Abstract

Objective: The current study was conducted in order to investigate relations of cognitive emotion regulation and effortful control with severity of dependence and craving in people with substance dependency. Method: The method of this research was correlation. The whole people with substance dependency, were referring to Ardabil centers of addiction treatment, comprised statistical society of this research. One hundred and thirty people were selected from this society by clustering sampling method. Having conducting clinical interview, they responded to questionnaires of demographic characteristics, cognitive emotion regulation, effortful control, severity of dependence and craving. Gathered data were analyzed by tests of Pearson correlation and multivariate regression. Findings: The results showed that the severity of substance dependency related positively to self blame and others blame. Craving also negatively correlated with self blame, rumination, catastrophizing, attentional control but it was correlated positively with others blame. The results of regression analyses also revealed that cognitive emotion regulation and effortful control explain 44 percent of variance of drug dependence and 57 percent of variance of craving. Conclusion: These results demonstrate that severity of dependence and craving were predicted by individual differences in cognitive emotion regulation and effortful control.

Key words: cognitive emotion regulation, effortful control, severity of dependency, craving, substance dependency