

## Abstract

The aim of this project was to verify assumptions about the relationship of negative beliefs about emotions with the intensity of depression, anxiety, and stress, as well as the mediating role of experiential avoidance in these relationships. The study was conducted on non-clinical group and clinical, experiencing chronic pain. In the clinical group, the relationships between experiential avoidance and the intensity of depression, anxiety, and stress were also examined in a longitudinal model. Due to the lack of appropriate psychometric tools to measure negative beliefs about emotions, the Polish adaptation of the Beliefs about Emotions Scale (BES-PL) was carried out initially. Only some of the research hypotheses were confirmed. After appropriate modifications, the originally unifactorial structure of the BES-PL was replicated, achieving satisfactory validity and reliability. Pain was positively associated with depression, anxiety, and stress, but individuals in the clinical group showed less intensity of negative beliefs about emotions than those in the general group. Only in the non-clinical population, experiential avoidance was found to be a significant mediator in the relationship between beliefs about emotions and the intensity of depression, anxiety, and stress, but only for some sub-dimensions. Only the factor of repression/denial served as a significant mediator for this relationship in the clinical group. The longitudinal study also did not yield the expected results, but due to the low response rate for the second measurement, drawing quantitative conclusions is not recommended. The obtained results suggest that beliefs about emotions and experiential avoidance should be considered as transdiagnostic factors. Future studies should be conducted on diverse general and clinical populations and focus on further verifying the role of repression and denial in the relationship between these beliefs and mental health in patients with chronic pain. Keywords: chronic pain; beliefs about emotions; experiential avoidance; mental health