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The relationship between alexithymia and anxiety in male schizophrenic patients

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The current study was aimed to examine the relationship between alexithymia and anxiety among male schizophrenic inpatients. The study was of descriptive and predictive nature. The sample consisted of 50 male patients in Niayesh Psychiatric Hospital of Tehran, all of whom diagnosed with chronic schizophrenia (at least 2 years). The Toronto Alexithymia Scale and Selfscaled Anxiety Scale were administered. The data was analyzed using correlation and regression methods. The results showed significant correlations between anxiety, alexithymia and the subscales of alexithymia. It was also observed that alexithymia could predict about 69 percent of variances in anxiety scores ($p=0.001$). The analyses revealed that among the three subscales of alexithymia, only difficulty in identifying feelings had significant role in predicting variances of anxiety ($p=0.00$). The role of the other two subscales was insignificant.

Key Words: Alexithymia, 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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