

The Mediating Role of the Self-Regulatory Process in the Relationship between Perceived Stress on Depression, Shame and Guilt in Two Groups of Psoriasis Patients and patients' Companions

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Extended Abstract

Aim

The primary aim of the present study was to investigate the mediating role of self-regulatory processes (integrative self-awareness, mindfulness, and self-control) in the relationship between perceived stress, depression, shame, and guilt in patients with psoriasis and healthy individuals. The secondary aim was to compare depression, guilt, shame, integrative self-awareness, mindfulness, and self-control in psoriasis patients and healthy individuals.

Method

This study is practice-based and uses a quantitative correlational approach. The statistical population of this study included all patients with psoriasis and healthy companions who were referred to the follow-up clinic for skin diseases of Razi Hospital in Tehran in 2016. 168 patients (85 men and 83 women) and 121 companions of healthy patients (22 men and 99 women) were selected by available sample. Questionnaires of Integrative Self-Knowledge (ISK), Self-Control (SCS), Consciousness (MAAS), Perceived Stress (PSS), and Depression Scale (MMPI) were completed. Data were analyzed using version 22 of SPSS software. Data were analyzed using descriptive and inferential statistical methods, including Pearson correlation coefficient, adjusted hierarchical regression, and T-test. Because guilt had no significant association with the predictor variable, it was not included as a criterion variable in the analysis. The hierarchical regression method was used to investigate the mediating role of integrative self-knowledge in the relationship between perceived stress as a predictor variable and shame and depression as criterion variables in psoriasis patients and the companions of healthy patients.

Findings

The results showed that integrated self-awareness and shame were higher in the companions of the patients than in the psoriasis patients. On the other hand, anxiety and depression were higher in psoriasis patients than in their companions. Guilt, perceived stress, and self-control did not differ significantly between companions of psoriasis patients and healthy patients. Moreover, the results showed that in psoriasis patients, integrative self-knowledge fully mediated the relationship between perceived stress and shame. In contrast, in healthy subjects, integrative self-knowledge partially mediates the relationship between perceived stress and shame. In addition, the results showed that in psoriasis patients, perceived stress was less predictive of depression in people with high mindfulness. In healthy people, part of the effect of perceived stress on depression is mediated by integrative self-awareness and mindfulness. In other words, perceived stress predicts less depression in people who have higher integrative self-knowledge and mindfulness.

Discussion

The results of the present study demonstrate the importance of self-regulatory processes. Given the novelty of research in this area, it is necessary to conduct further research, especially using other data collection tools such as interviews. In addition, given the evolution of the variables examined in this study over the life course, it is necessary to conduct longitudinal studies. Consequently, mental health professionals, educational institutions, and parents need to cultivate individuals' self-regulatory processes.

Keywords: Depression, Perceived Stress, Psoriasis, Shame, Self-Regulation Process.