

What cognitive emotion regulation strategies influence decentering?



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Introduction

Cognitive Emotion Regulation

It is not rare to feel negative emotions due to troubles with friends or unfortunate events. In such cases, individuals often attempt to control their own emotions by using cognition and thoughts. These processes are called **cognitive emotion regulation** (Gross, 1998, 2013, 2015).

Emotion Regulation and Decentering

Decentering is defined as a metacognitive process in which negative emotions and thoughts are experienced as passing mental events rather than reflections of one's self or external reality (Bernstein et al., 2015). It was shown that decentering is a key factor in mental health and well-being in the research field of mindfulness based cognitive therapy (MBCT) and Acceptance and Commitment Therapy (ACT).

Although it was reported that cognitive emotion regulation influences decentering, previous studies focused on only one cognitive emotion regulation strategies (i.e., reappraisal: Hayes-Skelton & Graham, 2013). Thus, it is not clear whether other cognitive emotion regulation strategies influence decentering. **We therefore aimed to examine what kind of cognitive emotion regulation strategies influence decentering.**

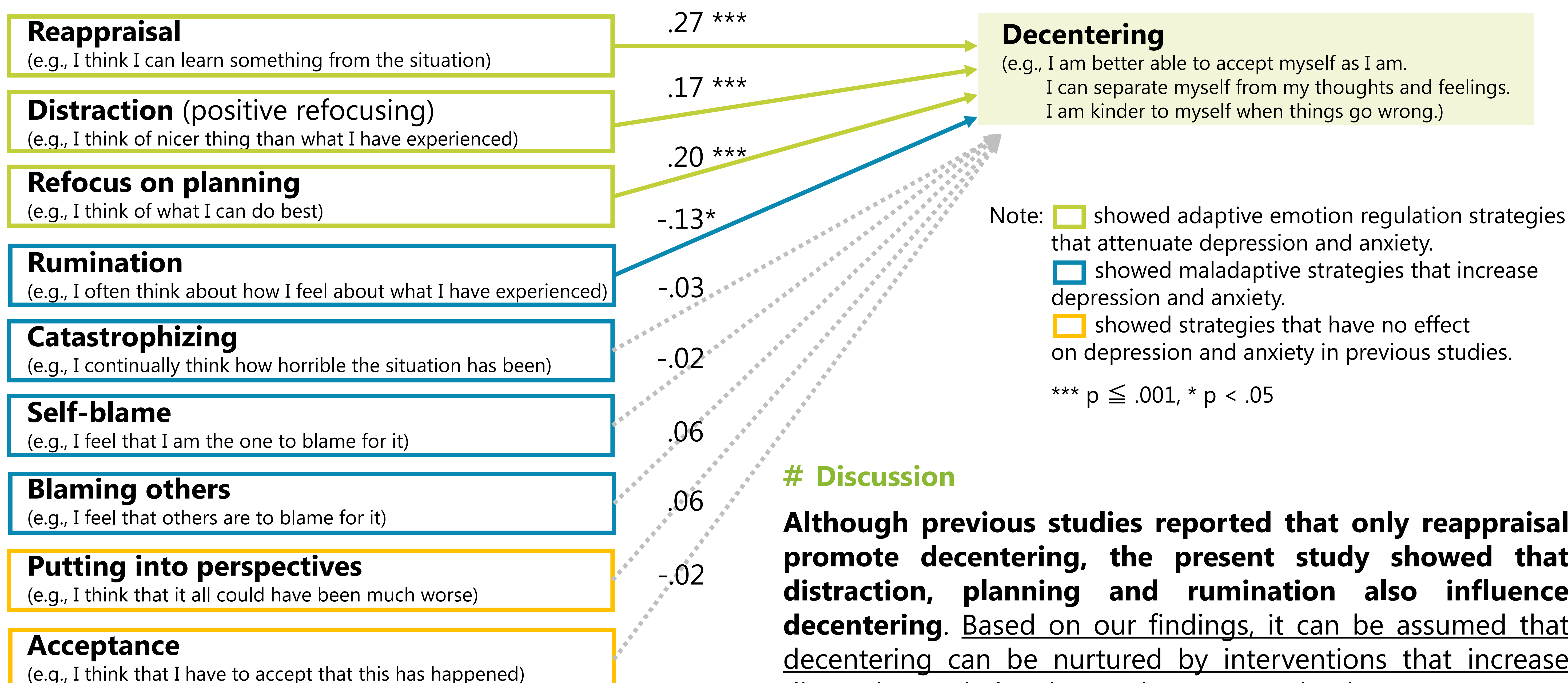
Method

Participants and Procedures

Three hundred eighty-seven Japanese university students (182 female, mean age = 20.22 ($SD = 1.85$)) completed the **Experiencing Questionnaire (EQ)**: Fresco et al., 2007; Kurihara et al., 2010) as a index of decentering and the **Cognitive Emotion Regulation Questionnaire (CERQ)**: Garnefski et al., 2001; Sakakibara, 2015) as a index of frequency of using 9 cognitive emotion regulation strategies (Nine emotion regulation strategies consist of adaptive and maladaptive strategies).

Results and Discussion

Multiple Regression Analysis



Discussion

Although previous studies reported that only reappraisal promote decentering, the present study showed that distraction, planning and rumination also influence decentering. Based on our findings, it can be assumed that decentering can be nurtured by interventions that increase distraction and planning or decrease rumination.