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Study of anxious profile among Moroccan students

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Introduction: Anxiety is characterized by feelings of apprehension, tension, discomfort, and fear of facing a risk of indeterminate nature. It must be distinguished from the fear that meets a real threatening situation. Moreover, schemas are the organized general representations of the experience intended to facilitate information processing: Filtering and selection, organization, recovery. Any dysfunction in these schemas could affect the normal neurocognitive and behavioral status.

Aim: To study the relationship between the activated/deactivated inadequate early maladaptive schemas and anxiety among students.

Subjects, Materials & Methods: The present study is a cross-sectional study conducted among 212 students, aged 17 to 25 years, randomly selected from different institutions of the IBN TOFAIL University, located in the city of Kenitra (NW of Morocco). Two neurocognitive tests are used: The Beck Anxiety Inventory to evaluate anxiety & the short version of the early maladaptive schema questionnaire of Schmidt, Joiner, Young and Telch (1995) which was translated in French by Rusinek (2000) to evaluate the activated and deactivated schemas.

Result: The obtained results showed that the activation of inadequate early maladaptive schemas is correlated with the Beck Anxiety Inventory: Emotional deprivation ($p < 0.05$) Isolation ($p = 0.001$) and insufficient self-control ($p < 0.01$), abandon ($p = 0.001$), vulnerability ($p < 0.05$), fear of losing control ($p < 0.05$).

Conclusion: Emotional deprivation, isolation, insufficient self-control, abandon, vulnerability, fear of losing control are found activated and correlated to anxiety among studied population. Deeper investigations are needed to understand this relationship and also to study the other possible factors that could affect this important neuro-cognitive function.

Biography

Khaoula Mammad is currently pursuing her PhD from Ibn Tofail University, Kenitra (North-West of the Kingdom). Her Master's degree research study was about early maladaptive schema and their effect on the academic performance and working memory and currently conducting a research about autism among Moroccan children. She had 2 abstracts published in *European Psychiatry*, in relation to the first study and 2 research articles are in progress.

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