings and/or annoying situations. - To be related (Hedai Ahadi and Bijari, 2021). According to the results, obsessive beliefs predict the anxiety caused by being infected with the covid-19 virus, which is in line with the research results of Jan Feda et al. (2021), Track and Inouzo (2022) and Ojalehto et al. (2021), are in agreement and are in the same direction. From there, in addition to its own symptoms, corona anxiety causes other mental disorders and symptoms to appear on the person; One of these cases can be the appearance of obsessive symptoms in a person. These symptoms appear in different forms in different people and strata of society (Mozhari and Bogar

Rahimian, 2021). Actually; Corona anxiety, due to the unknown nature of this virus and the creation of cognitive ambiguity in those suffering from obsessive-compulsive disorder, can cause an increase in rumination and perceptual errors; As a result, the person's immune behaviors are disrupted and the symptoms of obsessive-compulsive disorder increase (Wakas et al., 2020). Normally, obsessive thinking increases a person's anxiety, while performing an obsessive action decreases a person's anxiety. Accordingly, when a person resists doing it, her anxiety increases. Both obsessive thoughts and actions can be very time-consuming and significantly interfere with a person's routine and performance (Marshall Reeve, 2017). According to the results, the perception of the disease predicts the anxiety caused by being infected with the Covid-19 virus, which is in agreement with the results of the research by Aghajani et al. , is consistent and is in the same direction. Anxiety in itself is a normal reaction to human experiences and is considered a disorder only when it leads to a defect in a person's daily life performance (Nordstrom and Wilson, 2018). Research shows that people who have fear and anxiety about the disease of Covid-19. They experience a coherent set of unpleasant physiological symptoms that are caused by thoughts or information related to this infectious disease (Everen et al., 2020). One of the variables that play a role in the anxiety of Covid-19 is the perception of risk. Risk perception examines how dangerous a situation is from a person's point of view (Lee et al., 2021). Perceived danger caused by corona disease, people's mental tension, anxiety and fatigue lead to changes in behavioral and consumption patterns. Based on the research conducted during the Covid-19 disease, people eat more, are less active, and feel extremely tense and anxious (Mojica, 2020). According to the results, type D personality type predicts emotional self-regulation, which is consistent with the research results of Fard and Ansarinejad (2001) and Etemidi, Rouhi, Mesbahi and Fahimi (2018). People regulate their emotions in widely different ways and the findings of several studies show that the differences in the neurobiological systems of people mediate the emergence of primary emotions in them. and are correlated with broader characteristics of a person such as social and personality functions. Individual differences in interpreting situations powerfully shape emotional responses. Reactive interactions refer to individual differences in how they interpret and experience the same environment. Temperament research shows that individual differences in emotional reactivity and emotional regulation have strong genetic components and appear at an early age. So that mood is defined as different personal characteristics in the intensity and continuity of expression and arousal of emotion. It seems that emotional regulation behaviors in people are rooted in fixed moral or personality characteristics that continue from childhood to adulthood and have implications

for adaptation and as a result, the mental health of the individual (Abdi, Chalbaniou and Sadr, 2015). All in all, she said; Personality traits play a role in the selection and application of emotion regulation processes (Khosravi et al., 2018). According to the results, obsessive beliefs predict emotional self-regulation, which is consistent with the results of philosophical research by Asgari and Daud Kurdestani (2021) and Amani, Abolghasemi, Ahadi and Narimani (2015). Obsessive people experience a range of emotional responses when faced with situations that provoke obsessive thoughts and actions. Many of these people also experience significant anxiety attacks that can include recurrent panic attacks. To date, research examining emotion regulation in the context of OCD has been lacking. In the research conducted on various patients, including those with obsessive-compulsive disorder, defects in emotion regulation styles have been reported as one of their major problems. In a few studies, including Stern, Nota, Heimberg, Holaway and Coles, it was also clarified that obsessive-compulsive symptoms are related to poor understanding and negative reaction to emotions (Shamli et al., 2017). The results of the research of Iftikharzadeh et al. (2015) showed that the decrease in emotion regulation increases the severity of obsessive-compulsive disorder, which can be improved with psychological training. Also, Palet and Aldo (2017) showed in their research that emotional dysregulation is effective in starting, maintaining and aggravating obsessive symptoms. The ability to regulate and adapt emotions according to the requirements of specific situations is one of the most important capabilities of humans (Nasrenia and Borjali, 2019). According to the results, illness perception predicts emotional self-regulation, which is in line with the research results of Find, Akbari, Moradi, and Karimi (2018), Sadeh Tabarian, Ghiasvandianian, and Haqqani (2017), and Khodaparast, Suleiman, Bahrami, and Mafi (2017).), is consistent and is in the same direction. The role of illness perception as an effective factor in self-regulation is not clearly evident (Abdollahi et al., 2022). However; Virenga (2017) showed in his research; Illness perception and emotion regulation are two components of cognitive and emotional processing that may affect outcomes in heart failure patients. The role of illness perceptions in self-regulation and adaptive behavioral outcomes is well documented, whereas the mechanisms through which emotion regulation may influence health behaviors such as adherence are less clear. Emotion regulation, experience, processing and modulation of emotional responses are necessary to manage common emotional stress in heart failure patients. A better understanding of the role of illness perceptions and emotion regulation in adherence and negative health events is necessary to achieve gains in improving heart failure self-management. also; Abdullahi et al. (2022) showed in their research; Diabetic patients with more disease perception

used more self-regulation. According to the results, emotional self-regulation predicts the anxiety caused by being infected with the Covid-19 virus, which is in agreement with the results of the research of Karbasian Varnamkhashti et al. (2021), Ahmadi et al. (2021), Manouz-Navarro et al.) and Snani et al. (2020), is consistent and is in the same direction. One of the factors causing anxiety is people's inability to regulate their emotions. Because increasing anxiety levels leads to disruption in normal processing. According to research evidence, people with anxiety tend to avoid emotional experiences, and this is characterized by a lack of meaningful action in emotional experiences and regulating those emotions in anxious people. Anxious people are prone to more negative cognitive reactions to emotional stimuli. This is because they have disastrous beliefs about the consequences of their positive and negative emotions and they cannot easily allow their emotional experiences to emerge. Anxious people express a series of problems in dealing with their emotions, which include faulty understanding of emotions and incorrect reactions to emotional experiences and difficulty in providing an appropriate response to control those emotions (Nasseri Nia and Barjali, 2019). Emotion regulation can play an important role in reducing physical symptoms, anxiety, depression and impairment in social functioning (levels of mental health) by making a person aware of positive and negative emotions, accepting and expressing them in a timely manner (Asghari et al. , 2021). Most researches have shown that people with difficulty in emotional regulation are more likely to be exposed to stress-related disorders in the short and long term, and many psychiatric disorders are related to emotional instability and emotional dysregulation. have, especially depression and anxiety disorders have a strong relationship with emotion regulation curve. A large number of researches have reported that the effective management of emotions can reduce sensitivity and is also an important means of relieving general anxiety (Ahmadi et al., 2021). Based on the obtained data and based on the results of the research, the following suggestions were presented:

Avoid paying attention to the media that are not under the supervision of any reliable organization or it is not possible to control them, and pay attention to reliable sources that provide correct information about this virus as well as the correct methods of observing public health. In order to understand and accept the disease, talking with friends and people around you about your worries will help you feel better and reduce your anxiety.

It is important to know the necessary measures for prevention, and there are methods to prevent the spread of corona disease, including limiting socializing and staying away from gatherings.

To reduce obsession, although awareness is useful and important, if a person suffers from anxiety, he should avoid hearing disturbing news every day.

If a person is severely affected by the stress caused by the coronavirus, talking to a psychologist or counselor can help a person manage their fears and at the same time make better decisions to protect their health and that of their family.

Maintaining mental health is important, because the anxiety caused by an epidemic of a disease such as the new corona virus, in addition to the bad effect it may have on physical health, may have adverse effects on people's psyche, which should be paid special attention to. it had.

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