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The main purpose of the present study was to investigate the multiple relationships between early maladaptive schemas, parenting styles and coping styles with anxiety. Therefore, a sample consisting of 200 students, from Islamic Azad University of Karaj, were selected by multistage cluster sampling method. The research instruments were Beck anxiety inventory (1988), short form of Young early maladaptive schema (YSQ-SF, 2002), perceived parenting styles questionnaire (1999) and short form of the coping inventory for stressful situations (CISS) (Endler and Parker, 2002). The data were analyzed at two descriptive and inferential statistics levels. At descriptive level, the mean and standard deviation were calculated for all variables and at inferential level, using Pearson correlation and stepwise regression, the relationships between predictor variables (early maladaptive schemas, parenting styles, and coping styles) with criterion variable (anxiety) were examined. The calculations were performed using SPSS software. The statistical analysis results indicated that there was significant positive relationship between early maladaptive schemas, parenting styles (rejection and overprotection), and emotion-oriented coping with anxiety; and there was a significant negative relationship between task-oriented coping with anxiety. Moreover, early maladaptive schemas including mistrust-abuse, vulnerability to harm and illness, and social isolation-alienation were able to predict anxiety. Thus, it can be concluded that changes in these variables would be associated with changes in anxiety.

P69

Prevalence of Obsessive Beliefs and Intolerance of Uncertainty among College Students

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Intolerance of uncertainty (IU) is increasingly conceptualized as a transdiagnostic factor underlying anxiety disorders and depression. Current understanding of the relationship between intolerance of uncertainty and specific obsessive compulsive symptom domains remains limited. The purpose of the present study was to explore the prevalence of obsessive compulsive beliefs

and intolerance of uncertainty among college going youth and to explore for any possible associations. A multistage cluster sampling procedure was used to collect data from a sample of 200 students (100 boys and 100 girls) ranging in age from 18 to 26 years. Data was collected using a socio-demographic information sheet, obsessive-compulsive beliefs questionnaire and the intolerance of uncertainty questionnaire. Findings revealed obsessive thoughts in 20.8% of males and 11.5% of females. Extreme intolerance of uncertainty was reported by 16.7% of the males and by 7.7% of females. Males and females differ significantly on perfectionism and importance regarding control of thoughts, with females reporting greater perfectionism and males endorsing greater beliefs regarding thought control. Significant age differences emerged only with regard to uncertainty regarding one's ability to perform, with greater intolerance reported by male students. In both groups, obsessions regarding responsibility and threat estimation correlated with stress of uncertainty and expectation of negative events. Perfectionistic beliefs were associated with expectation of negative events in both groups and in the female group they were also associated with uncertainty regarding performance and stress of uncertainty. Obsessive beliefs regarding loss of control over thoughts were related to all the components of intolerance of uncertainty only in males. Regression analysis indicated that intolerance of uncertainty can be predicted by beliefs about perfectionism in females and by beliefs of thought control in males. The prevalence of obsessive beliefs and intolerance of anxiety is greater in males. Intolerance of anxiety can be predicted by beliefs about perfectionism in males and by beliefs about thought control in females.

P70

The Effect of Mindfulness and Acceptance-Based Group Therapy on Decreasing Fear of Scrutiny by Others in Patients with Social Anxiety Disorder

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Social phobia is characterized by a fear of negative evaluation within social or performance situations, where individuals believe that they are under scrutiny and may be embarrassed (American Psychiatric Association, 2013). The present study was carried out to examine the effectiveness of mindfulness and acceptance-based group therapy on decreasing fears of scrutiny by others in patients with social anxiety among female students. In the first stage, social phobia inventory (SPIN) (Conor