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# The Effectivenessof Mindfulness-Based Training on Anxiety in Students of Islamic Azad University-Karaj Branch, 2014

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***Abstract***

Anxiety is one of the most common mental disorders in human societies and is believed that stress and anxiety are responsible for 75% of somatic disease. Hence attention to preventive methods to control anxiety and stress and coping strategies need to be considered. Therefore, this study aimed at evaluating the effectiveness of mindfulness training on anxiety in students of Islamic Azad university of Karaj branch. The study design was pre-test-post-test with control group, in which 60 students were participated through random sampling method and divided randomly into experimental and control groups during academic years during 2013-2014. Experimental group at 8 sessions was instructed with mindfulness methods. Mindfulness-based interventions as a third-generation or third-wave cognitive-behavioral therapy should be considered. In this model, the mind is conscious, deliberate focus on one of the expertise that is currently underway; it features a non-judgmental attention, along with acceptance. The tool used in the research was test anxiety inventory (TAI). Data was analyzed with analysis of variance using SPSS 19 software. Results showed that mindfulness-based training in reducing anxiety of the experimental group compared with the control group was significantly effective ($P$<0.01). Regarding to effectiveness of mindfulness-based training in reducing anxiety, promoting mental health of students, relevant authorities in the form of a comprehensive and preventive program can be applied practically, at the university level.

***Keywords:*** Mindfulness–Based Training, Anxiety, Students.

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