

The role of mindfulness and emotion regulation in prediction of post-traumatic stress Disorder in firefighters

Imanollah Bigdeli, Ali Mashhadi, Fatemeh Ghadir, Farahnaz Asghari Kaklar

Ferdowsi university of Mashhad, Mashhad, Iran

Introduction: The purpose of this study was to predict post-traumatic stress disorder based on mindfulness and cognitive-emotional regulation in firefighters.

Method: Participants in this research included 100 firefighters in Mashhad (Iran) who were voluntarily selected through voluntary sampling. Data were collected by Traumatic stress questionnaire, Cognitive –Emotional Regulation questionnaire (CERQ-P), and Five Factor Mindfulness Questionnaire (FFMQ's) . For data analysis, descriptive indices, Pearson correlation test, and stepwise regression analysis were performed using SPSS-19 software.

Results: The results showed a positive and significant correlation between post-traumatic stress disorder and ineffective cognitive-emotional regulation and a negative and significant relationship with mindfulness ($p < 0.01$). The results of multiple regression analysis showed that ineffective cognitive-emotional adjustment was 38.8% of the total score of variance and in the presence of mindfulness variable, 48.8% of the total score of the variance of post-traumatic stress disorder was explained.

Conclusion: The results of this study indicated the importance of mindfulness and cognitive-emotional regulation as psychological and emotional skills in reducing post-traumatic stress in firefighters; therefore, providing training based on mindfulness raising and cognitive-emotional regulation in firefighters led to reduction of symptoms of post traumatic stress disorder.