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 Role of State-Trait Anxiety and Resiliency in Test Anxiety

Seyedeh Ayda Mousavi Moqadam*, Zahra Delkhosh

Department of Education and Psychology, University of Tabriz, Tabriz, Iran

Published: 23-24 November, 2016

Abstract

The current study aimed to examine the role of state-trait anxiety and resiliency in test anxiety. The research was conducted on a sample of 153 high students who completed questionnaire measures of state-trait anxiety (STAI-T), trait resilience (CD-RISC) and test anxiety (TA). Pearson correlation and regression analyze were used to data analyze. Consistent with the assumption, results indicated that both state-trait anxiety and resiliency were significantly correlated with levels of test anxiety. However, a multiple regression analysis showed that only state-trait anxiety could predict the test anxiety. Taken together, these findings provide further support for the relationship between state-trait anxiety and test anxiety. Findings also suggest the need to further explore the role of trait resiliency in test anxiety.

Keywords: State – trait anxiety, Resiliency, Test anxiety

*Corresponding Author: Seyedeh Ayda Mousavi Moqadam

E-mail: musavyayda@yahoo.com