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Investigation role of thought control, mindfulness, distress tolerance, in prediction signs of borderline personality disorder in female students of three public high schools in Golpayegan city

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***Abstract*---**Borderline personality disorder is the most common personality disorder in therapeutic settings and has received more attention than any other personality disorder; This may be due to the high prevalence of this disorder in the clinical population. . Is. Today, personality disorders affect a significant portion of the world's population. Patients with borderline personality disorder have high emotional variability and higher emotional intensity than other personality disorders. Borderline personality disorder is characterized by a pervasive pattern of instability in interpersonal relationships, self-image, emotions, and perceptible impulsivity. Investigating and understanding the psychological factors associated with borderline personality symptoms can be an important step in identifying its causes. The statistical population of the study included 668 female students in three public high schools in Golpayegan city who were studying in 1399. Using Cochran's formula, the sample size was estimated to be 300 people. The data analysis method was as follows: after collecting data, the analysis was performed using SPSS 23 software.The results showed that there is a significant relationship between the variables of borderline personality disorder with the variables of mind control, mindfulness, anxiety tolerance and mood dysphoria.

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Introduction

Personality disorders today involve a significant amount of the world's population. Patients with borderline personality disorder have higher emotional variability and higher emotional intensity than other personality disorders. More than 10 % of those infected with the disorder die because of suicide, and approximately 75 % of those infected have suicide. In psychological studies, 33 - 25 percent of people who have failed to commit suicide have criteria to recognize border personality disorder and in 75 - 75 % of people with a border character have a history of at least once self-injurious behavior. Studies have shown that the negative styles of emotional processing and alexithymia contribute to the symptoms of borderline personality disorder. The borderline personality disorder is characterized by a pervasive pattern of instability in interpersonal relationships, self-image, emotions, and tangible impulsivity. The average prevalence of this disorder in the population is estimated at 6.1 %. Reviewing and understanding of psychological factors associated with the signs of borderline personality can be an important step in order to identify its causes (American Psychology Association, 2013).

Statement of problem

borderline personality disorder is the most common personality disorder in therapeutic environments and is more studied than the rest of personality disorders; this is perhaps the high prevalence of this disorder in the clinical population. The prevalence of the disorder ranges between 1.6 percent and 1.9 percent in the total population , around 6 per cent in primary care environments, about 10 % among outpatient patients and almost 20 % among psychiatric patients (American Psychology Association, 2013). Personality is a variety of styles and methods which each man has in his thoughts and behavior. In other words, the thinking of each person reflects his personality. Personality disorder is a long - lasting pattern of thinking and behavior that are relatively stable over time, and its prevalence is estimated between 10 and 15 percent of the population (Loas et al., 2015). Although patients with borderline personality disorder form the Heterogeneity group, they have common characteristics, the most important of which are the hallmarks and instability in the three fields of interpersonal relationships, the creation and the paradigm (Renner et al., 2018). The main feature of the borderline personality disorder is the pervasive pattern of instability in interpersonal relationships, emotions, and emotions that begin in early adult and exist in different fields. These patients seem to be always in crisis , and the rapid swings of the creation, unpredictable behaviors, frequent attacks, suicide and feelings of emptiness are their characteristics (Taylor et al., 2005). On the other hand, one of the common personality disorders is particularly the type of borderline personality disorder which the genetic and acquired factors contribute to developing it. Unstable relationships and unreasonable and dangerous anger are just some of the symptoms of this mental illness. Borderline personality disorder is a mental health disorder that affects the way we think and feel about ourselves and others and causes problems in our daily lives, especially for girls.

With the borderline personality disorder, the individual has a strong fear of abandonment or instability and may be difficult to endure in isolation, however, with improper anger, impulsivity and frequent spiritual oscillations may leave others away, even though he wants to have romantic and lasting relations. Border personality disorder usually starts in girls from early adulthood , and this situation gets worse over adulthood, and it may gradually grow up with age and age (Esfandzade et al., 2016). Individuals with borderline personality disorder are often in a psychological crisis and alexithymia are very common. These patients are very demanding in interpersonal relationships and are exposed to the experience of extreme emotional frustrations in the face of rejection or loss, even in the face of reproaches or mild criticism (Ost, 2008). Also, people with borderline personality disorder suffer from mood disorders due to widespread problems in the area of sentiment. according to Westbrook. & Berenbaum, (2017) there was a significant correlation between the detection of borderline personality disorder and alexithymia scales. He states that people who score high in the mood of mood disorders exhibit non – adaptive modes of emotion regulation . In addition to this planning strategy, the structure is an important psychological structure in predicting the characteristics of the cross – border personality (Fowler et al., 2019).

According Söderholm, , Socada, Rosenström, Ekelund, Isometsä (2020) people with borderline personality disorder are also embroiled in mood disorders due to widespread problems in the domain of sentiment, as mood is associated with frustration tolerance and emotional regulation, which causes people with mood disorders to exhibit low frustration tolerance.

This is while alexithymia is one of the hallmarks of failure in emotional regulation (Gillespie, 2018). Alexithymia refers to the difficulty in self – organizing and emotional processing in emotional information processing (Popkirov et al., 2018). Alexithymia causes individuals with borderline personality disorder difficult to recognize and describe personal emotional symptoms, which constrain their emotional and communication processes (Ershad, & Aghajani,2017). On the other hand, mental control or control is called the ability to suppress a dominant response to provide a non-dominant response (Michaeeli, 2016). The purpose of this crackdown is deliberate attempt on a specific issue or idea that involves both deliberate and non -deliberate searches and suppression of unwanted and unwanted thoughts. in this regard , some solutions that concern, punish, pay back attention, re -evaluation and control of social mind are included in the development of the metacognition model of emotional disorders (Abramowitz & Schweigwer, 2009). The term of consciousness can be used to describe a theoretical structure, a upgrading exercise (such as meditation) or a mental process of being conscious). The basic definition of the mind is awareness, consciousness (moment to moment). When awareness is entered into the arena of care, its definition often spreads to include not judged. When someone encounters physical or emotional situations, the lack of judgment creates his consciousness, an individual is more likely to see it as it is (Germer, 2009). The results of research (Hamill et al., 2015) show that in individuals with symptoms of borderline inhibition, behavioral inhibition system has a negative effect due to decreasing awareness and increasing cognitive flexibility. In individuals with borderline personality disorder, the imbalance of the frontal lobe activity of

anterior cingulate cortex and anterior cingulate cortex causes anxiety and arousal (arising from the activity of BIS) or the same behavioral system to suppress the thoughts and excitements of the conscious mind (Hamil et al., 2015).

In this study, the component of the awareness of consciousness is that individuals with symptoms of borderline personality disorder are mentally disturbed and have symptoms of anxiety and depression. People with borderline personality disorder have been affected due to their expectations of interpersonal relationships and have low frustration tolerance (Mohammadi et al., 2015). Concerning the necessity of implementing the present study, it should be noted that the necessity of investigating the borderline personality disorders through the control of thought and mind is feeling frustration tolerance and mood disorders. According to the above discussion, we need to investigate the role of research on the role of mind control, awareness, frustration tolerance and mood disorders in predicting the symptoms of borderline personality disorder in students in the middle grades of secondary school schools in Golpayegan county. As far as little research has been done in this regard, the approach of this research is different from the research approach conducted so far. Also, considering the role of mind control, the mind of consciousness, frustration tolerance and mood disorders in predicting the symptoms of borderline personality disorder in the secondary school school students of Golpayegan County, therefore, this research is one of firsts. the issue of this study is investigating the role of mind control, awareness, frustration tolerance and mood disorders in predicting the symptoms of borderline personality disorder in secondary school schools in Golpayegan county. this study seeks to answer the question whether there is a significant relationship between mind control, consciousness, frustration tolerance and mood disorders with symptoms of borderline personality disorder?

Borderline Personality

The cross-border character is a pervasive pattern of instability in interpersonal relationships, self-image and emotions, along with Impulsivity, suicide behaviors, chronic bad feelings, and paranoia related to tension Tension, which began in early adult and showed in diverse fields. Kernberg, (1967), in a theoretical model of the normal, has demonstrated the border and abnormality within the framework of a continuum. In the above model, the personality organization is distinct at three levels: annoyance, borderline, and psych. the main difference between the border personality organization and the psych is that in some cases, the damage periods are experienced. Also, in the border personality organization most of the first defense mechanisms are used. Although the borderline personality disorder can be derived from the level of the borderline personality that is present in Kernberg"s theory, the borderline personality organization is not necessarily identical with the borderline personality disorder. Patients with borderline personality disorder lie on the boundary between the volatile psyche and characterized by extraordinary emotional instability, creation, behavior and problems associated with subject relationships (Millon & Grossman, 2007).

The psychoanalytic theory has lost the most comprehensive assessment of the borderline personality disorder. According to this theory, these people are based on footprints in the real world, but when confronted with conflict, they tend to

benefit from more rudimentary defenses such as "denial". Due to the failure to communicate with their supervisors in early childhood, the border characters have a rare and unsatisfactory attitude of self and others. Their supervisors are more pleased with the child's dependence on him, and therefore not only encourage him to reach the feeling of gratitude and independence, but may even challenge the child's effort to punish him. It is thus that these people never seem to be able to distinguish themselves from others. This causes their extreme sensitivity to the attitude of others about themselves, and the possibility giving way to other people. On this basis, when they feel that others are deceived, they themselves reject their own self - mutilation. Those who have borderline personality disorder have never failed to integrate the positive and negative aspects of self–concept or withdrawal from others. This is due to their elders' behaviour during their childhood, when the child depends on them and their surrender, but they face the child's efforts for autonomy and leaching from the supervisor with hostility and rejection. That is how the border characters see themselves and others as "good seamless" or "all evil," and remain in doubt between the two. Other researches about people in this disorder show the history of physical and sexual exploitation from them as a child. Such exploitation leads to disorders in the formation of self-image, and these disorders, according to most theorists, form the core of borderline personality disorder. Moreover, when the parents or guardians sometimes interest and sometimes full of affection and kindness, this fluctuation can cause a deep distrust of the child to others and tends to integrate well or to know others (Mabodi & etal 2020).

Distress tolerance

The distress tolerance is the common constructs for research in the context of emotional disorder. The distress tolerance has defined the person's ability to experience and endure negative emotional states (Simons & Gaher, 2005). Conceptualized as a multifaceted construct, distress tolerance encompasses five facets: tolerance of uncertainty, ambiguity, frustration, physical discomfort, and negative emotion (Zvolensky& etal ، 2010).The distress tolerance is often defined as the perceived capability of a person to experience and tolerate negative emotional states, or the behavioral ability to persist in the behavior of the target at the time of emotional distress experience. Also physical dimension of behavior, frustration tolerance is defined as the ability to endure annoying physiological modes (Simons & Gaher, 2005).

Theoretically, the distress tolerance might affect a number of processes related to self-regulation, including attention, cognitive assessments of emotional or emotional situations, or be influenced by them. In behavioral terms, the frustration tolerance of the refusal to respond to a negative reinforcement opportunity is included. Specific to controlling the response to an immediate reward, e.g., relief from distress. This concept suggests that frustration tolerance can be expressed in" impulsive" desire to respond to an immediate reinforcement or reward instead of alternative amplifiers available through self-control. It also suggests that the underlying biological foundations of reward learning and response (e.g., reward environments) may interfere with frustration tolerance. Some of the general processes that are likely to be the foundation of frustration tolerance are discussed, and examples of biological neural literature are presented

to describe possible mechanisms. These examples significantly simplifies the processes, biological foundations, cellular biology, genetics and molecular purposes. The nature of distress tolerance is not determined by a single biological neural process. Instead, a number of descriptive and descriptive biological processes can be identified that must change the emergence of distress tolerance. The separation of the concept of distress tolerance into these specific biological components may make it easier to interpret the findings into human populations and to design interventions to change distress tolerance (Zvolensky, 2012).

Thought Cotrol

The mind has a Buddhist origin, but it's not just a religious concept. The mind of art is conscious of survival. The definition of John Kabat Zin is an easy knowledge of the mind: a structure that is not yet new, unlike its extensive philosophical and philosophical history, and has not yet been found fairly in behavioral sciences. Although conscious mind has different definitions, there is a shared key component of the mind, depending on the literature and context. In one of the recent literature, a brief and useful definition for the mental applications of psychotherapy ispresented, "Understanding the current experience with acceptance". Another short definition is the awareness that is sustained by the attention to the goal, at the moment of being and without judging the moment by the moment of experience. The consciousness of consciousness means full consciousness at every moment of life. When a person suffers from neglect and indeed loses contact with the surrounding world, it gradually becomes depressed and cannot enjoy life. Awareness technique ensures that a person can be in touch with the experiences of life and enjoy them (Kabat-Zinn, 2003). It's all about being around and being aware of everything that's happening right now around inside your body. In this way there is no prejudice against the right and wrong of events, and this awakening of collective consciousness will not affect consciousness. A conscious mind is a wake - up of consciousness in which one becomes aware of its being aware. That is, he understands that he is learning. That is, when he thinks he realizes that he is thinking. In the simple language he sees the subject he thinks about, both the reflective and the unconscious of the phenomenon of thinking. This awakening quality may not be easily understood for ordinary people, but a concept is very simple and understandable, however, when action comes to the mind, it becomes clear that it is the most complex problem in the world (Kabat-Zinn, 2003).

Alexithymia

Lack of emotional expression is a personality trait associated with physical. The term mood describes a common trait in people who are not physical. It was built by Siphnos in 1972. In other words, the word "temper" is a lack of words to express emotions. Individuals with temper disorders have difficulty in expressing emotions with words, lack the ability to fiction and productivity, and their intellectual content is limited by the details of the events. People have a limited fantasy mood in life, poor imagination, limited dreams, and preference to focus thoughts on external sources rather than addressing the interpretation of events (Bornovalova et al., 2012). In terms of cognitive terms, several mechanisms can be assumed to explain the effect of mood disorders on pathological behavior.

Alexithymia people may pay more attention to their activities and their bodies. As such, they tend to pay attention to the casual and normal emotions. On the other hand, arousal, which is associated with mood disorders, may cause physical sensations. In both cases, these people may focus on these feelings or increase them. This enhanced feeling has been exacerbated by the autonomy feedback cycle and experienced as signs of physical illness (Vanholeh et al., 2017).

Alexithymia as an attribute of personality is the lack or emergence of problems in identifying, describing, and engaging with individual feelings that often result in not understanding the feelings of others. Such people can hardly distinguish genuine emotion from their senses or body movements, such as fear of expression, fear, and fear, such as the cooling or drying of the mouth. Others even consider them cold and dull. They lack the ability to experience fantasy or fantasy as compared to the disruption they have. Instead, they rely on logic and true evidence in their way of thinking. They are also very rational and realistic in their dreams. Clinical experience proves that they remembered the structure of a dream more than they did. These people may exhibit different emotional states. For example, they are sometimes extremely restless, blaming themselves or crying in an explosion. The main core of this disorder lies in the inability to distinguish between emotions and extreme limitations in articulating and describing them. This mode of emotional rupture with other people causes them to not only have defective relationships but also the satisfaction of life in them Gomez & McLaren ،2006).

Thought Control

Since the time of Socrates and Aristotle, he has been a lot of discussions about the nature and nature of those discussions. "How do we think?" "The flow of thought involves the stages that cover two basic and final stages and five intermediate steps. The first or first stage is a phase of doubt and ambiguity when one faces a complicated situation and tries to find answers to the problem and problem. The end stage is when the individual has become unsure and has achieved the result. In other words, organization thinking and restructuring is in the past learning to be used in the current situation (Nemati, Soleimani, Moradi. & Jalai Shohreh،2004).

Razavi & etal (1394) believes that thinking is the process through which a new psychic representation is created by transforming information and interaction between mental characteristics, judgment, abstraction, reasoning, and problem solving. Another simple definition of thinking is targeted control. That is, our thinking is at our disposal and moving forward in line with the needs and goals we have drawn. Like a ship sailing to the port of destination, not wherever the wind carries it. Therefore, thinking is subjective, and when a man is faced with a problem and wants to resolve it. At this point in mind, an attempt to solve the problem begins, which is called the mental effort.

The activity for solving the problem has been made up of stages through which the definition of the issue is clearly defined, clear and tangible, and ends with finding solutions to solve the problem and ends with the practical application of the best solution and finding the final solution (Basharpoor et al., 2014).

"The purpose of repression is intentional effort to make assumptions about a particular issue or idea." The first process in the suppression of a thought is a deliberate, deliberate search of not suppressed thoughts or thought of the target and the preservation of the selected thought. Each time the target event causes the individual to seek a factor that will distract him from the uncomfortable variable. This distracting can be external stimulus (such as talking to others) or internal stimuli (such as thinking of coordinated thoughts or creation). The second process is called the purpose automatic search, during which the suppression requires some kind of objective monitoring of the goal, in case of failure, this diversion process is searched and applied (Klark & Pordon, 1999). In this process, the main goal is to suppress unwanted and unwanted thoughts. Intrusive thoughts generally have internal origins and are defined as thoughts, images or non - repetitive, non – acceptable and unpleasant images. Such th Zvolensky oughts and attempts to control them are from antecedents and / or in some psychological problems (Klark & Pordon, 1995).

Literature

In their study, Nimadec et al. (2017) investigated the impact of the therapeutic schema on the tolerance level of individuals with a personality disorder. Their research findings showed that the schema schema can meaningfully affect the level of tolerance of people with personality disorder. however, this treatment has been used in recent years for anxiety, attachment styles and messenger behaviors of people with borderline personality disorder. In this study, Derakhshan, Daliri& Gholamzade (2020) investigated the effectiveness of the therapeutic group based on acceptanceand commitment to regulate the excitement and behavior of individuals with borderline personality disorder. findings from the study showed that there is a significant difference between average scores of test scores and control groups in the difficult variables in regulation of emotional arousal and behavior. Overall, acceptance – based cure and commitment affect the difficulty in regulating the excitement and behaviors of individuals with borderline personality disorder.

In their study, they studied family relationships, self-control and alexithymia as pre –nasal factors of mental appetite. This study was conducted to predict mental retardation as the criterion variable and family relationships, self-control and alexithymia as pre - test variables. the results showed that alexithymia was unable to predict mental appetite. the study showed that attempt to regulate the rate of weathering and decrease of extremist support in family relationships can be effective in pre - onset of mental appetite.

In this study, the efficacy of schema therapy on cognitive emotion regulation, distress tolerance and alexithymia in patients with borderline personality disorder were investigated. The results showed that the schema has been effective in regulation of excitement, frustration tolerance and mood disorders of patients with borderline personality disorder. If this therapy has been able to tolerate anxiety and positive emotional regulation of patients with borderline personality disorder, it reduces mood disorders and negative emotional regulation.

Consistent with the research findings, the schema can be suggested as an efficient method to increase the frustration tolerance and emotional regulation and to reduce the negative emotional regulation of patients with borderline personality disorder. Main Hypothesis: The prediction of the symptoms of borderline personality disorder in cross - sectional students is done through the components of thought control, consciousness, frustration tolerance, and mood disorders.

Hypothesis

1. There is a significant relationship between thinking control and borderline personality disorder symptoms among female high school girl students of golpayegan township.
2. there is a significant relationship between mindfulness and borderline personality disorder symptoms among high school girl students of golpayegan township.
3. There is a significant relationship between distress tolerance and borderline personality disorder symptoms among high school girl students of golpayegan township.
4. There was a significant relationship between alexithymia and borderline personality disorder symptoms among high school girl students in golpayegan township.

Methodology

This research is fundamental in terms of purpose, fundamental and in terms of implementation method, descriptive and correlation type. As well as data collection, it is survey as through examination of the opinions and views of female students in three secondary schools of Golpayegan county, the relationship between the independent variables of research is determined by the dependent variable. The present study was conducted in 2007 at golpayegan county schools.
The study population consisted of 668 population of female students at three secondary school secondary schools in Golpayegan County, which were studying using the cochran formula, sample size was estimated at 300. Also, the validity of all questions of the questionnaire was calculated using cronbach's alpha test. in this study , simple random sampling method was used.

The data analysis method is that after gathering data and analyzing the data derived from the research, descriptive and inferential statistics were used in the spss software environment. At the level of descriptive statistics, the mean and minimum and maximum scores are used to describe the collected data and at the deductive level to investigate the assumptions of the regression analysis correlation.

Data Analysis

[Table 1 near hear]
Borderline personality disorder is meaningful (F=5/71, P <0/001). the results of the regression coefficients showed that the symptoms of the borderline personality disorder, t = 6 / 32 and P (00 / 00) are statistically significant , namely the

prediction of the symptoms of borderline personality disorder in secondary school girls. The results showed that the locus of control had a significant effect ($p < 0.05$) on the dependent variable (symptoms of borderline personality disorder). It also predicts 43 % of the variance of this variable of the criterion (symptoms of the borderline personality disorder).

The variable of distress tolerance could predict 17 % of variance of this variable (symptoms of borderline personality disorder). The range of alexithymia was found to be predictors of variance (symptoms of borderline personality disorder).

Hypothesis (1)

[Table 2 near hear]
The results of the regression coefficients showed that among the components of the idea control, t-calculated from concern elements ($t = 2 / 83$ and $p < 0 / 01$) and punishment ($t = 2 / 36$) and P ($t = 2 / p$) are statistically significant , meaning that only these two components are meaningfully predicted to control the thought control variable.

Hypothesis (2)

[Table 3 near hear]
The results of the regression coefficients showed that among the components of the conscious mind,t-calculated from the component of focus and conscious attention ($t = 2 / 36$ and $P < 0 / 06$) are statistically significant, meaning only these three components are statistically predicted.

Hypothesis (3)

[Table 4 near hear]
The results of the regression coefficients showed that among the components of the frustration tolerance variable, t from the regulation component ($t = 2/52$ and $p <0/01$) were estimated statistically significant, meaning that only this component predicts a meaningful variable of frustration tolerance.

Hypothesis (4)

[Table 5 near hear]
The results of regression coefficients showed that among the components of the alexithymia variable, t was estimated from the difficulty component in the diagnosis of emotions ($t = 0.92$, $p < 0.0001$), which means that only this component could predict the alexithymia variable.

Conclusions & Implications

The main hypothesis of the study predicted that the symptoms of borderline personality disorder in cross -sectional students are carried out through the components of thought control, consciousness, frustration tolerance, and mood disorders. The results showed that there is a significant relationship between the variable of borderline personality disorder with thought control variables,

conscious mind, frustration tolerance and mood disorders. The obtained results (Nickel et al, 2002) were in agreement with the results of studies that confirmed a significant association between thought control components, mindfulness and distress tolerance with borderline personality disorder characteristics in non - clinical subjects.

Overall, the results achieved indicate that frustration tolerance and mood disorders are related to borderline personality disorder, as well as people who are unsafe to suffer from different types of mental injuries such as borderline personality disorder. The results show that the experiences of the early individual play an important role in the personality functioning of individuals in their lives. This factor can show itself as a pervasive pattern of social and interpersonal shortcomings. in addition to cognitive, cognitive or impulsive behavior and impulsive behavior , a pattern is associated with the establishment of cordial relations. Also, the results of the standard multiple regression analysis showed that the thought control variables, awareness mind, frustration tolerance and mood disorders in students are the strongest variables in prediction of borderline personality disorder. The findings of this study and comparison with previous research such as virtue and Debashi, Najafi & Rahimian-Boogar (2018), Renner et al. (2018), Nenadic et al. (2016)show that the set of variables included in this study explain the relationship between some of these variables such as notion control, awareness, frustration tolerance, mood disorders, cross - sectional personality disorder, as well as the findings of this study are consistent with the results of prior research and research. According to the main hypothesis, it is necessary to consider different and different components in explaining or treating different types of borderline personality disorder. According to effectiveness issues and adherence to the traditional treatments of the borderline personality disorder, newer components can be investigated alone or in combination with traditional interventions, for drug - resistant cases or increase the effectiveness of these treatments. Results also showed that although the components of thought control, mindfulness, distress tolerance and alexithymia appropriate to the semiology of borderline personality disorder have their own efficiency, all of these components are not put together in symptoms of borderline personality disorder and this fact highlights different pathology in different types of borderline personality disorder. Hence, we need to consider different pathology in different types of borderline personality disorder and specific therapies for each and to consider the significant role of emotional distress and mood disorders.

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Table 1. Regression analysis results for cross - border personality disorder

P	t	β	SE.B	B	Sig	F	R^2	R	Predictor Variable
0.00	6.32	-	2.33	18.28	0.001	5.71	0.55	0.72	Fix Value
0.00	12.20	-	2.07	17.22	0.001	5.52	0.61	0.39	Score of Thought Control
0.00	9.23	-	2.19	12.20	0.001	6.18	0.38	0.56	Score of mindfulness
0.00	19.72	-	2.12	11.08	0.001	5.32	0.26	0.44	Score of distress tolerance
0.00	8.72	-	2.18	4.09	0.001	3.38	0.16	0.38	alexithymia

Table 2. Results of Regression analysis thought control variable

P	t	β	SE.B	B	Sig	F	R^2	R	Predictor Variable
0.00	12.20	-	2.07	17.22	0.001	5.52	0.61	0.39	Fix Value
0.26	-0.26	-0.21	0.17	-0.15	-	-	-	-	distraction
0.03	-0.28	-0.09	0.07	-0.37	-	-	-	-	worriness
0.12	-0.15	-0.17	0.19	-0.23	-	-	-	-	Social control
0.01	-2.36	-0.23	0.21	-0.46	-	-	-	-	punishment
0.18	-0.26	-0.16	0.13	-0.11	-	-	-	-	Reevalutation

Though control variable is meaningful. (F=5.52 - P <0.001)

Table 3. Results of Regression analysis mindfulness variable

P	t	β	SE.B	B	Sig	F	R^2	R	Predictor Variable
0.00	9.23	-	2.19	12.20	0.001	6.18	0.38	0.56	Fix Value
0.17	-0.21	-0.31	0.17	-0.14	-	-	-	-	Description of internal experiences
0.04	-2.41	-0.03	0.09	-0.31	-	-	-	-	conscious focus and attention
0.18	-0.12	-0.19	0.14	-0.33	-	-	-	-	Lack of assessment and judgment about internal experiences
0.02	-	-	0.27	-0.35	-	-	-	-	observation of thoughts,

	2.36	0.29							feelings, and senses
0.06	-2.28	-0.13	0.15	-0.13	-	-	-	-	Conscious performance
0.83	-0.18	-0.17	0.22	-0.19	-	-	-	-	Set response to events

Mindfulness is meaningful. (F=6.18 - P <0.001)

Table 4. results of Regression analysis distress tolerance variable

P	t	β	SE.B	B	Sig	F	R^2	R	Predictor Variable
0.00	1.72	-	2.12	11.08	0.001	5.32	0.26	0.44	Fix Value
0.76	-0.27	-0.08	0.19	-0.03	-	-	-	-	tolerance
0	-1.06	-0.12	0.13	-0.14	-	-	-	-	attraction
0.18	-0.15	-0.17	0.09	-0.08	-	-	-	-	Evaluation
0.01	-2.52	-0.33	0.16	-0.41	-	-	-	-	regulation

Distress tolerance variable is meaningful (F=5.32 - P <0.001).

Table 5. Results of Regression analysis alexithymia variable

P	t	β	SE.B	B	Sig	F	R^2	R	Predictor Variable
0.00	8.72	-	2.18	4.09	0.001	3.38	0.16	0.38	Fix Value
0.02	-2.24	-0.04	0.18	-0.06	-	-	-	-	Difficulty finding feelings
0.23	-0.83	-0.02	0.13	-0.04	-	-	-	-	Difficulty describing feelings
0.31	-1.12	-0.22	0.12	-0.34	-	-	-	-	external orientation thinking

Alexithymia variable is meaningful (F=3.38 - P <0.001).