

4th International Conference on

Depression, Anxiety and Stress Management

May 10-11, 2018 | Frankfurt, Germany

The relationship between alexithymia and social anxiety in inpatients with Schizophrenia

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Objective: The current study was aimed to examine the relationship between alexithymia and social anxiety among schizophrenic inpatients. The study was of descriptive and predictive nature.

Method: Sixty inpatients with DSM-V schizophrenia were recruited from Niayesh psychiatric hospital in 2015 in Tehran, Iran. They were interviewed with the Anxiety Disorders section of the SCID for DSM-IV. The Structured Clinical Interview for DSM-IV-TR (Farsi Version), conducted by an experienced interviewer, will be used to determine the diagnosis. The Liebowitz Social Anxiety Scale appeared adequate and reliable in assessing social anxiety disorder in patients with schizophrenia. The Liebowitz Social Anxiety Scale (LSAS) is a 24-item interview that assesses fear and avoidance, in 11 social interactions and 13 performance situations with a 4-point-Likert scale. The cut-off point for social anxiety diagnosis in LSAS was determined 80. The Toronto Alexithymia Scale and Self-scaled Anxiety Scale were administered.

Results and Conclusions: The data was analyzed using correlation and regression methods. The results showed insignificant correlations (0/23) between social anxiety, alexithymia in schizophrenic patients ($p=0.01$). Moreover, since the sample in this study was consisted only of middle-aged male Iranian inpatients, it is recommended for future researchers to focus on other sex, age, cultural and ethnic groups.

Key Words: Alexithymia, Social Anxiety, Schizophrenia.

Biography

Hanieh Abeditehrani is currently a PhD Candidate in clinical psychology, Young Researcher and Elite Club, Robotkarim Branch, Islamic Azad University, Robotkarim, Iran. She completed her M Psych at Allameh Tabatabai University in 2011-2013 and B Clinical Psychology from University of Tehran in 2006-2010. Before starting PhD program, she worked as a Clinical Psychologist in Tehran, Iran diagnosing and treating clients in hospitals, private and public clinics implementing CBT and psychodrama among others. Her PhD research is focused on comparing the effectiveness of psychodrama and CBGT in treatment of social anxiety disorder under the supervision of Professor Arnoud Arntz and Dr Corine Dijk.

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