

## Cognitive Emotion Regulation Strategies Used by Critical Care Nurses: A Descriptive-Analytic Study

Moghaddam zeabadi S<sup>1</sup>, Hasandoost F<sup>2</sup>, Kasirlou L<sup>3</sup>, Rashvand F<sup>4</sup>  
and Hosseinigolafshani SZ<sup>4\*</sup>

<sup>1</sup>Emergency Department, School of Paramedicine, Qazvin University of Medical Sciences, Iran

<sup>2</sup>Department of nursing, Tarbiat Modares University, Iran

<sup>3</sup>Student Research Committee, Qazvin University of Medical Sciences, Iran

<sup>4</sup>Department of Critical care Nursing, School of Nursing and Midwifery, Qazvin University of Medical Sciences, Iran

\*Corresponding author: Seyedehzahra Hoseinigolafshani, Department of Critical care Nursing, School of Nursing and Midwifery, Qazvin University of Medical Sciences, Iran, Tel: 09168439285; Email: zahragolafshani@yahoo.com

### Research Article

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### Abstract

**Introduction:** Emotions have significant roles in different aspects of life such as coping with stressful and traumatic life events. Therefore, success in life depends not only on intellectual abilities, but also on emotion regulation competence. Emotion regulation is of greater importance in professions with high levels of daily occupational stress such as nursing. The aim of this study was to determine cognitive emotion regulation strategies used by a group of Iranian critical care nurses.

**Methods:** This descriptive-analytic study was conducted on 193 critical care nurses. They were recruited through stratified random sampling from ICU, CCU, and Hemodialysis center and Emergency departments of six hospitals under supervision of Qazvin university of medical science, qazvin, Iran. The 36-item Cognitive Emotion Regulation Questionnaire was used for data gathering. Descriptive statistics measures (frequency, mean, and SD) and inferential statistics (T test, Pearson correlation analysis) were used for data description and analysis.

**Results:** There were significant differences among nurses of different units respecting the mean scores of strategies Acceptance ( $P = 0.002$ ), Rumination ( $P = 0.001$ ), Catastrophizing ( $P = 0.046$ ), and Self-blame ( $P = 0.029$ ). Age and work experience were correlated with acceptance and putting into perspective strategies while work experience was inversely correlated with rumination strategies.