

Developing a Structural Model of the Impact of the Five Major Personality Factors on the Resilience of Medical Staff and Faculty Working at Imam Reza Hospital in Tabriz: The Mediating Role of Cognitive Emotion Regulation

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ABSTRACT

Resilience is a psychological characteristic that enables individuals to return to their normal lives after experiencing adversity and stressful situations, thereby preventing feelings of failure and defeat in life. In medical communities, due to high-pressure job demands and environmental stressors, resilience is considered one of the most critical components of psychological well-being, closely linked to one's professional role and job satisfaction. In this regard, the present study investigates the effect of the Five Major Personality Factors on resilience, with the mediating role of cognitive emotion regulation. The statistical population consisted of physicians working at Imam Reza Hospital in Tabriz during the second half of the 1403–1404 academic year. Following the acquisition of the ethics approval code (IR.IAU.TABRIZ.REC.14040.182) on 18 July 2025, a sample of 384 individuals was selected based on Morgan's table through stratified random sampling with proportional allocation across four strata: internal medicine (male), internal medicine (female), neurology (male), and neurology (female), according to the actual distribution in the population. The participants completed the NEO Five-Factor Inventory (NEO-FFI; 1985), the Connor-Davidson Resilience Scale (CD-RISC; 2003), and the Cognitive Emotion Regulation Questionnaire (CERQ; Garnefski & Kraaij, 2006). Data were analyzed using structural equation modeling (SEM) with partial least squares (PLS) in Smart PLS software. The results indicated that all of the Five Major Personality Factors, except for openness to experience and agreeableness, had a significant effect on resilience. Moreover, all personality traits except agreeableness significantly influenced resilience through the mediating variable of cognitive emotion regulation. Based on these findings, it can be concluded that individuals' level of resilience is influenced by their personality traits and the factors affecting their emotion regulation.

Introduction

The growing prevalence of stressors and anxiety-inducing factors in developing societies highlights an increasing need for a considerable level of resilience among expanding populations, in order to enhance quality of life and overall functioning (Warshawski¹, 2022). Given the advances in modern societies and the increasing prevalence of psychological and medical disorders, physicians are now recognized as the

¹ Warshawski



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frontline agents in promoting public health and improving individuals' well-being. Consequently, resilience has become a critical component for healthcare professionals working under high-pressure conditions. In such demanding environments—particularly hospitals and clinical settings—resilient medical personnel, drawing upon their personality traits and emotional regulation skills, are better equipped to deliver optimal professional performance during crises (Heymann et al.¹, 2024). Therefore, the concept of resilience² has attained a distinguished status in areas such as developmental psychology, positive psychology, family psychology, and mental health. In light of the increasing industrial complexity of modern society, the growing number of individuals exposed to risk, and the expanding range of psychological and social challenges faced by various social groups, research in this field has been on the rise (Hernandez et al.³, 2022). Resilience is defined as the capacity to return to a state of equilibrium following adversity, stress, or challenging life experiences (Isaac & Chatterjee⁴, 2025). In line with this, the vulnerability-stress model posits that individuals must possess a combination of genetic, psychological, and environmental preparedness to effectively cope with illness; otherwise, when exposed to high-risk conditions, they may be more susceptible to serious psychological disturbances (Curtis⁵, 2023). In this regard, resilience is considered one of the key protective factors that can shield individuals from succumbing to environmental stressors and pressures (Miller-Karas⁶, 2023). Characterized by a high capacity for adaptation in the face of adversity and stress, resilience is a psychological construct often explored in relation to how individuals respond to traumatic events and challenging life situations. Some researchers conceptualize resilience as a reaction to a specific event, while others define it as a robust coping style that reflects long-term resistance to stress (Lamond et al.⁷, 2009). Overall, resilience is viewed as a dynamic process through which individuals demonstrate high levels of endurance and adaptability despite experiencing significant trauma or stress (Tamarit et al.⁸, 2023). Psychological resilience and emotion regulation are recognized as key factors in coping with cancer; however, the interrelationship between them remains not fully understood. Clinical psychologists play a vital role in addressing psychological resilience and distress by delivering therapeutic interventions that strengthen coping mechanisms and emotional regulation strategies (Xai et al.⁹, 2025).

In this context, considering that some studies conceptualize resilience as a personality trait, one of the key issues in this domain is understanding the role of individual personality characteristics and how they influence one's level of resilience (Nieto et al.¹⁰, 2023; Gromisch et al.¹¹, 2022). According to the Differential Coping–Choice Model proposed by Bloger and Zuckerman¹² (1997), the strategies and methods employed when confronting stress are critical in determining positive and negative outcomes.

¹ Heymann and et al

² resilience

³ Hernandez & et al

⁴ Issac and Chatterjee

⁵ Curtis

⁶ Miller-Karas

⁷ Lamond and etal

⁸ Tamarit

⁹ Xia and et al

¹⁰ Nieto & et al

¹¹ Gromisch

¹² Bloger and Zuckerman

Such coping strategies are largely dependent on one's personality type (as cited in Bartley et al¹, 2011). Theorists also argue that diverse personality traits significantly influence an individual's level of resilience. Specifically, individuals with high-resilience traits are capable of developing and expanding a range of adaptive skills that consistently serve as protective resources in times of crisis (Leys et al², 2020).

Findings from studies by Liu et al³ (2023), Khosbayan et al⁴ (2022), and Engert et al⁵ (2021) indicate that resilience, as both a dynamic process and a relatively stable trait, is directly associated with personality characteristics and enhances individuals' ability to adapt to stressful life situations. In this regard, Costa and McCrae⁶ (1992) define personality traits as the underlying factors behind individual differences in the tendency to exhibit consistent patterns of thoughts, emotions, and behaviors. They identified five major dimensions—Neuroticism, Extraversion, Openness to Experience, Conscientiousness, and Agreeableness—which are widely recognized as meaningful predictors of various human behaviors.

The relationship between the Big Five personality traits and resilience has been supported by numerous studies. For example, neuroticism has been found to negatively correlate with resilience, whereas extraversion shows a positive association (Campbell-Sills et al, 2016; Campbell et al⁷ 2006). Moreover, conscientiousness, openness to experience, and extraversion have all shown positive correlations with resilience (Ercan⁸, 2017; Tugade et al⁹, 2004; Hemenover¹⁰, 2003; Shafiee-Zadeh, 2012). In the same vein, psychopathology researchers argue that the inability to apply and refine emotion regulation skills is a significant predictor of future psychological disorders. Therefore, when individuals are faced with emotionally charged situations, merely experiencing positive feelings or optimism is not sufficient for emotional control. Instead, they must also draw upon stable personality traits to achieve optimal cognitive functioning in such contexts (Koval et al¹¹, 2023).

Emotion regulation refers to the mental processes through which individuals manage and respond to their emotional experiences. Meanwhile, coping style denotes an individual's habitual methods of reacting to stress or challenging situations (Isaac & Chatterjee¹², 2025). Cognitive emotion regulation refers to all cognitive styles individuals use to increase, decrease, or maintain their emotional responses. These strategies are generally classified into two major categories: Emotion regulation strategies that are activated before an emotional event occurs or at its early onset, and Emotion regulation strategies that are activated after the emotional event has occurred or the emotion has already been formed (Friedman & Robbins¹³, 2022).

¹ Bartely and etal

² Leys

³ Liu & et al

⁴ Khosbayan & et al

⁵ Engert & et al

⁶ Costa and McCrea

⁷ Campbell and etal

⁸ Ercan

⁹ Tugade and etal

¹⁰ Hemenover

¹¹ Koval & et al

¹² Issac and Chatterjee

¹³ Friedman & Robbins

Individuals' cognitive emotion regulation, coping styles, and resilience are significantly influenced by such psychological challenges. Middle-aged adults, who often juggle multiple responsibilities, may rely heavily on cognitive emotion regulation to maintain their resilience. Identifying specific cognitive and behavioral strategies associated with resilience during midlife can guide mental health professionals in designing tailored interventions aimed at enhancing emotional well-being. These findings hold significant value for preventive mental health practices, offering insights into how individuals can strengthen adaptive cognitive emotion regulation, apply effective coping strategies, and foster greater resilience.

These findings ultimately contribute to better mental health across the lifespan (Litze et al¹, 2014; Isaac et al., 2025). Studies by Mahmoud Alilou et al. (2016) and Narimani et al. (2011) also showed that maladaptive cognitive emotion regulation is associated with neuroticism. Furthermore, the results of studies by Vertzberger et al² (2022), Ursu & Mairean³ (2022), and Tugade & Fredrickson (2004) also indicate that individuals' level of resilience is related to the type of cognitive emotion regulation strategies used to cope with emotional experiences. Given the above, numerous studies have investigated the relationship between the Big Five personality traits, resilience, and cognitive emotion regulation. However, none of these studies have examined the impact of personality traits on resilience through the mediating role of cognitive emotion regulation. Considering the importance of individuals' resilience in today's society and based on previous findings that suggest a relationship between resilience levels and personality traits, as well as the relationship between personality traits and the way individuals regulate their emotions under stressful and critical conditions, it appears that examining the mediating role of cognitive emotion regulation in the relationship between personality traits and resilience holds particular significance. Accordingly, the aim of the present study is to investigate the effect of the Big Five personality traits on resilience among physicians and faculty members working at Imam Reza Hospital in Tabriz, taking into account the mediating role of cognitive emotion regulation.

Method

Research Design and Participants

This study was applied in terms of its objective and descriptive-correlational in terms of data collection. The statistical population included all physicians and faculty members working in the internal medicine and neurology departments of Imam Reza Hospital in Tabriz during the second half of the 1403–1404 academic year. The total population consisted of 1,236 individuals. Sampling was conducted using stratified random sampling with proportional allocation. Based on the Krejcie and Morgan table, a total of 384 medical staff and faculty members were selected proportionally from four strata: "Internal Medicine – Male" (n = 104), "Internal Medicine – Female" (n = 112), "Neurology – Male" (n = 72), and "Neurology – Female" (n = 96), in accordance with the relative size of each group in the population. Data were collected through in-person distribution of questionnaires at Imam Reza Hospital in Tabriz. The data were then analyzed using SPSS version 26 and Smart PLS version 3, employing structural equation modeling (SEM) with the partial least squares (PLS) method.

This study was approved by the Research Ethics Committee of Islamic Azad University, Tabriz Branch, with the ethics code 1404.182REC.TABRIZ.IAU.IR.

Instruments

NEO Five-Factor Personality Inventory (NEO-FFI)

This questionnaire was developed by Costa and McCrae (1985) to assess the structure of the five major personality traits. The short form of the inventory consists of 60 items and is commonly used when there are time constraints or when the large number of participants makes the short form more cost-effective. The items are rated on a 5-point Likert scale ranging from 0 to 4. However, some items are reverse-scored, and a scoring key is provided for this purpose. The reliability coefficient of the test has been reported as

¹ Litze and et al

² Vertsberger

³ Ursu & Mairean

0.83. Additionally, the Cronbach's alpha coefficients for the five personality factors—Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness—were reported as 0.86, 0.73, 0.56, 0.68, and 0.87, respectively (Grossi Farshi, 2001).

Connor-Davidson Resilience Scale (CD-RISC)

The Connor-Davidson¹ Resilience Scale was developed by Connor and Davidson (2003) based on a review of resilience-related research literature from 1991 to 1997. The psychometric properties of this scale have been examined across six groups: the general population, primary care patients, psychiatric outpatients, individuals with generalized anxiety disorder, and two groups of individuals with post-traumatic stress disorder. The scale consists of 25 items rated on a 5-point Likert scale ranging from 0 (never) to 5 (always), with total scores ranging from 0 to 100. Higher scores indicate greater resilience. The Cronbach's alpha coefficient for the scale was reported as 0.89, and its test-retest reliability over a four-week interval was 0.87.

Cognitive Emotion Regulation Questionnaire (CERQ)

The Cognitive Emotion Regulation Questionnaire (Garnefski & Kraaij², 2006) is an 18-item instrument designed to assess cognitive emotion regulation strategies in response to stressful or crisis-inducing life events. The items are rated on a 5-point Likert scale ranging from 1 (never) to 5 (always). Higher scores on each subscale indicate a greater use of that specific cognitive emotion regulation strategy. The questionnaire has demonstrated strong construct validity and internal consistency, with Cronbach's alpha coefficients generally exceeding 0.70.

Findings

To test the study hypotheses, the method of structural equation modeling using Partial Least Squares³ (PLS) was employed. Structural equation modeling (SEM) in this approach involves two stages: evaluation of the measurement model and the structural model. In PLS modeling, the measurement model is referred to as the outer model, while the structural model is referred to as the inner model. The outer model assesses the reliability and validity of the measurement instruments and constructs, whereas the inner model evaluates the hypotheses and the relationships between the latent variables. To assess construct validity, Fornell C & Larcker⁴ (1981) proposed three criteria:

that contains: 1. Indicator reliability (i.e., the factor loading of each item), 2. Composite reliability⁵ of each construct, 3. Average Variance Extracted⁶ (AVE). For indicator reliability, a factor loading of 0.50 or higher in confirmatory factor analysis indicates that the construct is well-defined. Furthermore, factor loadings should be statistically significant at least at the 0.01 level (Gefen⁷, 2005). Composite reliability refers to the ratio of the sum of the squared factor loadings of the latent variable to the sum of the squared factor loadings plus the error variance. This value ranges from 0 to 1 and is considered a substitute for Cronbach's alpha. The composite reliability coefficient, also referred to as Dillon–Goldstein's rho, should not be less than 0.70. The third criterion is the AVE, which reflects the average amount of variance that a construct explains in its indicators. Fornell and Larcker recommend AVE values of 0.50 or higher,

¹ Conner and Davidson

² Garnefski and kraaij

³ Partial Least Square

⁴ Fornell C & Larcker

⁵ Composite reliability

⁶ Average Variance Extracted

⁷ Gefen

meaning that the construct accounts for at least 50% of the variance in its indicators (Chin¹, 1988). In this study, the standardized factor loadings for all observed variables exceeded 0.50.

Table 1- presents the composite reliability, Cronbach's alpha, and AVE values for the study variables.

Variables	Composite Reliability	Cronbach's Alpha	AVE
Extraversion	0.874	0.837	0.647
Resilience	0.942	0.934	0.611
Cognitive Emotion Regulation	0.786	0.776	0.526
Neuroticism	0.836	0.765	0.581
Agreeableness	0.717	0.750	0.412
Agreeableness	0.876	0.849	0.577
Agreeableness	0.725	0.725	0.501

Based on the above table, it can be observed that the values of composite reliability and Cronbach's alpha for the study variables are greater than 0.70, and the Average Variance Extracted (AVE) values for these variables exceed 0.50. Therefore, the results indicate convergent validity and construct correlation adequacy. Consequently, the validity of the measurement instruments and the constructs of the study is confirmed.

Table 2 presents the Pearson correlation coefficients and the indicators of discriminant validity. The values on the diagonal of the matrix represent the square root of the Average Variance Extracted (AVE). According to Chin (1998, p. 239), a necessary condition for confirming discriminant validity is that the square root of the AVE for each variable must be greater than all correlation coefficients between that variable and the other variables.

Table 2-Pearson Correlation Coefficients and Discriminant Validity Index.

Variable	1	2	3	4	5	6	7
1. Extraversion	0.804						
2. Resilience	0.741	0.781					
3. Cognitive Emotion Regulation	0.558	0.777	0.725				
4. Neuroticism	0.591	0.590	0.437	0.762			
5. Agreeableness	0.568	0.517	0.437	0.465	0.641		
6. Conscientiousness	0.624	0.686	0.518	0.505	0.506	0.759	
7. Openness to Experience	0.294	0.342	0.347	0.112	0.236	0.328	0.707

* All correlation coefficients are significant at $p < 0.01$.
 ** Diagonal values represent the square root of the Average Variance Extracted (AVE).

Based on the values presented in the table above, it can be observed that the diagonal elements show the highest values within their respective columns. Consequently, the construct validity is confirmed.

Following the evaluation of the reliability and validity of the measurement tools and research constructs (the outer model), it is necessary to test the relationships among the latent variables (the inner model). For this purpose, the tested research model is presented based on the path coefficients and t-values in Figures 1 and 2, respectively. It is noteworthy that the goodness-of-fit (GOF) index for this model is 0.414, which indicates an acceptable model fit for testing the research hypotheses ($GOF > 0.40$).

¹ Chin

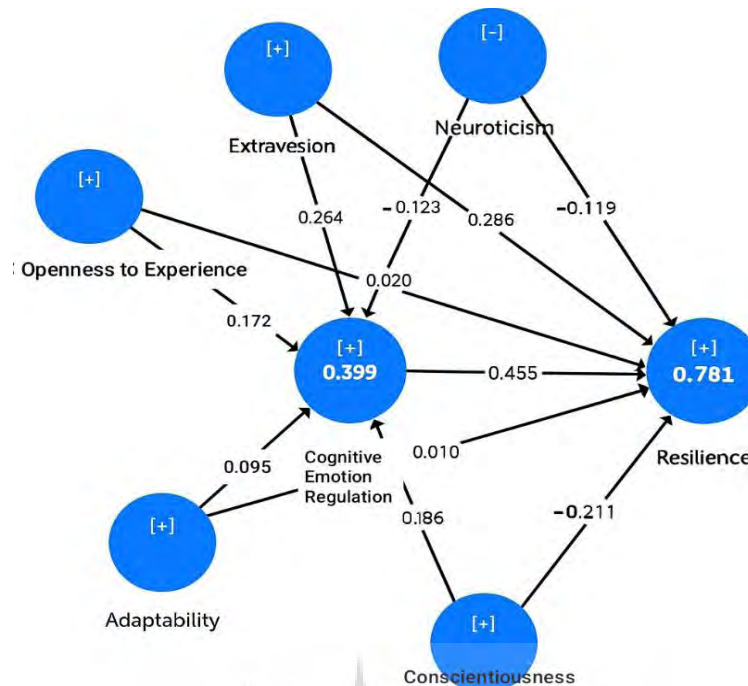


Figure 1- The tested research model based on path coefficients.

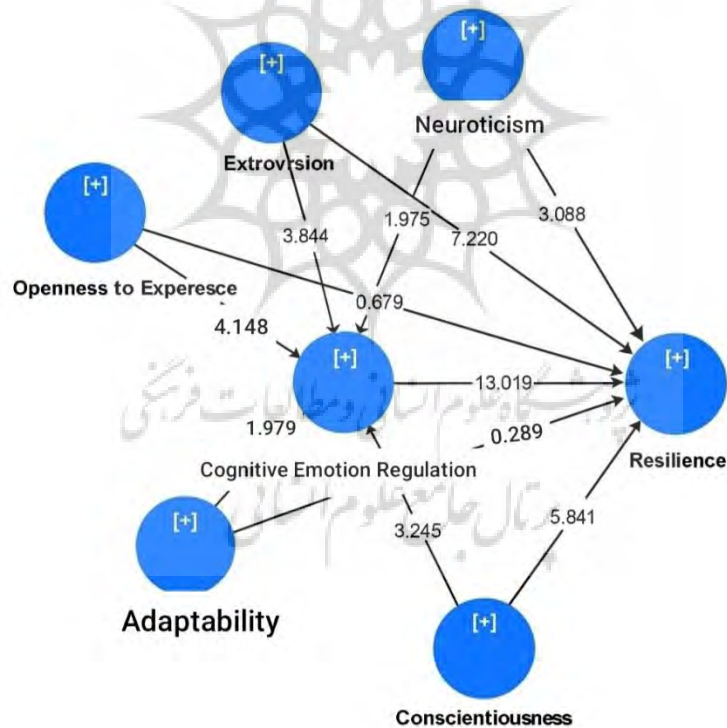


Figure 2- The tested research model based on t-values.

According to Figures 1 and 2, the results of hypothesis testing based on structural equation modeling using the Partial Least Squares (PLS) method are presented in Table 3. The findings in this table indicate that all hypotheses—except for Hypothesis 8—are supported at the significance level of 0.01, as their t-values exceed 2.58. The model's validity was assessed using the coefficient of determination (R^2), which reflects the proportion of variance in an endogenous variable explained by exogenous variables. The R^2

value for the dependent variable resilience is 0.781, indicating that 78.1% of the variance in resilience is explained by the variables neuroticism, extraversion, openness to experience, agreeableness, conscientiousness, and cognitive emotion regulation. Additionally, the R^2 value for the mediating variable cognitive emotion regulation is 0.399, meaning that 39.9% of the variance in cognitive emotion regulation is accounted for by the variables neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness.

Table 3- Path Coefficients, t-Statistics, and Hypothesis Testing Results.

Hypothesis No.	Research Hypothesis	Path Coefficient β	t-Statistic	Coefficient of Determination	Result
1	Effect of Openness to Experience on Cognitive Emotion Regulation	0.172	4.148**		Confirmed
2	Effect of Extraversion on Cognitive Emotion Regulation	0.264	3.844 **		Confirmed
3	Effect of Neuroticism on Cognitive Emotion Regulation	0.123	1.975**		Confirmed
4	Effect of Agreeableness on Cognitive Emotion Regulation	0.095	1.979**	0.399	Confirmed
5	Effect of Conscientiousness on Cognitive Emotion Regulation	0.186	3.245 **		Confirmed
6	Effect of Openness to Experience on Resilience	0.020	0.679		Rejected
7	Effect of Extraversion on Resilience	0.286	7.220 **		Confirmed
8	Effect of Neuroticism on Resilience	0.119	3.088 **	0.781	Confirmed
9	Effect of Agreeableness on Resilience	0.010	0.289		Rejected
10	Effect of Conscientiousness on Resilience	0.211	5.841 **		Confirmed
11	Effect of Cognitive Emotion Regulation on Resilience	0.455	13.019 **		Confirmed
* t > 1.96 indicates significance at the 0.05 level. ** t > 2.58 indicates significance at the 0.01 level.					

To test the significance of the indirect effects of the variables Neuroticism, Extraversion, Openness to Experience, Agreeableness, and Conscientiousness on Resilience through the mediating variable Cognitive Emotion Regulation, the Sobel test was employed. The results of this test are presented in Table 4. In this table, a Z-statistic greater than 2.58 indicates a statistically significant effect at the 0.01 level.

Table 4- Sobel Test Results.

Effect of Neuroticism on Resilience through the Mediator Cognitive Emotion Regulation				
Variable	Value	Z Statistic	VAF Index	Result
a (Path coefficient from Neuroticism to Cognitive Emotion Regulation 0.320)	-0/123		-	
b (Path coefficient from Cognitive Emotion Regulation to Resilience)	0.455	-2.558 *		

Sa	0.047			
Sb	0.035		0.320	Confirmed
c (Path coefficient from Neuroticism to Resilience)	-0/119			
Effect of Extraversion on Resilience through the Mediator Cognitive Emotion Regulation				
Variable	Value	Z Statistic	VAF Index	Result
a (Path coefficient from Extraversion to Cognitive Emotion Regulation)	0.264			
b (Path coefficient from Cognitive Emotion Regulation to Resilience)	0.455			
Sa	0.069	3.661**	0.296	Confirmed
Sb	0.035			
c (Path coefficient from Extraversion to Resilience)	0.286			
Effect of Openness to Experience on Resilience through the Mediator Cognitive Emotion Regulation				
Variable	Value	Z Statistic	VAF Index	Result
a (Path coefficient from Openness to Experience to Cognitive Emotion Regulation)	0.172			
b (Path coefficient from Cognitive Emotion Regulation to Resilience)	0.455		0.797	Confirmed
Sa	0.041	3.982**		
Sb	0.035			
c (Path coefficient from Openness to Experience to Resilience)	0.020			
Effect of Agreeableness on Resilience through the Mediator Cognitive Emotion Regulation				
Variable	Value	Z Statistic	VAF Index	Result
a (Path coefficient from Agreeableness to Cognitive Emotion Regulation)	0.095			
b (Path coefficient from Cognitive Emotion Regulation to Resilience)	0.455		0.812	Rejected
Sa	0.052	1.804		
Sb	0.035			
c (Path coefficient from Agreeableness to Resilience) c (Path coefficient from Agreeableness to Resilience)	0.010			
Effect of Conscientiousness on Resilience through the Mediator Cognitive Emotion Regulation				
Variable	Value	Z Statistic	VAF Index	Result
a (Path coefficient from Conscientiousness to Cognitive Emotion Regulation)	0.186			
b (Path coefficient from Cognitive Emotion Regulation to Resilience)	0.455			
Sa	0.057	3.156**	0.286	Confirmed
Sb	0.035			
c (Path coefficient from Conscientiousness to Resilience)	-0.211			

According to the results presented in Table 8, the indirect effects of the variables Neuroticism, Extraversion, Openness to Experience, and Conscientiousness on resilience, mediated by cognitive emotion regulation, are statistically significant at the 0.01 level, as the Z statistic exceeds 2.58. However, the indirect effect of Agreeableness on resilience through the mediating variable cognitive emotion regulation is not statistically significant.

Furthermore, 32% of the total effect of Neuroticism on resilience is explained through the mediating variable cognitive emotion regulation. Likewise, 29.6% of the total effect of Extraversion, 79.7% of the total effect of Openness to Experience, 81.2% of the total effect of Agreeableness, and 28.6% of the total effect of Conscientiousness on resilience are explained through the mediating role of cognitive emotion regulation.

Discussion and Conclusion

According to another finding of this study, all five major personality traits—Extraversion, Neuroticism, Openness to Experience, Conscientiousness, and Agreeableness—were significantly associated with cognitive emotion regulation. These findings are consistent with the results of previous research (Alilou, 2016; Narimani, 2011; Litze et al., 2014; Isaac et al., 2025). The findings indicated a significant positive relationship between Agreeableness and cognitive emotion regulation. This can be explained by the fact that individuals with high agreeableness—characterized by traits such as altruism, empathy, humility, and cooperativeness—are more likely to endure hardships and stress in order to cultivate patience and enhance their resilience. As a result, these individuals tend to engage in deliberate planning to manage their negative and stressful experiences. Another significant finding of the present study was the positive and direct relationship between Conscientiousness and cognitive emotion regulation. This can be explained by the fact that individuals who are morally principled, hardworking, goal-oriented, and responsible tend to persevere in their tasks—an indication of resilience, which is closely linked to logical forms of cognitive emotion regulation. Consequently, such individuals are more likely to employ rational strategies for regulating their emotions when facing unpleasant experiences, and they tend to take constructive steps to solve their problems during times of crisis. Another finding of the study revealed a significant indirect relationship between Neuroticism and cognitive emotion regulation. This may be due to the fact that neurotic individuals often exhibit characteristics such as impulsivity, high levels of anxiety, aggression, and lower life satisfaction. As a result, they are more likely to engage in self-blame and rumination when facing difficulties—both of which are indicators of low levels of adaptive (or logical) cognitive emotion regulation. Additionally, the present study found a significant positive relationship between Extraversion and cognitive emotion regulation. To explain the underlying reasons for this finding, it can be stated that individuals high in Extraversion tend to be energetic, sociable, and possess strong interpersonal relationships as well as comprehensive social support systems. This access to support during challenging times contributes to reduced stress levels when making difficult decisions, thereby significantly enhancing their capacity for cognitive emotion regulation. Finally, a significant direct relationship was found between Openness to Experience and cognitive emotion regulation. Individuals high in openness are curious about interpreting the world, have rich and diverse life experiences, seek novelty, exhibit intellectual curiosity, and tend to make independent judgments. Possessing such characteristics enables them to engage in logical cognitive regulation strategies, especially when confronted with crises or adverse life events, due to their accumulated personal experiences and flexible thinking. Considering all the findings of this study, the role of cognitive emotion regulation in the relationship between personality traits and resilience is highly significant. Since previous research has shown that personality traits tend to remain relatively stable throughout life, it would be more practical to focus on increasing individuals' awareness of logical cognitive emotion regulation strategies in order to enhance resilience across all personality types. It is important to note that resilience and cognitive emotion regulation are conceptually related constructs. Cognitive emotion regulation encompasses a range of cognitive and behavioral strategies that individuals employ when facing stressful situations. Therefore, future research is recommended to not only examine personality traits and overall cognitive emotion regulation, but also explore the subcomponents of cognitive emotion regulation and their individual impact on resilience. Given that the present study was correlational in nature, it is only possible to infer the existence of associations among variables; the inability to establish causality remains the primary limitation of this type of research design.

Conflict of Interest

This study has no organizational benefit and is not supported by any institution or organization.

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