

Table 1) Mean scores of mindfulness, self-efficacy, and emotional self-regulation in diabetic patients and their correlation coefficients

Variables	Mean	1	2
1-Mindfulness	31.87±5.61	1	-
2-Self-efficacy	36.02±4.66	0.428	1
3- Emotional self- efficacy	56.04±7.13	0.231	0.241