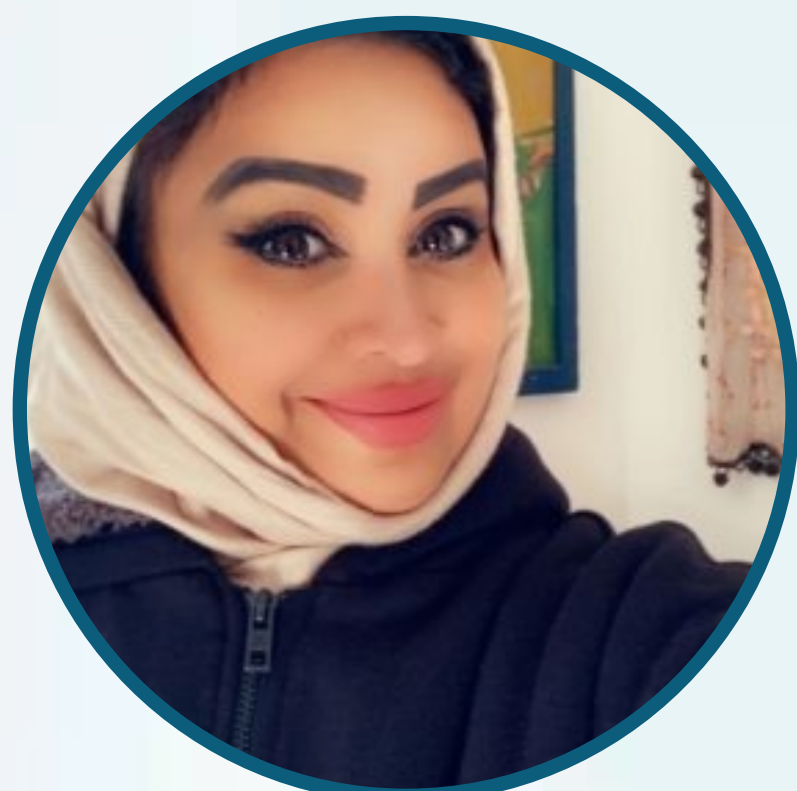


INTERNATIONAL CONFERENCE ON PSYCHOLOGY AND NEUROSCIENCE

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Abeer Abbas

Khym Isaac De Barros, **Abeer Abbas**, Maryam Alfalasi, Zeyneb Al-Hasouni, Sarah Alshehada, Dana Ammary, Marya Badran, Mareena Deeb, Neimat Elkarib, Yara El Rifai, Sara Hachem, Zahraa Jaber, Jana Kayyal, Elizabeth Sara

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Discerning Connections Between Anxiety and Attachment Patterns in Interpersonal Relationships:

Anxiety

Our research aims to discern the relationship between anxiety and attachment patterns in interpersonal relationships. This study will expand on The Prevalence Of Anxiety Amongst University Students in the UAE where we hypothesized that our sample will score higher in anxiety and report increased difficulties in relationships due to the effects of COVID-19. This study will use an anxiety survey, Hamilton Anxiety Rating Scale (HAM-A) and Relationship Structures (ECR-RS) Questionnaire, to obtain the data. ECR-RS will be used to evaluate attachment patterns in a variety of relationships (i.e., mother, father, romantic partner, and best friend). Students will be asked to report any symptoms of anxiety that they experienced over the past month and how their anxiety impacts the quality of their interpersonal relationships. We will utilize a correlation analysis to identify the relationship between anxiety and interpersonal relationships. We hypothesize that with increased anxiety there will be poorer interpersonal relationships. Our findings will provide essential insight into the potential behavioral manifestations of anxiety in a social context among students. Our results could incentivize universities to offer mental wellbeing programs.

Keywords: Anxiety, interpersonal relationships, social support

Biography:

Dr. Khym Isaac De Barros, is a Visiting Assistant Professor in the Psychology Program, in the Department of International Studies at the American University of Sharjah. She holds a Ph.D. in Counseling Psychology with a specialization in Multicultural Counseling from the School of Education at Indiana University, Bloomington. Dr. De Barros has taught at a number of Universities and Colleges in the Continental United States. Additionally, for more than twenty years, Dr. De Barros has provided counseling services in a range of settings and has served of the director of counseling at two universities implementing programs like Grief Resolution, Let's Talk and Minding Your Mental Health. Dr. De Barros' research focuses on mood disorders, interpersonal relationships, the help-seeking behaviors of cross-cultural groups and the Psychotherapy process. Dr. De Barros' work is published in Counseling American Minorities and in Women and Therapy.