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| Title: Prediction level of Existential anxiety experienced based on identity styles and Religious attitude |
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Abstract: Introduction: Existential anxiety refers to a sense of worry, dread or panic that may arise from the contemplation of life's biggest questions, such as "Who am I?" or "Why am I here?" Existential perspectives in philosophy and psychology contend that this contemplation leads inevitably to the realization that everyone has the freedom and responsibility to find meaning in life. Although this realization is inherently distressing, many existential thinkers view this form of anxiety as healthy and productive. The present study aimed to predict the level of Existential anxiety experienced based on identity styles and Religious attitude.

Method: Using random method, 200 undergraduate students of Tabriz University were selected. For the measurement of the given variables, Lawrence Goode Existential anxiety scale and Bzvnisky identity styles inventory and Brahni Gauge attitudes of religious were applied. The results were analyzed using Pearson correlation coefficient and multivariate regression.

Results: Findings showed that there is a significant negative relationship between existential anxiety with informational identity & normative identity & commitment identity and religious attitude, and there is a positive relationship between existential anxiety and diffuse-avoidant identity at the (P<0/05). The coefficients of determination for identity styles and religious attitude with Existential anxiety, in order, was found to be R2=0/63 ,R2=-0/430. In the base result of ANOVA, identity styles with value of F=83/309 and Religious attitude with value of F =149/462 could significantly predict Existential anxiety. Among the variables identifying differentially only commitment identity could significantly predict Existential anxiety.

Conclusion: Results of this study suggested that religious beliefs and identity styles influence on Mental Health and individuals with further identity commitment and with further religious attitudes, have less Existential anxiety.

Existential anxiety, identity styles, Religious attitude.

Presentation: Poster