Rumination and Emotional Suppression as a Predictors of Emotional Impulsivity Across Anxiety Classifications

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Abstract:

Emotional dysregulation, including rumination and suppression, is related to higher levels of emotional impulsivity across different levels of anxiety. Previous research has focused on Rumination, Emotional suppression, and impulsivity independently, resulting in a limited understanding of how these pathway leads to psychological distress. This study employed a quantitative cross-sectional design with 222 participants aged 18 to 45 of individual with different levels of anxiety (healthy (n = 45), subclinical anxiety (n = 134), and clinical anxiety (n = 43) groups). The STAI-T Scale is used as a screening tool for categorizing individuals into subclinical anxiety and the healthy population. The Rumination Response Scale, the Emotional Regulation Questionnaire- Suppression subscale, and UPPS-P are used to measure rumination, suppression, and impulsivity. Anxiety was positively associated with rumination and emotional impulsivity. Rumination also positively predicted emotional impulsivity, whereas emotional suppression showed a weak negative association. Both subclinical and clinical anxiety groups showed higher emotional impulsivity than the healthy group, with no significant difference between the two anxiety groups. Regression analysis identified rumination as a positive predictor and emotional suppression as a negative predictor of emotional impulsivity. Anxiety severity did not moderate this relationship. Overall, the findings highlight rumination as an important factor associated with emotional impulsivity and suggest that targeting rumination and maladaptive emotion regulation may

Keywords:

Anxiety, emotional impulsivity, emotional suppression, rumination.