



"ANXIETY RELATED COVID 19 AS A MODERATOR BETWEEN COGNITIVE EMOTION REGULATION AND PSYCHOLOGICAL DISTURBANCES IN STUDENTS"

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Abstract

Background and Aim: One of the psychological discomforts that is a product of the global spread of the corona virus is anxiety. In addition to causing physical problems and respiratory challenges for affected people, the disease of Covid-19 causes psychological tensions such as anxiety, depression, fear and worry in this group of people. So; This research deals with the prediction of psychological Disturbances based on the cognitive regulation of emotion according to the mediating role of Corona anxiety.

Methodology: The method we used in this research to carry out research steps was the correlation method. In addition, this research is of a cross-sectional type due to the fact that it was conducted in a specific period of time. The statistical population of this research was formed by all students of Payam Noor University, Urmia Branch, in the academic year 2022-2023. The statistical sample of this research included 599 students (247 men and 352 women) of Payam Noor University, Urmia branch, who were selected by stratified sampling method. We used three questionnaires to collect information in this study, which include; Psychological Disturbances Questionnaire (SCS-A), Cognitive Emotion Regulation Questionnaire and Corona Anxiety Scale, we used the method of calculating the Pearson correlation coefficient to determine the level of relationships between the

variables, and, we used the "one-sample t-test" statistical method to determine the status of the analyzed variables in the studied population.

Results: The results of statistical analysis show that the cognitive regulation of emotion has the ability to predict psychological disturbance, considering the mediating role of Corona anxiety ($P < 0,05$). In this research, it was found that with the increase in the cognitive regulation of emotion, the level of psychological disturbance takes a downward course in students. ($P < 0,05$). In addition, the findings indicated that the cognitive regulation of emotion has the ability to predict Corona anxiety. Although the direction of this relationship is opposite ($P < 0,05$). Also, the results of statistical analysis showed that the Corona anxiety has the ability to predict psychological disturbance. So that the direction of this relationship is direct ($P < 0,05$).

Conclusion: This result was obtained according to the findings that emotion regulation has the ability to predict psychological disorders due to the mediating role of corona anxiety. Based on this result, in order to increase students' adaptability and resilience, it is suggested to organize workshops to teach ways to increase flexibility and resistance capacity against stressful events.

Keywords: Anxiety, Covid-19, Students, Payame Noor University.

Introduction

Psychological distress is the product of psychologically stressful behaviors that disrupt people's adaptation to the environment and destroy their psychological balance and create a series of undesirable emotions and symptoms of depression, anxiety and stress in people. (Lazarus, 1991). In fact, people who have problems in regulating their emotions and cannot use a regular and constructive strategy to adjust and understand their emotions correctly experience uncomfortable and unpleasant emotional states. (Fathy karkaragh et al. 2022). According to SDT's organismic view of human development, it can be said that emotional cognitive regulation gives a person the ability to have the best reactions in stressful situations, both to positive and constructive feelings and to negative and destructive emotions as valuable sources of information. He paid attention and accepted emerging emotions with an open vision and by having an integrated emotional system in dealing with stressful situations and paid attention to it without judgment (Roth et al., 2019, Brenning et al., 2022). In other words; The mechanisms of cognitive emotion regulation bring positive psychological consequences to a person due to the effect it has on the expression of emotions and their control, (Mohammadi, Sepehri Shamloo, Asghari Ebrahimabad, 2019) and people who are unable to use these strategies are prone to suffering from disorders such as depression, anxiety, obsession, Post-traumatic stress disorder and social isolation and externalizing issues such as delinquency and aggressive behavior (Tyra et al, 2021). The spread of the Covid-19 disease is among the environmental variables that have strengthened the psychological distress among the people of the communities involved in the epidemic of this disease. So that the necessity of efficient use of emotion regulation strategies has increased.. The fact cannot be denied that the spread of the Covid-19 disease has had devastating social and psychological consequences for the general public of different societies. Accordingly, measures should be taken to increase flexibility and adopt constructive coping strategies (Grubic et al, 2020). Also, the studies conducted on the effect of the corona virus on people's mental health should be increased (CDC¹, 2020). This is necessary especially for students who are on the way to acquire knowledge. So that the UNESCO ²report of the Covid-19 disease causes disruption and disruption in the process of students all over the world (Cao et al, 2020). Many educational centers in 129 countries of the world implement emergency distance learning (ERT) methods through the use of online platforms that have established these methods among learners. So that in the researches of

¹ Centers for Disease Control and Prevention

² United Nation's Educational, Scientific, and Cultural Organization

Chinese experts about the psychological consequences of viruses and diseases during the quarantine period, the existence of a high level of the level and the high level of its unfavorability on the psychology of the students has affected the students (Wang et al, 2020; Bao et al, 2020 ; Gao et al, 2020 ; Casagrande et al, 2020).

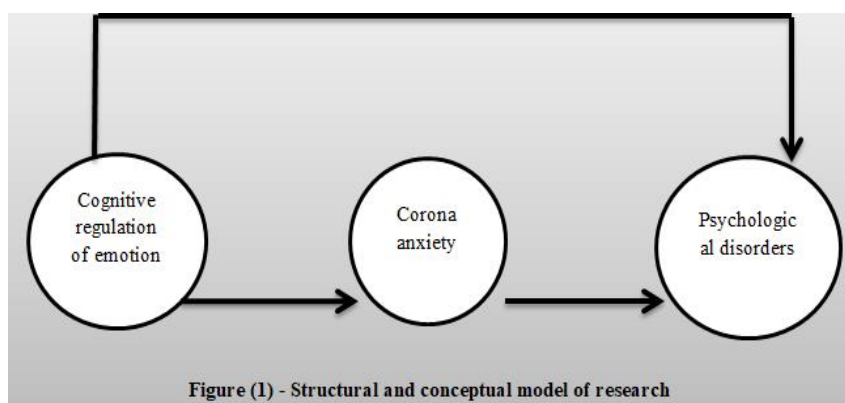
Cognitive regulation of emotion is a construct that should owe its conceptual and clinical application in psychological literature to the research achievements that have been made in the fields of cognition and influence in emotions and emotion control, attachment and stages of communication development, psychological pressure and anxiety control strategies. So that the results of these researches can be used in all age groups (Galea et al 2020). The stressful environment and its stressors prevent people from being able to use their cognitive abilities and express their emotions in a timely manner. Since the expression of emotions is part of the adaptive strategies of the human body in response to complex events and systematic interpersonal communication, it can facilitate human growth and increase the capacity of responses to surrounding events. (Brehl et al, 2021). The common and general view that psychologists have on the concept of cognitive regulation of emotion originates from the role that this strategy plays in the timely expression and control of emotions. So that the use of these strategies gives people the opportunity to control their undesirable emotions in repetitive situations and to express constructive emotions according to their assessment of their situation (Gross, 2013). So that the use of these mechanisms is useful in evaluating and controlling anxiety caused by complex and problematic communication (Wang, Zhang, Sai, Leo, Bean, et al., 2018). In another perspective, emotion regulation is related to learning and memory performance. In this view, a combination of cognitive strategies and required information related to multiple emotions is acquired and stored and used in necessary situations. What is visible in this perspective as one of the prominent features of cognitive emotional regulation strategies is the flexibility that gives humans multiple cognitive and emotional capabilities in response to various environmental stimuli (Panayiotou et al, 2021).

Psychological distress is considered as a non-specific level of psychopathology, whereby people experience adverse psychological states and unpleasant emotions in response to stimuli that disrupt balance and create problems, which may be accompanied by physical pain (Akhawan Obeiri et al., 2017). In another definition; Drapeau, Marchand, and Biolio-Priest (2012) Psychological distress is considered an unpleasant psychological condition in which the non-adaptation of people's responses to problematic environmental stimuli creates a lot of psychological tension in them, and after strengthening this condition, psychological disorders plague the people involved in this condition. If other diagnostic symptoms are accompanied by psychological distress, this construct can have the criteria of a psychological disease (L'Abate, 2011). Despite this finding, it can be concluded that psychological distress is at a lower level than mental disorders in terms of the severity of impact and disturbance in the daily functioning of a person (Pearlin, 1987). However, it has a higher prevalence than a mental illness at the community level, and even though several tools have been created to measure it, it is difficult to accurately determine the extent of its spread and epidemic among community members (Holloway et al., 2017).

One of the psychological discomforts that is a product of the global spread of the corona virus is anxiety (Roy et al., 2020). Actually; In addition to causing physical problems and respiratory challenges for affected people, the disease of Covid-19 causes psychological tensions such as anxiety, depression, fear and worry in this group of people (Mosheva et al, 2020). Research findings indicate that anxiety is a natural reaction of a person to infectious diseases, that this reaction is more obvious in the early stages when people are infected, and the signs of these discomforts can be clearly seen in people's appearance (Hovenkamp-Hermelink et al., 2019). Among the consequences that the corona virus brought with it was the damage to many businesses, the closure of entertainment centers, and the partial closure of universities and educational centers. One of the groups that are exposed to the damage caused by the epidemic of this respiratory disease is students (Haskey et al., 2020). These events created a lot of psychological tension among this group of people. So that it was observed in some students that without being infected with this disease or any other infectious disease during the

epidemic period of Covid-19, they experienced adverse psychological states such as fear, worry and anxiety and had the impression that even with Having simple symptoms of a cold, they are infected with the disease of Covid-19 (Asmundson and Taylor, 2020; Melnick, 2020). Anxiety caused by covid-19 in people causes errors in cognitive function and disrupts concentration and attention in them and causes people to tend to engage in destructive behaviors in order to get rid of psychologically uncomfortable situations and play around with the environmental situation (Mogg and Bradley, 2018 ;Alipour et al., 2020). Also, in a study, it was found that the anxiety of Corona causes people to change their lifestyle and their level of mental well-being decreases significantly (Fishehov, 2020). In the research conducted by Smith et al. (2019), it was found that anxiety and fear can be a good predictor of anxiety sensitivities that people have about their health. Rajkumar (2020) determined during a research that Covid-19 creates a lot of psychological tension for the people involved, most of which are caused by the fear and concern of this group of people about endangering their health and those around them. Also Ran et al. (2020) concluded in a research that the more children's knowledge and awareness of the Covid-19 disease, the casualties caused by it and its consequences, the level of their psychological disturbances also increases. In addition, in this research, it was also found that awareness of Corona has the ability to predict variables such as fear of outdoor space and fear and anxiety of physical health. Based on the results of these and other similar studies, epidemiologists have come to the conclusion that the necessary predictions and preparations must be prepared before the outbreak of an infectious disease and the level of knowledge of people in the society about such diseases must be increased (Bajma et al., 2020). It is in this case that a society can take preventive measures regarding these diseases, if necessary; He found the definitive treatment for infectious diseases such as Covid-19 and prevented its negative consequences (Anderson & et al., 2020).

According to the importance of Corona anxiety among students and the need to investigate factors and variables related to this problem universal human and considering that the anxiety of the corona virus can be a vulnerable factor for Other psychological disorders in this segment of society due to the limitations of existenceIt has come, the closure of educational centers and the feeling of danger from the effects of this disease on their future. It will be very important to know the factors affecting the anxiety of the corona virus. According to studies done, it seems that the variable of cognitive emotion regulation can be a protective factor in stressful situations. The period of the corona virus epidemic is over, but we hope that the results of this research will be a light for academics and mental health professionals to strengthen the theoretical field related to mental health and also to create new treatment and intervention packages to improve the mental health of students in this era. The spread of other infectious diseases also, the officials of the educational and health systems of the countries should use the results of this research and the findings of other similar researches to design guidelines and mechanisms to reduce and moderate the psychological stress caused by infectious diseases in students. which has passed since the time of Covid, but a similar situation may occur in the future, and in order to prevent it, one should know the past situation well, based on this, in this study, we want to answer the question whether the cognitive regulation of emotion can predict psychological distress according to the mediating role of Corona anxiety?



Methodology

The method we used in this research to carry out research steps was the correlation method. In addition, this research is of a cross-sectional type due to the fact that it was conducted in a specific period of time. The studied community of this research was formed by all students of Payam Noor University, Urmia Branch, in the academic year 2022-2023. The statistical sample of this research included 599 students (247 men and 352 women) of Payam Noor University, Urmia branch, who were selected by stratified sampling method.

We used three questionnaires to collect information in this study, which include; Psychological disturbance Questionnaire (SCS-A) Davodi (2019), Cognitive regulation of emotion Questionnaire (Granfsky et al., 2001) and Corona Anxiety Scale (Alipour et al., 2019).

Cognitive Emotion Regulation Questionnaire: Granfiski et al. (2001) have developed and validated the cognitive regulation of emotion questionnaire. This scale has 36 questions that adults and children forms are made separately. The components of this scale include; The cognitive strategy is self-blame, acceptance, rumination, positive refocusing, planning refocusing, positive reappraisal, visibility, catastrophizing and blaming others. This questionnaire is scored based on a 5-point Likert scale. Granfiski et al. (2001) have reported in their research that the validity and reliability of this questionnaire is at an acceptable level. Sassani and Jokar (2007) have standardized the Persian version of this scale for Iranian samples.

Corona Virus Anxiety Questionnaire: Alipour et al created and validated this questionnaire to measure the anxiety caused by contracting the Corona virus in 2019. This questionnaire has two physical and psychological components and has 18 questions, questions 1 to 9 are set to measure the psychological component and questions 10 to 18 are dedicated to measuring the physical component. A 4-point Likert scale has been used to score this questionnaire, According to Alipour et al. (2019), the validity and reliability of this questionnaire is acceptable in the validation of Iranian samples.

Short Form of Psychological disturbance Questionnaire (SCS-A): the 43-question psychological disturbance scale (SCS) was created In United States of America. This questionnaire includes three components: social anxiety/cognitive disorder, magical thinking, and paranoid thinking, and based on a 4-point Likert scale (never, 1, It is rarely scored 2, sometimes 3 and often 4). There are 30 questions in the short form of the Psychological disturbance Questionnaire (SCS-A), and each component includes 10 questions. This form has been validated by Davodi (2019) in Iranian samples, according to his report, the fluency and reliability of this scale is at an acceptable level, and its Cronbach's alpha coefficient was 0.983.

We used indicators such as mean, variance and standard deviation to describe the data. Also, we used the method of calculating the Pearson correlation coefficient to determine the level of relationships between the variables, and, we used the "one-sample t-test" statistical method to determine the status of the analyzed variables in the studied population.

Results

According to the results of statistical analysis, 58% of the statistical samples are women and 42% of them are men, 80% of the statistical models are urban, and the rest (20%) live in villages, 96.4% of statistical samples in terms of Indicators of nutritional health and. 3.4% of them have a disease or disability, about 71.9% of the statistical models are unemployed, and only 28.1% of the statistical samples have a job. The analysis results show that 70% of the statistical samples are single, and only 30% are married. Also, most statistical models with 449 people (81%) have a bachelor's degree, and the lowest number of statistical samples with 46 people (9%) have an associate's degree. In terms of age, it should be said that most of the statistical models with 430 people (77%) are in the age group of 20 to 30 years, and 5 (0.9%) of people are in the age group over 60 years.

According to the statistical analysis results and considering that the significance level of variables of cognitive regulation of emotion, psychological disturbance and Corona anxiety is lower than 0.05 in the Kolmogorov Smirnov test. So it can be said that these three variables do not have a normal (bell-shaped) distribution.

Table (1) - Evaluation of the reliability of the questionnaires using Cronbach's alpha coefficient

Scale name	Number of Samples	Number of Questions	Cronbach's Alpha Coefficients
Corona anxiety	599	18	0/924
psychological disturbance	599	30	0/836
Cognitive regulation of emotion	599	36	0/951

Considering that Cronbach's alpha coefficient was higher than 0.8 in cognitive emotion regulation questionnaires, Corona anxiety scale and psychological distress questionnaire, it should be said that these information gathering tools have good reliability in this research.

Main Hypothesis: The moderating role of coronary anxiety in the relationship is Direct between psychological disturbances and cognitive regulation of emotion of students.

Table (2) - A study of the moderating role of coronary anxiety in the relationship between psychological disturbance and cognitive regulation of emotion of students

	Criterion Variable	Input Variables	Unstandardized Coefficients		Standardized Coefficients	T	The Significance Level	F	The amount of explained variance
			B	standard error					
Checking the first condition	Psychological disturbance	Fixed amount of corona anxiety	-0/039	1/558	0/262	-0/025	0/000	41/01	R ² = 0/367
			0/142	0/022		8/405	0/000	8	Justified R ² = 0/167 Sig= 0/000
Check the second condition	Corona anxiety	A constant amount of cognitive regulation of emotion	114/322	1/455	0/151	78/575	0/000	13/01	R ² = -
			0/417	0/116		3/608	0/000	5	Justified R ² -- 0/176 Sig= 0/000
	Psychological disturbance	A constant amount of cognitive regulation of emotion	73/337	4/011	0/438	18/286	0/000	132/0	R ² = -
			0/654	0/057		11/491	0/000	47	0/436 Justified R ² -- 0/189 Sig= 0/000
	Psychological disturbance	The fixed amount of cognitive regulation of emotion and anxiety of Corona	73/341	4/011	0/038	18/285	0/000	66/48	R ² = -
			0/639	0/059		10/846	0/000	0	0/440 Justified R ² -- 0/190 Sig= 0/000
			0/105	0/109		0/964	0/000		

Results: The results of statistical analysis show that the cognitive regulation of emotion has the ability to predict psychological disturbance, considering the mediating role of Corona anxiety (P<0,05).

First Sub-hypothesis; There is a direct correlation between psychological disturbance and cognitive regulation of emotion in students

Table (3) - The study of the relationship between psychological disturbance and cognitive regulation of emotion of students

Predictor Variable	Number Criterion Variable	Number of Samples	The Correlation Coefficient	The Significance Level
Cognitive regulation of emotion	Psychological disturbance	599	-0/436	0/000

Results: The results of statistical analysis show that the cognitive regulation of emotion has the ability to predict psychological disturbance. Although the direction of this relationship is opposite and with the increase in the cognitive regulation of emotion, the level of psychological disturbance takes a downward course in students. ($P < 0,05$).

In this research, it was found that with the increase in the cognitive regulation of emotion, the level of psychological disturbance takes a downward course in students. ($P < 0,05$). In addition, the findings indicated that the cognitive regulation of emotion has the ability to predict Corona anxiety. Although the direction of this relationship is opposite ($P < 0,05$). Also, the results of statistical analysis showed that the Corona anxiety has the ability to predict psychological disturbance. So that the direction of this relationship is direct ($P < 0,05$).

Second Sub-hypothesis: There is a direct correlation between Corona anxiety and cognitive regulation of emotion in students

Table (4) - A study of the relationship between coronary anxiety and cognitive regulation of emotion of students

Predictor Variable	Number Criterion Variable	Number of Samples	The Correlation Coefficient	The Significance Level
Cognitive regulation of emotion	Corona anxiety	599	-0/347	0/000

Results: The results of statistical analysis show that the cognitive regulation of emotion has the ability to predict Corona anxiety. Although the direction of this relationship is opposite and with the increase in the cognitive regulation of emotion, the level of Corona anxiety takes a downward course in students. ($P < 0,05$).

Third sub-hypothesis; Correlation of Psychological disturbance is direct with Anxiety caused by covid-19 in students

Table (5) - Investigating the Relationship between Psychological disturbance and Coronary Anxiety of Students

Predictor Variable	Number Criterion Variable	Number of Samples	The Correlation Coefficient	The Significance Level
Corona anxiety	Psychological disturbance	599	0/367	0/000

Results: The results of statistical analysis show that the Corona anxiety has the ability to predict psychological disturbance. So that the direction of this relationship is direct. In fact, as the level of anxiety of Corona in students increases, also the level of their psychological disturbance increases ($P < 0,05$).

The first research question; What is the situation of students of Payam Noor University of Urmia in terms of corona anxiety and physical and mental symptoms caused by it?

Table (6) - Determining the status of students Payam Noor University of Urmia in terms of corona anxiety and physical and mental symptoms caused by it

Scale Name	Number of Samples	Mean Difference	T	The Significance Level	M	Average (A)	Number of Questions
Corona Anxiety (CDAS)	599	0/794	10/311	0/000	0/539	3	18
Mental symptoms caused by corona anxiety	599	0/497	7/039	0/000	0/836	3	9
Physical symptoms caused by corona anxiety	599	1/096	21/158	0/000	0/241	3	9

Results: The results of the statistical analysis obtained using the one-sample t-test show that the score is smaller than the standard mean, so this finding indicates that the students of Payam Noor University of Urmia have less anxiety about the subject. Corona ($P < 0,05$).

The second research question; What is the situation of students of Payam Noor University of Urmia in terms of Psychological disturbance and each of its dimensions?

Table (7) - Determining the status of students Payam Noor University of Urmia in terms of Psychological disturbance and each of its dimensions

Scale Name	Number of Samples	Mean Difference	T	The Significance Level	M	Average (A)	Number of Questions
Psychological disturbance	599	0/963	81/05	0/000	2/296	3	30
Social anxiety/cognitive disorder	599	0/874	159/780	0/000	2/207	3	10
magical thinking	599	0/92	163/671	0/000	2/253	3	10
Paranoid thinking	599	1/095	13/687	0/000	2/428	3	10

The results of the statistical analysis obtained using the one-sample t-test show that the adjusted average is higher than the standard average, which has caused the students of Payam Noor University of Urmia to be in a bad situation in terms of psychological distress. Psychological distress is at a high level ($P < 0,05$).

The third research question; What is the situation of students of Payam Noor University of Urmia in terms of cognitive emotion regulation and each of its dimensions?

Table (8) - Determining the status of students Payam Noor University of Urmia in terms of cognitive emotion regulation and each of its dimensions

Variable Name	Number of Samples	Mean Difference	T	The Significance Level	M	Average (A)	Number of Questions
Cognitive regulation of emotion	599	2/387	15/844	0/000	0/613	3	36
Self-blame	599	2/894	145/537	0/000	0/379	3	4
The Reception	599	2/478	167/8	0/000	0/246	3	4
Rumination	599	2/538	142/59	0/000	0/334	3	4
Positive Refocusing	599	2/756	86/094	0/000	0/456	3	4
Refocus on Planning	599	2/687	6647/769	0/000	0/317	3	4
Positive reassessment	599	2/619	105/604	0/000	0/381	3	4
Viewability	599	2/684	122	0/000	0/316	3	4
Catastrophizing	599	3/6	115/044	0/000	0/400	3	4
Blame others	599	2/638	5747/276	0/000	0/362	3	4

Results: The findings indicate that the adjusted average of the cognitive regulation of emotion and its subscales (except for the catastrophizing component) was smaller than the average criterion, so it can be said that the students of Payam Noor University of Urmia are in an unfavorable situation in terms of regulation Cognitive emotion ($P < 0,05$).

Discussion and conclusion

title of the current research is Anxiety related Covid 19 as a Moderator between Cognitive Emotion Regulation and Psychological Disturbances in Students." In this research, it was found that the cognitive regulation of emotion has the ability to explain and predict psychological distress, due to the influence of Corona anxiety. ". Similar of this research finding can be found in the results of separate studies conducted by Daniali and Eskandari(2022), Fathy Karkargh et al(2022), Moshwa et al(2020 and Eyni et al(2020). However; There are also contradictory studies, in each of which there is a factor leading to the disparity of the results with this finding of the present study. for example the factor of gender; In the research of Zimmerman and Vaivanski (2014), the factor of individual differences, in the research of Galea et al(2020) , and the factor of age in the research of Ury and Gross (2010), has led to the occurrence of inconsistencies in the research results .

In explaining this research finding, it should be said; People who, when faced with bitter events in life, consider these events to be caused by environmental factors, and due to their high cognitive and emotional capacities, manage negative psychological emotions caused by Covid-19, such as anxiety, in a more constructive way. This optimal management is due to this insight. It happens in people that it is possible to change the adopted behaviors and procedures to solve environmental challenges (Garnefski et al. 2001). Of course, in explaining this finding, it is necessary to point out contradictory findings such as Dovbysh and Kiseleva's (2020) research and Diedrich et al.'s (2016) research, all of which are rooted in people's use of compromised cognitive strategies and non-compromised cognitive strategies in emotion regulation. in other words; In these studies, it was found that compromised strategies have an inverse relationship with Corona anxiety and non-compromised strategies have a direct relationship. The more the use of adaptive strategies, the less physical and mental symptoms of anxiety related to Corona. Also, people who use uncompromising strategies will report the most physical and psychological symptoms of anxiety.

The results of statistical analysis determined that the cognitive regulation of emotion can predict psychological disturbance. The relationship between these two variables is reverse. This research finding is in line with Milloni et al. (2015) and Kai et al. (2017) In separate studies, they determined that learning emotional skills, which is based on selecting and controlling emotions according to the conditions and reaching an understanding of oneself, one's relationships and emotions, can give people the ability to act in different situations and within the structure of complex relationships. to show self-restraint that is based on maintaining the physical and psychological balance of the body.

In explaining this finding of the research, it should be said that people who have the right capacity for any kind of confrontation with environmental stimuli in terms of cognitive, emotional and behavioral and also use the right coping strategies in any situation such as the global spread of the corona virus, can behave and emotions Change yourself according to the conditions and by doing this, stay safe from the psychological effects of the corona virus (Milioni et al, 2015). Actually; People who, when faced with bitter events in life, consider these events to be caused by environmental factors, and due to their high cognitive and emotional capacities, manage negative psychological emotions caused by Covid-19, such as anxiety, in a more constructive way. This optimal management is due to this insight. It happens in people that it is possible to change the adopted behaviors and procedures to solve environmental challenges (Cai et al, 2017).

The findings indicate that the correlation of Corona anxiety with the cognitive regulation of emotion is negative and significant, therefore; Cognitive regulation of emotion can predict anxiety caused by covid-19 disease. It can be seen similar to this research finding in the results of research conducted by zzazi Bojnourdi & et al (2020) and Lee and Crunk (2020). So that in this research, which was conducted separately on diabetic patients, it was found that the correlation between cognitive regulation of emotion and psychological toughness is a two-way relationship, and considering this relationship and the results of other similar researches, it can be said that these two variables have the ability to predict and explain Corona anxiety.

In this research, it was found that Corona anxiety has the ability to predict psychological distress, and this finding from the present research is in agreement with the results of Lewis and Thompson (2023), Patel and Kumar (2023), Wu et al. (2023), has alignment. The results of statistical analysis in these researches revealed that with the increase in the level of anxiety caused by the risk of contracting infectious and respiratory diseases, other physical and psychological discomforts appeared in these people and hindered the growth of this group of people.

According to the findings of the present research and similar results of other researches, it is suggested that the rehabilitation and cognitive and emotional rehabilitation of students with psychological distress should be taken into consideration by the health related organizations in the society and necessary plans and measures should be taken to realize it. Also, in order to increase the resilience of this group of people, it is suggested to organize training workshops to teach strategies for increasing flexibility and the capacity to withstand stressful events. Also, regarding the research proposals, it is recommended that for enhance the validity of the Results, Jamgeh added the students with psychological distress who are studying in the educational centers of several big cities in the next research.

Among the limitations of this research, it can be mentioned that the researcher limited himself to the data collected from the students of Payam Noor University, Urmia branch. also It should also be noted that the reliability of the research findings is low the non-personal information collection (virtual and online questionnaire distribution).

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