

Abstract

The aim of this thesis was to theoretically describe and empirically test the relations between different types of emotion-regulation strategies (according to the Intelligence And Development Scales, IDS), the Five Facet Mindfulness Questionnaire (FFMQ), the Emotional Experiencing Questionnaire as measured by the DEP36 and The Difficulties in Emotion Regulation Scale Short Form (DERS-SF). In addition, the aim was to examine possible changes in the amount of emotion regulation strategies and the trend in emotional experiencing during hospitalization with a mindfulness-focused community. The final aim was to empirically test the immediate effect of a given community on current emotional state. This is a mixed-methods research design. The qualitative part of the data was processed using deductive content analysis to quantify emotion regulation strategies. The IDS coding scheme was used for quantification. Quantitative data analysis was performed using correlation analysis, goodness-of-fit test, and growth curve analysis. Correlation analysis revealed several small to moderate relationships across emotion regulation strategies (ERS). Adaptive ERS showed positive relationships with positive emotional experiencing, maladaptive and other ERS showed positive relationships with difficulties in emotion regulation and negative relationships with positive emotional experiencing and mindfulness. A goodness-of-fit test indicated statistically significant small change across a number of emotion regulation strategies. Growth curve analysis showed an immediate effect of mindfulness-focused community, and no trend was found in emotional state of the hospitalized during their hospitalization.

Keywords

Emotions; Emotion Regulation; Mindfulness Practice; Valuation Systems; Current Emotional State; Hospitalization; Mindfulness-Focused Community, Adolescents