

The Relationship between Emotion Regulation Strategies and Interpersonal Behavior among Substance Abusers

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Abstract

Introduction: Individuals with substance abuse show signs of negative emotion regulation strategies and impaired interpersonal behaviors. The aim of the present research was to determine the relationship between emotion regulation strategies and interpersonal behavior among substance abusers. **Method:** The research design was a correlation study. The research sample consisted of 100 who were selected of the substance abusers that referred to clinical of addiction withdrawal by random sample method in Ardabil city. To collect the data, Emotion regulation Scale and Interpersonal Reactivity Index were used. **Results:** The results showed that positive and negative emotion regulation strategies were correlated to interpersonal behavior in substance abusers. The results of multiple regression analysis showed positive and negative emotion regulation strategies explained 16 percent of interpersonal behavior variance. Also the results showed that “putting into perspective“ was found to be the best predictor for interpersonal behavior. **Conclusion:** These results have important implications in psychopathological of substance abuse. On the basis of these results, clinicians can use emotion regulation strategies in order to cope substance abuse.

Keywords: Substance Abuser, Emotion Regulation, Interpersonal Behavior

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