Signature Patterns of Emotion Regulation and Their Relationship to Depression and Anxiety

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ABSTRACT

The present study utilized cluster analysis procedures to empirically identify subtypes of four factors (negative reactivity, heightened intensity, poor understanding, and maladaptive management) among a large sample of college undergraduates. To determine the external validity of the current results, MANOVA was then used as an exploratory technique to determine how individuals influence, control, and modulate their emotions, which is associated with the development of both depression and anxiety. The present study identified four subtypes: Type 1, which characterized by low scores on these three emotion regulation factors; Type 2, characterized by high scores on these three factors and by a significant increase in the proportion of negative reactivity, heightened intensity, and poor understanding; Type 3, characterized by high scores on these three factors and by a significant increase in the proportion of maladaptive management; and Type 4, characterized by high scores on these three factors and by a significant increase in the proportion of negative reactivity, heightened intensity, and maladaptive management. The results suggest that emotion regulation is a factor common to both depression and anxiety, and that individuals with high levels of emotion regulation are more likely to have lower levels of depression and anxiety.

DISCUSSION

The findings suggest that emotion regulation is a factor common to both depression and anxiety, and that individuals with high levels of emotion regulation are more likely to have lower levels of depression and anxiety. These findings are consistent with previous research on the relationship between emotion regulation and psychological well-being. The results also suggest that emotion regulation is a factor that is modifiable, and that interventions targeting emotion regulation may be effective in reducing symptoms of depression and anxiety.

REFERENCES


Fresco, D. M., Mennin, D. S., Heimberg, R. G., & Hambrick, J. (2005b). Distinct emotion dysregulation profiles, while differences in symptoms of psychopathology among these profiles were investigated using ANOVA in a sample of college undergraduates. The results suggest that emotion regulation is a factor common to both depression and anxiety, and that individuals with high levels of emotion regulation are more likely to have lower levels of depression and anxiety.