Introduction

- Emotion regulation is a "goal-directed process functioning to influence the intensity, duration, and type of emotion experienced." (Gyurak, Gross, & Etkins, 2011)
- Explicit emotion regulation skills occur to adjust any initial reactions
- Explicit regulatory processes occur to adjust to any initial reactions, such as cognitive reappraisal and expressive suppression (Braunstein, Gross, & Ochsner, 2017)
- Cognitive reappraisal occurs when an individual changes their interpretation of an event to alter its emotional impact
- Expressive suppression occurs when you hide your facial expression
- Resilience is a variable process; it is an interaction between an individual and the environment, and involves the management of resources following a stressor (Treglown, Palaiou, Zarola, & Burnham, 2016), such as better intellectual functioning and more positive self-concepts and self-efficacy, and intrinsic motivation
- Literature shows that higher levels of resiliency are correlated with higher levels of emotion regulation (Velickovic et al., 2020)
- Research question: explore how resilience moderates this relationship between endorsed life events and explicit emotional regulation skills

Method

- College-aged participants (aged 18-22), N = 497
- Provided 13 different scales online via Qualtrics
- Life Events Checklist (LEC-5), Emotional Regulation Questionnaire (ERQ), and the Connor-Davidson Resilience Scale (CD-RISC 10)

Results

- N = 445; 324 women (72.8%), 118 men (26.5%), 3 non-binary (0.67%)
- Average age = 19.07 years
- A moderation analysis was conducted with 4 different models for each skill of explicit emotion regulation

Discussion & Limitations

- Regression analyses showed that after accounting for life event endorsement, the addition of resiliency in our linear model was associated with a 16.5% increase in explained variance of cognitive reappraisal only
- A follow up ANOVA test revealed that Model 2 for cognitive reappraisal was the best fit model to the alternative hypothesis
- It is important to note that all of the results for cognitive reappraisal were significant, but this was not the case for expressive suppression
- We did not take into account demographic differences that could influence one's emotional regulation abilities
- Cross-sectional data was used to infer effectual relationships
- Resilience did seem to have a larger impact on cognitive reappraisal scores than life events did; however, there were not significant findings for expressive suppression
- Intervention efforts aimed at raising levels of resilience may help enhance levels of explicit emotional regulation which could then help alleviate symptoms associated with post traumatic stress.