



### Anxiety, Depression, Stress and Personal Well-Being (Quality of Life) in Students

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#### **Abstract**

Personal well-being is important structure that in low level results in depression and social isolation and reduction of mental and physical health (king, 2001). So, because of the high rate of depression and anxiety and association of them with stress among students, this article study and assessed the anxiety, depression, stress and personal well-being (quality of life) among students. Hypothesis in this study is that between anxiety, depression, stress personal well-being (quality of life) there is a relationship. To address this issue, we used scales: DAS inventory (Louyi band, 1995), well-being (quality of life) PWI-A inventory (Kaminz, 2004). Our sample included 250 persons in Shahed University (Tehran-Iran) with the mean age 22.25 and standard deviation 3.04, 124 man and 123 woman (3 person not answered). There is a negative correlation between personal well-being and anxiety, depression and stress. Depression explains important quota from variance of personal well-being. It means according to  $r^2$ , 28% personal well-being is related to depression components.

**Keyword:** Anxiety, Depression, Stress, Personal Well-Being.

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