

# Call For Participants



Emotion Regulation, Life Orientation and Mental Toughness

5 min(s) to complete

Sincere Gratitude :)

Online Questionnaire

Online

University of Buckingham

This study looks at emotion regulation and its covariates.

This is because emotion regulation is key in developing and maintaining good psychological health, yet little research has been done on the factors that influence it in the first place.

Find out more online

Poster printed on 12/03/2025

## More info

by scanning the QR code  
or visiting the URL

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