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Poster Presentation Research

The Role of Components of Perfectionism and Anxiety in Prediction of Sleep Quality in Students

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Abstract

Little is known about the etiology of the links between sleep disturbance and anxiety and perfectionism. The purpose of this study was to determine the role of components of perfectionism and anxiety in anticipation of sleep quality in students**.** The statistical population of this research consisted of all the Shiraz University's students in the academic year 2012-2013 (1391-1392s.c.). The sample of the research were 226 students, consisted of 115 female and 111 male students who were selected through multistage cluster-random sampling from Shiraz University. The Frost multidimensional perfectionism scale (FMPS), Spielberger anxiety inventory (STAS) and Pittsburg sleep quality index (PSQI) were used as measurement instruments. The statistical methods correlation and regression were applied to analyze the data. The results showed that anxiety is significantly able to anticipate sleep quality (P<0.0001). and from components of perfectionism, only excessive concern over making mistakes and perception of frequent parental criticism are significantly able to anticipate sleep quality (P<0.03). Generally, these findings show that perfectionism and anxiety play a major role in the quality of sleep.

Keywords: Sleep Quality, Perfectionism, Anxiety, University Students.

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