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Poster Presentation Research

A Study of Perfectionism, Anxiety Sensitivity and Sleep Disturbance in the Generalizing Anxiety Disorder and Normal People

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Abstract

Perfectionism, anxiety sensitivity and sleep disturbance are among the main causes of generalizing anxiety disorder. This study aims to compare perfectionism, anxiety sensitivity and sleep disturbance between patients with generalizing anxiety disorder (GAD) and control group. The present study was a cross-sectional and ex-post facto investigation (causal comparative method). Statistical universe constituted all patients who had been referred for the first time to the Bu-Ali Sina University's consultation center in the 2013-2014. In this study, 32 clients with GAD and 32 control group were selected accessibility. The study groups answered the anxiety sensitivity scale (ASI-R), the Frost multidimensional perfectionism scale (FMSP) and Pittsburg sleep quality index (PSQI). Significant differences were observed in terms of sleep disturbance total measure between the normal and GAD and control groups (P<0.001). Also, the same result was deducted in anxiety sensitivity's total findings (P<0.001). Perfectionism, however, was not different in the generalizing anxiety disorder and control groups (P>0.05). In sum, the findings in this research show that perfectionism, anxiety sensitivity and sleep disturbance play a major role in causing generalizing anxiety disorder. As such, applying perfectionism, sleep disturbance and cognitive structures in anxiety sensitivity can act as influential approaches in reducing anxiety.

Keywords: Perfectionism, Anxiety Sensitivity, Sleep Disturbances, Generalizing Anxiety Disorder.

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