The Role of emotional clarity in post traumatic stress symptoms of Students with trauma

S. ghadiri zabihi, A. abolghasemi, M. narimani

**Introduction:** Emotional clarity as the ability to identify, differentiate and understand emotions, can affect post traumatic stress symptoms in individuals with traumatic experiences. Objective: The aim of the present research was to study the role of emotional clarity in prediction of post traumatic stress symptoms in students with trauma. Method: The research has been a correlation method and the research plan has been an anticipative study. The statistical population of this research includes the whole high school girl students in Mashhad city in the academic years 2012 - 2013. The sample size was 253 students with trauma that were selected using cluster random sampling method. For data collection, The Traumatic events screening inventory – self report form, Event scale – revised, Trait Meta Mood Scale, were used. Results: Results showed there is a significant negative correlation between emotional clarity and post traumatic stress symptoms (p < 0.01). The Results of multiple regressions showed that emotional clarity can explain 11% of variance post traumatic stress symptoms. Conclusion: emotional clarity is affecting in the post traumatic stress symptoms.

| trauma, emotional clarity, post traumatic stress symptoms | Poster |