

## عنوان مقاله:

Role of Types of Inner Speech in the Prediction of Symptoms of Anxiety, Depression, Somatization, and Distress in the Normal Population

## محل انتشار:

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## خلاصه مقاله:

**Objective:** It is extremely common for adults to use self-talk to regulate their behavior. However, the underlying processes leading to differences in inner speech are not well understood. In this study, the correlation between various forms of self-talk and symptoms of anxiety (hyperactivity), depression, sleepiness, and distress was investigated. **Methods:** The research method is a descriptive correlation type. The statistical population of the study included all ۱۰۰۰۰ students of Mohaghegh Ardabili University in Iran in the academic year of ۲۰۱۹-۲۰۲۰. A total of ۳۷۸ students of Mohaghegh Ardabili University were selected through a multi-stage cluster sampling method. The varieties of the inner speech questionnaire (VISQ) and the four-dimensional symptom questionnaire (۴DSQ) were administered to all subjects. Pearson correlation coefficient and stepwise multivariate regression analysis were used. Data were analyzed by SPSS software, version ۲۳. **Results:** The results showed the strongest inner speech for predicting anxiety, depression, and somatization disorders is another type of inner speech. On the other hand, in those with distress symptoms, evaluative/critical inner speech was appropriately predictive. Also, positive-regulative inner speech negatively predicts anxiety, depression, and distress. In the normal population, positive regulative inner speech is considered an appropriate predictor. **Conclusion:** Consequently, probably two types of inner speech evaluation-critical and positive-regulative exist that have more powerful construct validity, and usage of other inner speech is questionable. **Corresponding author:** Fatemeh Jamshiddoust Miyanroudi, E-mail: f.jamshiddoust@student.uma.ac.ir

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## کلمات کلیدی:

Inner speech, Anxiety, Depression, Somatization, Distress

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