



The Mediating Role of Interpersonal Emotion Regulation In The Relationship Between Family Unpredictability and Partner and Romantic Relationship-Focused Obsessive-Compulsive Symptoms

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- ✓ Family Unpredictability
- ✓ Romantic Relationship
- ✓ Partner
- ✓ Obsessive-Compulsive Symptoms
- ✓ Emotion Regulation

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THESIS ABSTRACT

This study aims to understand whether interpersonal emotion regulation plays a mediating role in the relationship between family unpredictability and partner- and romance-related obsessive-compulsive symptoms. A total of 250 participants, consisting of 93 men and 157 women aged 18-65 who are currently in a romantic relationship, took part in the study. Participants, who were reached through a snowball sampling method and volunteered for the study, were asked questions related to the variables in the study. The data obtained from the study were analyzed using the SPSS 25 software package. The analysis conducted in the study revealed a significant relationship between family unpredictability and partner- and romantic relationship-focused obsessive-compulsive symptoms. Furthermore, it was found that interpersonal emotion regulation played a mediating role in the relationship between maternal discipline unpredictability and obsessive-compulsive symptoms related to romantic relationships and partners. It is believed that studying these relatively new concepts, which have begun to be explored in the literature, is important. The findings of the study have been discussed in line with previous studies in the literature.

APPLICATION AREAS OF THE THESIS RESULTS

The relevant study is believed to be beneficial for researchers working with concepts such as family unpredictability, partner and romantic relationship-focused obsessive-compulsive symptoms, and interpersonal emotion regulation, as well as for clinicians working in the fields of family and couple therapy.

ACADEMIC ACTIVITIES

Ilki, I., & Sarandöl, A. (2025). Kişilerarası duygu düzenlemenin partner ve romantik ilişki odaklı obsesif kompulsif belirtiler ile ilişkisi. *Turkish Journal of Health And Sport (TJHS) Dergisi*.

