Title:
The effectiveness of mindfulness based stress reduction on emotion regulation and negative affect on infertile couples.

Abstract:
The present research has been done to determine the effectiveness of mindfulness based stress reduction on emotion regulation and negative affect on infertile couples. The method of this study is based on Quasi-experimental method by using pre test- post test in control group. The sample consists of 30 persons of infertile women referred to one of infertility clinics in Isfahan city were taken part in two group of random experimental group (15 persons) and the control group (15 persons) by method the available sampling and were assigned randomly. Cognitive Emotion Regulation Questionarie (Garnefski etal, 2002) and Depression, Anxiety and Stress Scale (DASS-42, Lovibond and Lovibond 1995) were used to collect data in two pre test and post test phase. The experimental group has been receive group training of mindfulness based stress reduction intervention in 8 sessions of 90 minutes, while control group receive no intervention. SPSS-21 software is used to achieve the results. The results analysis of covariance indicates that mindfulness based stress reduction training is effective for emotion regulation and negative affect on infertile couples (p<0.05). It seems that mindfulness will be effective by training “attention control” can be supplies as a efficient remedial program for emotion regulation and decrease negative affect on infertile couples.

Keywords:
Mindfulness Based Stress Reduction, Emotion regulation, Negative affect, Infertility.