

Abstract

The purpose of the current study is to investigate the relationship between emotional regulation, self-compassion, medication adherence and quality of life in dermatologic patients. Sample was consisted of 150 (51 males and 99 females) young adults. The quantitative data was gathered via self-report questionnaires including Emotion Regulation Questionnaire, Neff's Self-Compassion Scale (Short-Form), Medication Adherence Rating Scale, Quality of Life Scale and a demographic information form. Statistical analysis was held to determine the differences between emotional regulation, self-compassion, medication adherence and quality of life in dermatologic patients. The results revealed that there is no significant gender differences observed on the scales i.e. emotional regulation, self-compassion, medication adherence, and quality of life. In terms of marital status there is significant marital status observed on the scale of self-compassion, medication adherence and quality of life. There are no significant mean differences among age group on quality of life scale. It can be concluded that there is a significant positive relationship among significant and positive correlation between emotional regulation and self-compassion, and between self-compassion and quality of life. In contrast, it is found negative and significant correlation of self-compassion and medical adherence and between medical adherence and quality of life. . In addition, there is a significant and positive regression coefficient of self-compassion on quality of life. Further implications of the study were discussed.

Keywords: emotional regulation, self-compassion, medication adherence, quality of life, and dermatologic patients.