

consequently, to avoid incompatible behaviors and social behavior disorders in general. It also avoids formation or reinforcement of inappropriate characteristics which are fixed by aging.

P62- Relationship between Irrational Beliefs and Mental Health among Male and Female High School Students

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Introduction: The most common mental disorders in developing and developed countries are caused by the factors that are created by the humans. Many of these diseases are the result of irrational and wrong thoughts that have been mentioned by Allis in his theory. This study is conducted to show whether there is a relationship between mental health and irrational beliefs among adolescents. Is there a relationship between male and female adolescents' mental health? Is there a relationship between male and female students' irrational beliefs? Do people who scored higher in irrational beliefs are more impaired in their social function? Is there a relationship between irrational beliefs and physical symptoms?

Materials and Methods: The statistical community of the study includes all male and female high school students of Kouhdasht in the academic year 2009-2010. Available random sampling method was used in this study in which 100 male students and 100 female students were participated. The study instruments were Mental Health Questionnaire and Jones's Irrational Health Questionnaire. The statistical methods used in this study were T test and Pearson Correlation Coefficient.

Results: According to hypothesis one indicating the relationship between mental health and irrational beliefs, it has been confirmed that this relationship is negative. It has also been confirmed that there is a difference between male and female students in irrational beliefs. Further, although a significant difference was observed between male and female students' mental health, this difference was not significant in the social functioning scale. Also, a significant relationship was observed between irrational beliefs and physical symptoms.

Conclusion: In examining the relationship between irrational beliefs and mental health, it may be gathered that the more people have irrational beliefs, the less they are mentally healthy. In fact, people who rely on irrational beliefs in the analysis of problems are less able to solve problems and tolerate more mental stress; and this could endanger people's mental health.

P63- An assessment of the Emotional Intelligence and the Five Components of Personality in Normal and Gifted Female Students in Isfahan

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The present study aims to investigate and compare emotional intelligence and the five components of personality in normal and gifted female students of secondary schools in Isfahan. Of all the female students, 75 normal and 75 gifted female students were selected using simple random and multiple cluster random sampling methods. The participants were given Faren heim Emotional Intelligence and Neo 5 Personality Component Questionnaires. Data analysis was done through multiple variance analysis. The findings of the study indicated no significant difference between neuroticism and conscientiousness in normal and gifted groups. Also, a significant difference was found between other personality traits like extroversion, openness and agreeableness on the one hand and between understanding of self and others' feelings, controlling feelings and social skills (except for optimism) among emotional intelligence characteristics on the other. Based on the results of the study, gifted girls seemed to have greater extroversion, openness, agreeableness and emotional intelligence compared to their normal peers.

P64- The Relationship between Cognitive Emotion Regulation Styles and Mental Health in Adolescents

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Introduction: Emotion regulation concerns how people manage emotional experience for personal and social purposes. It is a complex and multifaceted process, and is developmentally important because it is central to social competence, psychological wellbeing, and risk for affective psychopathology.

Objectives: The aim of this investigation was to study the cognitive emotion regulation style and its relationship with mental health in adolescents.

Method and Material: In this study, 119(55 girls and 64 boys) high school senior students in shahinshar were selected using cluster sampling, and assessed by Cognitive Emotion Regulation Questionnaire (CERQ) and Mental Health Questionnaire (GHQ). Data were analyzed using Pearson correlation coefficient, and stepwise regression analysis. **Results:** The result indicated a significant relation between cognitive emotion regulation styles and mental health($P < .05$). Catastrophizing and blaming others styles belonged to maladaptive cognitive emotion regulation, and positive refocusing and positive reappraisal styles belonged to adaptive cognitive emotion regulation which were significant predictors of mental health.