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## **Title: Cognitive psychology and anxiety: Executive Dysfunctions in Adult Female**

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### **Abstract**

**Background and Aim:** Since adulthood is a developmental period marked by increased anxiety related to academic, social, and professional stressors, especially for women, the experience of anxiety in female adults is a significant public health concern. Although Studies show an association between anxiety and executive dysfunctions of brain, the relationship between their components is unclear, accordingly, the aim of the study was to determine the relationship between components of executive functions and anxiety in women.

**Methods:** In this practical and descriptive-correlational study, the statistical population included female adults (aged 18–49 year) in Mashhad, 103 participants were selected through available sampling method. Also the Spielberger State – Trait Anxiety Inventory (STAI) and the Barkley deficits in executive functioning scale (BDEFS) were used.

**Results:** The results of Pearson correlation showed that there were positive and significant relationships between components of anxiety and executive dysfunction ( $P < 0.01$ ).

**Conclusion:** It was found that anxiety was correlated not only with total score of executive dysfunction but also with all components of brain's executive dysfunction. Practical use of these findings and future interventional studies can be helpful for therapeutic use of cognitive rehabilitation in the treatment of anxiety problems / disorders

**Keywords:** Cognitive Psychology, Anxiety, Executive Functioning, Brain, Women