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# Meditating Role of Rumination and Worry on the Relationship between Locus of Control with Depression and Anxiety in a Sample of Depressed and Anxious Patients

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***Abstract***

The aim of the present study was to investigate the relations of locus of control, rumination, and worry with depression and anxiety in a sample of depressed and anxious patients. A second purpose of the study was to examine the mediating role of rumination and worry on the relationship between locus of control with depression and anxiety. One hundred and twelve patients with major depression and anxiety disorders (58 depressed, 54 anxious) participated in this study. All participants were asked to complete Rotter´s Locus of control scale (RLCS), response styles scale (RSS), Penn state worry questionnaire (PSWQ), Beck depression inventory (BDI) and Beck anxiety inventory (BAI). The results revealed significant correlations between locus of control, rumination and worry with depression and anxiety. Rumination and worry mediated the relationship between locus of control with depression and anxiety. On the basis of the results of the present study it can be concluded that the relation of locus of control with depression and anxiety is not a simple one but is mediated by other variables such as rumination and worry.

***Keywords:*** Locus of Control, Rumination, Worry, Depression, Anxiety.

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