



Journal of Applied Family Therapy



Iranian Association of Women's Studies

The Predicting of Health Anxiety Based on Anxiety Sensitivity, Rumination and Positive Beliefs about Worry in College Students

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Email: farhadjomehri@yahoo.com Received: 22.11.2022 Acceptance: 09.03.2023

Journal of
Applied Family Therapy

eISSN: 2717-2430
http://aftj.ir

Vol. 3, No. 4, Pp: 646-662
Winter 2022

Original research article

How to Cite This Article:

Partovi Pirooz, L., Jomehri, F., Seadatee Shamir, A., & Hasani, J. (2022). The Predicting of Health Anxiety Based on Anxiety Sensitivity, Rumination and Positive Beliefs About Worry in College Students. *aftj*, 3(4): 646-662.



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Abstract

Aim: The purpose of this study was to investigate predicting of health anxiety based on anxiety sensitivity, rumination and positive beliefs about worry in college students. **Method:** This study was conducted in the presence of 454 people by available sampling method among students of Science and Research Branch, Islamic Azad University in year academic 2021-2022. To measure the variables, short health anxiety inventory of Salkovskis and et al (2002), anxiety sensitivity index- revised of Reiss et al (1986), ruminative response scale of Nolen-Hoeksema & Morrow (1991) and why worry questionnaire -II (WWQ-II) of Holowka and et al (2000) were used. Data were analyzed using Pearson correlation and multivariate regression analysis with using SPSS-24 software was investigated. **Results:** The results showed that there is a positive and significant relationship between anxiety sensitivity, rumination and positive beliefs about worry with health anxiety ($P < 0.01$). Regression analyses also revealed that 35/7 of variance of health anxiety was explained by anxiety sensitivity, rumination and positive beliefs about worry. **Conclusion:** Therefore, it can be concluded that anxiety sensitivity, rumination and positive beliefs about worry can predict the health anxiety in students.

Keywords: Anxiety sensitivity, health anxiety, positive beliefs about worry, rumination.

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