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postmenstrual hot flash; of whom, 17% had severe, 23% moderate and 60% mild hot flash. Also, there was a significant positive correlation between depression and premenstrual hot flash ($p=0.001$, $p=0.017$).

Conclusion:

Considering the results of the study and high rate of depression and hot flashing during the three phases of the menstrual cycle in female, it is recommended that training classes be provided in high schools by counselors and school officials to promote mental health of adolescent girls.

Key words: *Depression, Hot flash, Menstruation, Female*

PTH-28- The Relation between Achievement Goal Orientation and Test Anxiety

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Introduction: Test anxiety can be described as physiological, cognitive, and emotional responses caused by stress experienced during administration of tests. Test anxiety reduces students' academic achievement, life quality and inner motivation. Therefore, determining students' test anxiety is very important for teaching and learning activities. The relationship between test anxiety and achievement goal orientation has been well documented in the literature.

Methods: The sample composed of 240 male students in Shiraz who were selected via multistage cluster sampling procedure. In this study, data were collected by a Test Anxiety Scale, and Academic Goal Orientation Questionnaire.

Results: Findings demonstrated a correlation among research variables. There was a correlation between achievement goal orientation and test anxiety. Also, the dimensions of achievement goal orientation (mastery goal orientation, performance goal orientation, and avoidance goal orientation) mastery and performance approach as negative and performance avoidance as positive predicted test anxiety.

Conclusion: Failure to achieve academic goals may be the stress factor that creates a proclivity for anxiety, especially if the failure is long lasting. By pursuing achievement goal orientation, students attempt to gain a sense of meaning, purpose, and direction while developing at the same time. Applications, implications and some suggestions for further studies are presented.

Key Words: *Achievement goal orientation, Test anxiety, Higher education students*

PTH-29-Effect of Demographic Variables on Children Anxiety

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Introduction: In the last decade, the prevalence of anxiety disorders has increased in children. Most of studies had surveyed the prevalence of these disorders symptoms in children and adolescents. However, there are few studies on factors influencing the expression and intensity of these disorders.

Objective: Our aim in this study was to investigate the effects of demographic variables on children anxiety.

Method: In this descriptive-comparative study, using multistage cluster sampling, 507 students were selected from 92249 students of third, fourth and fifth grade of public elementary schools in Mashhad. Multidimensional anxiety scale for children (MASC) and demographic characteristics questionnaires were used.

Results: The MANOVA test showed that the effect of gender on anxiety is significant ($p<0/001$). Also, results demonstrated a significant difference in scores of physical symptoms, social anxiety and avoidance of harm between girls and boys. Except for the avoidance of harm component, boys' scores were higher than girls in other components. The MANOVA test showed that the effect of grade on anxiety is significant ($p<0/05$). Furthermore, between the three grades of students, a significant difference was found only in the avoidance of harm component in which fourth and fifth grade students' scores were higher than the scores of third grade students.

Conclusion: Results showed that demographic variables have an effect on children's anxiety. For example: by increase in age and cognitive development, children develop more understanding of risky situations and try to avoid them. Therefore, they experience more worry and anxiety. Overall, the results of this study suggest that considering such variables as gender and age of children will facilitate diagnosis and treatment for therapists and counselors.

Keywords: *Anxiety Disorders, Demographic Variables*

PTH-30-The Effectiveness Of Metacognitive Group Therapy In The Treatment Of Social Anxiety Disorder In Adolescents

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