

Table 1. Mean and standard deviations of variables

Variables	Mean	Standard deviation
Negative Strategies	64.29	10.56
Positive Strategies	51.88	12.73
Emotion cognitive regulation	115.62	16.30
Social support	44.16	10.13
Mindfulness	30.42	6.00

Table 2. Correlation coefficient of emotion cognitive regulation, mindfulness and social support

Variables	Emotion cognitive regulation	P value
Mindfulness	0.32	0.001
Social support	0.26	0.001

Table 3. Results of regression analysis of emotion cognitive regulation with mindfulness and social support

Source of changes	Sum of squares	Degree of freedom	R	R²	Mean of squares	F	P value
Regression	6735.673	2	0.339	0.115	3367.836	14.191	0.001
Error	51736.155	218			237.322		
Total	58471.828	220					

Table 4. Summary of the results of the determination coefficient and regression coefficients

Predictive variables	Unstandardized coefficients		Standardized coefficients	t	P value
	B	standard error	Beta		
Constant	85.367	0.779		14.771	0.001
Mindfulness	0.687	0.201	0.253	3.423	0.001
Social support	0.212	0.119	0.132	1.786	0.075