

## Predicting Heart Rate Variability Based on Positive and Negative Components of Cognitive Emotion Regulation in University Students

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### Abstract

Various psychological, cognitive, physiological and behavioral functions in human are dependent on emotional regulation and involved in human health. This study aimed to predict heart rate variability based on positive and negative components of cognitive emotion regulation, performed on University Students of Kurdistan in 2015-2016. The research method was descriptive-correlation and the statistical population included all university students of Kurdistan in 2015-2016. By available sampling method and using an invitation, 70 students of Kurdistan University attended in this research. After describing research circumstances, they were assessed and according to primary results, 62 individuals passed the final analysis. The research tools included cognitive emotion regulation questionnaire and ProComp 2 Biofeedback System to record heart waves. Data were analyzed using Pearson correlation coefficient and multiple regression analysis by Enter method. The results illustrated that there is a significant positive relationship between heart rate variability and cognitive emotion regulation. The results of multiple regression analysis showed that among predictive variables, positive cognitive emotion regulation could explain the heart rate variability.

*Keywords: heart rate variability, cognitive emotion regulation*

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