

Table 1) Coefficients of the Correlation Matrix of the Study Variables

Variables	1	2	3	4	5
1. Emotion Regulation Positive Strategies	1				
2. Emotion Regulation Negative Strategies	0.23	1			
3. Mindfulness	0.27	-0.22	1		
4. Depression	-0.19	0.38	-0.38	1	
5. Anxiety	-0.14	0.34	-0.34	0.65	1
6. Stress	-0.16	0.44	-0.29	0.68	0.69