

An Investigation of the Association between Pathological Personality Dimensions and Emotion Dysregulation among Virtual Network Users: The Mediating Role of Cyberchondria Behaviors

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Abstract : Objective: The present study aimed to investigate the association between pathological personality dimensions and emotion dysregulation through the mediating role of Cyberchondria behaviors among users of virtual networks. Materials and methods: A descriptive-correlational research method was used in this study, and the statistical population consisted of all people active on social network sites in 2020. The sample size was 300 people who were selected through Convenience Sampling. Data collection was carried out in a survey method using online questionnaires, including the "Difficulties in Emotion Regulation Scale" (DERS), Personality Inventory for DSM-5 Brief Form (PID-5-BF), and Cyberchondria Severity Scale Brief Form (CSS-12). Data analysis was conducted using Pearson's Correlation Coefficient and Structural Equation Modeling (SEM). Findings: Findings suggested that pathological personality dimensions and Cyberchondria behaviors have a positive and significant association with emotion dysregulation ($p < 0.001$). The presented model had a good fit with the data. The variable "pathological personality dimensions" with an overall effect ($p < 0.001$, $\beta = 0.658$), a direct effect ($p < 0.001$, $\beta = 0.528$), and an indirect mediating effect through Cyberchondria Behaviors ($p < .001$, $\beta = 0.130$), accounted for emotion dysregulation among virtual network users. Conclusion: The research findings showed a necessity to pay attention to the pathological personality dimensions as a determining variable and Cyberchondria behaviors as a mediator in the vulnerability of users of social network sites to emotion dysregulation.

Keywords : cyberchondria, emotion dysregulation, pathological personality dimensions, social networks

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