

Bibliography

- Antovan & Klish. The molecular genetic of circadian clocks. www.sciirus.com
- 20-Neziroglu. (2001). Self-oriented perfectionism, neuroticism, and anxiety. *Personality and Individual Differences*, 10, 731-735.
- Ashtenberger. (2001). *Anxiety management*, Wadsworth Inc
- Barrowclouf. (2004). Specificity of attributions and overgeneralization in depression and anxiety. *Journal of abnormal psychology*, 97, 83-86.
- Bert. (2002). Trait anxiety: It is not what you think it is. *Journal of Anxiety Disorder*, 11, 201-214.
- Biyabanghard, Esmail (1378), Examination anxiety measurement and comparison of effectiveness of three techniques which are therapeutic recognition, self-educating and regular sensitiveness cleansing. Ph.D thesis, Allameh Tabatabaie University.
- Bolton. (1999). *Manual for the State-Trait Anxiety Inventory*. Palo Alto, Consulting Psychologist Press.
- Calina. (2003). The influence of morningness-eveningness on anxiety and cardiovascular responses to stress. *Physiology and Behavior*, 85, 125-133.
- Dadsetan, (1998), spinning or stress. New disease of civilization. Tehran; Roshd publications, first edition
- Dadsetan, Parirokh (1376), Examination anxiety measurement and its therapy and reduction ways. The investigation council of Tehran education.
- Etemadi Todashli, Ozra (1374), The role of the group consultation on reduction of the examination anxiety in students of guidance school in Esfahan city. M.A. thesis of Allameh Tabatabaie University.

- Guida, M. & Ludlow. (1994). *Anxiety disorders and phobia : A cognitive perspective*. New York: Basic Books.
- Herbert. (2000). *Perspective on personality (2th ed.)*. USA: Allyn and Bacon.
- Herbert & Sovid. (2000). *Solving patient problem: psychiatry*. Philadelphia: Harcourt College publishers.
- Khodayarifard, Mohammad(2001), Documents style differences and anxiety in men and women of English and non-English language families, Tehran:psychological sciences magazine.
- Leger. (2003). *Examination stress and test anxiety*. Journal of stress and anxiety.
- Lichtenberg & Carolvils. (1986). High trait anxiety in healthy subjects is associated with low neuroendocrine activity during psychosocial stress. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*; 28, 1331-1336.
- Liger. (2003). A comparison of two measures of perfectionism. *Personality and Individual Differences*, 14, 119-126.
- 18-Mandler & Caplan. (1995). *Social Psychology: understanding human interaction*. USA: Simon & Schuster Inc.
- Miller. (1990). *An inventory for measuring clinical anxiety: Psychometric properties*. Journal of consulting and clinical psychology, 56, 893-897.
- Orushel. (2001). Perfectionism in an interpersonal context: A self-regulation analysis of dysphoria and social anxiety. *Cognitive Therapy and Research*, 18, 297-311.

Farsi references:

- Pernis & gorof & Lik. (2001). Depression and anxiety symptoms are related to increased 24-hour urinary norepinephrine excretion among healthy middleaged woman. *Journal of Psychosomatic Research*, 57, 353-358.
- Sarver. (2002). State and trait anxiety revisited. *Anxiety Disorder*, 15, 231-245.
- Sarason & Kiviemaki. (1994). *The meaning of anxiety*. New York: Ronald Press.
- Strenberg, R. J. (2001). *Psychology in search of human mind*. (3th ed.). Philadelphia: Harcourt College Publishers.
- Uine. (1984). *Mental health nursing: The nurse Patient Journey*. Copyright by W.B. Saunders Company.