Emotional Dysfunction and Tendency to Substance Abuse: the Role of Emotion Regulation, Distress Tolerance and Sensation Seeking

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Abstract
Addiction or substance abuse as an individual and social problem considered in various fields by experts. Several factors are involved in the initiation and continuation of drug use. Many studies refer to the role of emotions in the tendency to substance abuse. Low levels of emotion regulation that resulting of the inability to effectively cope with emotions and manage them, play a role in the onset of drug use. Difficulty in emotions managing, difficulty in distress tolerance and Thrill-seeking tendencies, are the problems of substance abusers and it leads to Failure to manage their emotional states. Also, Considerable importance of emotional regulation has not been highlighted in the psychopathology of these individuals. Therefore, it can be said the investigation of the emotional factors related to drug addiction are important and in the prevention of drug dependence, Training can be helpful in improving of emotion regulation. Therefore, this study examines the role of emotional dysfunction to tendency to substance abuse.

Keywords: emotion regulation, emotional dysfunction, distress tolerance, sensation seeking

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