

[1]赵鑫,马秀娟,周仁来,等.消极情绪体验在表达抑制与军人心理应激水平中的中介作用[J].第三军医大学学报,2013,35(21):2363-2366.

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## 消极情绪体验在表达抑制与军人心理应激水平中的到:

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Title: Mediating role of negative emotional experience in relation of expression suppression and soldiers' psychological stress

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摘要: 目的 调查军人情绪调节、情绪体验和心理应激水平的关系。 方法 采用军人心理应激自评问卷 (psychological stress self-evaluation test, PSET), 积极消极情绪量表 (the positive and negative affect schedule, PANAS) 和情绪调节量表 (emotion regulation questionnaire, ERQ) 对153名男性通信兵进行问卷调查。 结果 ①心理应激与消极情绪体验存在显著正相关 ( $r=0.62, P<0.01$ ), 与表达抑制使用频率存在显著正相关 ( $r=0.22, P<0.01$ ), 与积极情绪和认知重评使用频率不存在相关 ( $P>0.05$ ); ②消极情绪体验与表达抑制策略使用频率存在正相关 ( $r=0.19, P<0.05$ ), 与积极情绪和认知重评使用策略不存在相关 ( $P>0.05$ ); ③积极情绪体验与认知重评策略使用频率之间存在正相关 ( $r=0.20, P<0.05$ ); ④军人的消极情绪体验在表达抑制策略的使用频率与心理应激水平之间起完全中介的作用。 结论 情绪调节策略的使用频率通过影响个体的情绪体验来影响军人心理应激水平。

Abstract: Objective To investigate the relationship of soldiers' emotion regulation, emotion experience and psychological stress. Methods Psychological Stress Self-Evaluation Test (PSET), Positive and Negative Affect Schedule (PANAS) and Emotion Regulation Questionnaire (ERQ) were adopted to evaluate 160 male

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soldiers by random sampling from a group of soldiers. There were 153 valid questionnaires obtained. Results Psychological stress was positively correlated with negative emotion experience ( $r=0.62$ ,  $P<0.01$ ) and frequency of expression suppression strategy ( $r=0.22$ ,  $P<0.01$ ), but had no correlation with positive emotion experience and frequency of cognitive reappraisal strategy ( $P>0.05$ ). Negative emotion experience was positively correlated with frequency of expression suppression strategy ( $r=0.19$ ,  $P<0.05$ ), but was not correlated with positive emotion experience and frequency of cognitive reappraisal strategy ( $P>0.05$ ). Positive emotion experience was positively correlated with frequency of cognitive reappraisal strategy ( $r=0.20$ ,  $P<0.05$ ). Soldiers' negative emotion experience fully mediated the relation between psychological stress and frequency of expression suppression. Conclusion Emotion regulation affects soldiers' psychological stress through emotion experience.

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