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**Title: Perceived Stress, Emotion Regulation, and Relationship Satisfaction**

Stress is receiving increased attention in couple's research, indicating that it plays an important role in relationship quality. Research has shown that high levels of daily stress predict lower levels of relationship satisfaction. Additionally, research has shown that emotion regulation plays a crucial role in psychological functioning across the lifespan. Ineffective emotion regulation predicts decreased relationship satisfaction. The current research addresses the relationship between stress, emotion regulation, and relationship satisfaction. Sixty-nine men and women seeking infertility treatment completed the Perceived Stress Scale (PSS), Difficulties in Emotion Regulation Scale (DERS), and Dyadic Adjustment Scale (DAS). Participants were primarily Caucasian (87%), ages 22 to 49, and had an average relationship length of 6 years. Mediation analyses were performed using the PROCESS macro for SPSS (v. 21) to test the DERS subscales as mediators for the relationship between PSS and DAS. Gender was included as a covariate. Both the direct effect and the indirect effect of PSS through DERS were significant,  $\beta = -.32$ , [CI  $-.58, -.07$ ] and  $\beta = -.25$ , CI  $[-.53, -.08]$  respectively. These findings indicate that stress is directly related to relationship satisfaction and indirectly related to relationship satisfaction mediated by one's ability to be clear about their emotional experience. The PSS and the DAS satisfaction subscale were directly related, showing that more stress is related to less relationship satisfaction. Additionally, the PSS is indirectly related to DAS satisfaction through DERS clarity, showing that more stress and more difficulties with being clear about one's emotions was related to less relationship satisfaction. These findings suggest that a reduction in stress and/or increased skills in emotion regulation could help couples' seeking infertility treatment, or possibly couples in general, improve their relationship satisfaction. Future research should consider assessing the impact of stress and emotion regulation on relationship satisfaction in a more diverse sample.