

**P01-129 - A COMPARATIVE STUDY ON THE PREVALENCE OF FATIGUE AMONG STUDENTS WITH TRAIT-STATE ANXIETY IN INDIA AND IRAN**

**M. Didehdar Ardebil**<sup>1,2</sup>, Y. Fekri<sup>3</sup>, M. Hasani Goleyakh<sup>4</sup>, M. Moradzadeh<sup>5</sup>

<sup>1</sup>*Young Researchers Club, Islamic Azad University Branch of Ardebil, Ardebil, Iran,* <sup>2</sup>*Department of Psychology, Panjab University, Chandigarh, India,* <sup>3</sup>*Department of Medicine, Young Researchers Club, Islamic Azad University Branch of Ardebil, Ardebil, Iran,* <sup>4</sup>*Department of Education, Panjab University, Chandigarh,* <sup>5</sup>*Aligarh Islamic University, Aligarh, India*

**Objective:** The aim of the study was to seek the prevalence of fatigue among students with trait-state anxiety in India and Iran which Ardebil of Iran and Aligarh of India was selected. The cases' quantity was compared and the causes of their differences were studied.

**Method:** 1000 students of Medical Azad university of Iran branch of Ardebil and 1500 students of Medical University of Aligarh branch of India were selected by stratified sampling method and Spillberger Anxiety trait-state Questionnaire along with Croup Fatigue Questionnaire were used. When anxious subjects were known, the subject's fatigue was analyzed. Descriptive and t-test statistics were used to analyze the data.

**Results:** Results showed anxiety level in students of Iran is higher than India. Trait anxiety is more than state anxiety in Iran students but both trait and state anxiety in India students are lower than Iran although fatigue is more prevalent in India anxious students. In both countries fatigue prevalence in students who had state anxiety were higher than students who had trait anxiety.

**Discussion:** According to the results of this study and the other studies fatigue in anxious people is more than normal people. The reason of High prevalence of trait anxiety in students of west part of country, high prevalence of fatigue in anxious students of north part of the country, and other differences and similarities which have been concluded in this study, is due to cultural, political and environmental factors that have been elaborated in the full text of the study.