**عنوان مقاله:**

Thought control strategies and trait anxiety: predictors of pathological worry in non-clinical sample

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**خلاصه مقاله:**

Introduction: The aim of the present study was to examine the relationship of trait anxiety and thought control strategies with pathological worry.Method: Participants of this research were ۱۴۶ college students of Allameh Tabatabaei University who were selected via a random multistage cluster sampling method. The subjects completed three questionnaires: Thought control strategies, Penn-State Worry Questionnaire and Trait form of State-Trait Anxiety Inventory. Data were analyzed using Pearson correlation and multiple regression analysis.Results: There is a significant positive correlation between self-punishment, social control and pathological worry. There is a significant negative correlation between distraction and pathological worry. There is a significant positive correlation between trait anxiety and worrying. Trait anxiety, self-punishment, social control and distraction accounted ۴۵% of the total variance of the pathological worry.Conclusion: Trait anxiety can predict pathological worry better than thought control strategies.

**کلمات کلیدی:**

Pathological Worry, Thought Control Strategy, Trait anxiety

**لینک ثابت مقاله در پایگاه سیویلیکا:**

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