

عنوان مقاله:

The Role of Perfectionism as a Transdiagnostic Factor in the Prediction of Emotional Disorders Symptoms Severity

محل انتشار:

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خلاصه مقاله:

Objective: Although emotions help us respond compatibly to the problems and opportunities we encounter in life, their deviation can lay the foundation for emotional disorders. Perfectionism is a person's wish to meet ones as well as others' expectations, albeit with better quality than what the situation allows. According to research literature it seems that dimensions of perfectionism can predict the severity of emotional disorders. The purpose of this study was to examine the relationship between perfectionism and symptoms of emotional disorders. Methods: This study was a descriptive, cross sectional, and correlation research. To achieve the research objectives, two questionnaires of inventory of depression and anxiety symptoms (IDAS), and perfectionism inventory were administered to a sample of ۳۸۵ students studying at Azarbaijan Shahid Madani University. Results: The results demonstrated that there is a strong correlation between perfectionism and severity of the emotional disorder symptoms. Furthermore, the independent variables such as the component of perfectionism can optimally predict the emotional disorders severity ($\text{sig} = .001$). Conclusion: Considering the role of perfectionism in the prediction, etiology, and treatment of emotional disorders, in order to enhance the mental health of the society, it is essential to take a practical approach towards such studies.

کلمات کلیدی:

Transdiagnostic, Perfectionism, Emotional disorders

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