

Abstract

This bachelor thesis addresses the topic of emotion regulation and adverse childhood experiences among highly sensitive people. The aim of the study is to explore the differences between groups of highly and less sensitive people in the emotion regulation strategies and the count of reported adverse childhood experiences. The study also focuses on the effect that the count of adverse childhood experiences and high sensitivity have on emotion regulation strategies.

The theoretical section summarizes the findings about high sensitivity, its manifestations, measurements, proportion of highly sensitive people in population, experiencing emotions and emotion regulation among highly sensitive people, the effect of environment on highly sensitive people with emphasis on the effect of adverse childhood experiences.

The empirical section presents the conducted quantitative research. The methods SPSQ, ERQ and the formulated adverse childhood experiences item that were used, procedure of online data collection and used statistic tests are described. Results suggest that highly sensitive people report significantly more adverse childhood experiences than less sensitive people and that adverse childhood experiences negatively affect the strategy of cognitive reappraisal.

Key words: High Sensitivity; Sensory Processing Sensitivity; Emotion Regulation; Adverse Childhood Experiences