

The Relationship between personality type and anxiety in Patients referred to Obesity treatment clinic

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Abstract : Anxiety is the most common neurotic disorders that is experienced by people in different conditions and is of different types and severities. Awareness of personality types, especially in Obesity patient , could assist in selecting the best method for coping anxiety.

The aim of this study was investigating the relationship of personality type and anxiety of Obesity patient.

This descriptive study is correlational. Variables under study here include personality types (independent or predictor variable), and anxiety (dependent or criterion variable) of Obesity patient in Aramesh clinic.

Results from Pearson statistical test revealed that there is a significant positive relationship between type A personality and levels of anxiety ($p < 0.05$), i.e. by the increase in the scores of type A personality, their test anxiety increases. While, there is no significant relationship between type B personality and anxiety ($p > 0.05$).

Keywords : Personality Type , Anxiety , Obesity patient, Aramesh Clinics