

# **Nightmare distress and emotion regulation: A correlation study**



Bachelor Thesis: PSY 499

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**DEPARTMENT OF PSYCHOLOGY, SCHOOL OF SOCIAL SCIENCES AND  
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**Research Completion Certificate**

Certificate that the research work contained in this thesis titled “Nightmare Distress and Emotion Regulation: A Correlation Study” has been carried out and completed by **Ms. Rida Mahwish Siddiqui, Student I.D No: 12001141005**; Student of B.S. Psychology, session 2012 – 2016, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

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**Declaration**

I, Ms. Rida Mahwish Siddiqui, Student No: 12001141005, student of B.S. in the subject of psychology, session of 2012 - 2016, hereby declare that the material printed in this thesis titled “Nightmare Distress and Emotion Regulation: A Correlation Study” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

Dated: \_\_\_\_\_

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Signature of Declarer

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### **Abstract**

Emotion regulation has built several trends on emotional development. Emotion and their consequences are the main focus of researchers. The current study hypothesized that nightmare distress is correlated with emotion regulation and the individuals having more nightmares will have higher emotion dysregulation. Further, it was also hypothesized that experience of nightmare distress will be more in women as compare to men. Self-report data was provide by two hundred participants recruited from University of Management and Technology including students. The relation between nightmare distress and emotion regulation (cognitive reappraisal, expressive suppression) was explored. Emotion regulation was assessed by administering Emotion Regulation Questionnaire developed by Gross and John (2003), Nightmare Experience Questionnaire designed by You Xu (2014), and frequency of nightmares, and emotional intensity was assessed on using a protocol made by Zadra (2006). Correlation Analysis reveals that age and cognitive reappraisal was non-significant. Moreover, individuals who expresses more dysregulated emotions will manifest more in nightmares and vice versa. While the experience of nightmare is same for both men and women. The study concludes that cognitive reappraisal is a predictor of nightmare distress. On the other hand, women use expressive suppression as way to regulate their emotions as compared to men, while there is no difference in the usage of cognitive reappraisal. Although this research uses university scaled sample, future research needs to collect more data on a higher scale to gather accurate statistics which can be more generalizable by using indigenous scale.

**Key Words:** Emotion Regulation, Expressive Suppression, Cognitive Reappraisal.

### **Introduction**

Focus on the emotions regulation has increased in recent years, because it builds several trends on emotional development. Researchers have been focusing on emotions and their consequences on socio personality functioning that existed in emotional behavior.

Gross define emotion regulation as a process of managing emotion, experienced emotion, when it will experience and how to show certain emotion in front of others (Gross, 1998). Another definition was proposed by Thompsons (2015) who define emotion regulation as to accomplish the goal, one's need monitoring, evaluating and modifying emotional reactions so to achieve these goals intrinsic and extrinsic processes are responsible especially for their intensive and temporal features

