



Study of anxious profile among Moroccan students

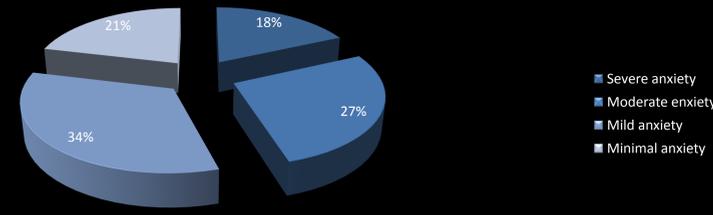
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RESULTS

The obtained results of measure of anxiety show that inadequate EMS are negatively correlated with the B.A.I: Emotional deprivation ($r = -0.1635, p < 0.05$), Isolation ($r = -0.2305, p = 0.001$) and Insufficient self-control ($r = -0.1819, p < 0.01$), Abandon ($r = -0.2514, p = 0.001$) Vulnerability ($r = -0.1505, p < 0.05$), Fear of losing control ($r = -0.1510, p < 0.05$).

Early Maladaptive Schemas	Beck anxiety Inventory
Incompetence	$r = -0.1015$ $p > 0.05$
Emotional deprivation	$r = -0.1635$ $p < 0.05$
Social isolation	$r = -0.2305$ $p = 0.001$
Insufficient self-control	$r = -0.1839$ $p < 0.01$
Mistrust	$r = 0.0108$ $p > 0.05$
Self-sacrifice	$r = -0.0263$ $p > 0.05$
Unrelenting standards	$r = 0.0125$ $p > 0.05$
Abandonment	$r = -0.2514$ $p = 0.001$
Enmeshment	$r = -0.1217$ $p > 0.05$
Vulnerability	$r = -0.1505$ $p < 0.05$
Dependence	$r = -0.0889$ $p > 0.05$
Emotional Inhibition	$r = -0.1301$ $p > 0.05$
Fear of loss control	$r = -0.1510$ $p < 0.05$



Distribution of BAI's result

The correlation between the EMSs and BAI

Conclusion

An anxious profile is registered among the studied population. Also, this anxious profile appeared in relationship to some inadequate Early maladaptive schemas, especially: Emotional deprivation, Isolation, Insufficient self-control, Abandon, Vulnerability, Fear of losing control. Deeper investigations are needed to understand this relationship and also to study the other possible factors that could affect this important neurocognitive function.

References:

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Background

Anxiety is characterized by feelings of apprehension, tension, discomfort, fear of facing a risk of indeterminate nature. It must be distinguished from the fear that meets a real threatening situation. However, the Early Maladaptive Schemas (EMS) 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 anxious profile among Moroccan students.

Subjects, Materials and 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 (B.A.I) to evaluate anxiety & the short version of the early maladaptive schema questionnaire of Schmidt (EMS), Joiner, Young and Telch (1995) which was translated into French language by Rusinek (2000) to evaluate the activated and desactivated schemas and a general questionnaire about socio-economic data, nutritional and mental health status.