The Third International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016
The Neuroscience Journal of Shefaye khatam
Volume 4, No. 3, Suppl 1

Poster Presentation

The Relationship between Trait and State Anxiety: Mediating Role of Coping Strategies

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Published: ***23-24 November, 2016***

Abstract

Test situations evoke anxiety for many when the impact of tests on one's life is considered, including the educational, emotional and other aspects. The purpose of this study is to examine the mediating role of emotion-focused and avoidant coping strategies on the relationship between trait anxiety and test anxiety. 375 high students (193 males, 182 females) aged 15-18 were selected by random cluster sampling from 6 public high schools in Gorgan city, Iran. The participants responded to the trait anxiety inventory (STAI, Spielberger et al., 1983), the cope inventory (COPE; Caever, Scheier, & Weintraub, 1989), and the state anxiety inventory (STAI, Spielberger et al, 1983). Finding revealed that emotion-focused strategies mediated the relationship between trait and state anxiety. Avoidant coping also mediated the link between trait and state anxiety. Results of the study have clear directions and applications for clinicians, school psychologists and counselors to work on any intervention or treatment programs.

Keywords: Anxiety, Life, Emotion

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