

The Mediating Role of Emotional Self-regulation in the Influence of Personality Type D, Obsessive Beliefs, and Illness Perception on Anxiety Caused by the Re-epidemic of COVID-19 among First-year High School Students

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Abstract

The COVID-19 pandemic has had profound effects on the mental health of students. The aim of the present study was to evaluate the mediating role of emotional self-regulation in the impact of personality type D, obsessive beliefs, and illness perception on anxiety caused by the re-infection of COVID-19 among first-year high school students. The research is applied in terms of purpose and descriptive in terms of research method. The statistical population included male and female first-year high school students in Mazandaran province, and 800 questionnaires were distributed using convenience sampling. The data collection tools were Denault's (2000) Personality Type D questionnaire, Obsessive Beliefs (2003), Broadbent et al.'s (2006) Illness Perception, Hoffman and Kashdan's (2010) Emotional Self-Regulation, and Coronavirus Anxiety (2019). Their validity was confirmed as construct validity (convergent validity range between 0.376 and 0.571, and divergent validity was greater than the correlation of the construct with other constructs) and their reliability was confirmed 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). Structural equation modeling was used, and the data were analyzed using SPSS and Smart PLS software with path analysis. Given the predictive power of anxiety caused by the coronavirus, through independent and mediating variables of the study, it seems necessary to employ strategies to improve understanding of the disease and reduce obsessive beliefs to reduce anxiety.

Keywords: Corona-induced anxiety, type D personality, obsessive beliefs, illness perception, emotional self-regulation

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