

# **Trait Mindfulness and Cognitive Emotion Regulation: An Investigation as to the Relationship with Emotional States in the US and Thailand**

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## **Abstract**

The aim of the study was to explore the relationship between trait mindfulness, cognitive emotion regulation strategy and emotional states, anxiety and depression in two cultural groups. Previous studies largely focus on state mindfulness, but few have investigated the impact of trait mindfulness on emotional states. Moreover, only a few studies exist exploring the predictive power of trait mindfulness and strategies of cognitive emotion regulation for emotional states in diverse cultural groups.

A total of 155 US residents and 1,800 healthy Thai university students were recruited for this study. Trait Mindfulness was measured by two scales; Mindful Attention Awareness Scale (MAAS) and Toronto Mindfulness Scale- Trait version (Trait TMS), while cognitive emotional regulation was measured by the Cognitive Emotion Regulation Questionnaire (CERQ), and Emotional states was measured by the Hospital Anxiety and Depression Scale (HADS). The results demonstrated that various forms of mindfulness, and CER strategies exhibited different correlational strengths and directions with emotional states. However, the MAAS and Catastrophizing (a sub-strategy of CER) distinctly predicted anxiety and depression. Therefore, it can be concluded that the relationship between trait mindfulness and emotional regulation strategies is limited to mindful attention awareness and Catastrophizing strategy for emotional states despite differences among these cultural groups. Furthermore, these findings may also have some implications for the use of mindfulness in mental health.