



The College of Graduate Studies and the College of Medicine and Health Sciences Cordially
Invite You to a

Master Thesis Defense

Entitled

*The Effect of Experiential Avoidance and Committed Action on the Relationship Between
Anxiety and Quality of Life in Chronically Ill and Healthy Students*

by

Rufaida Mohammed N Alkhanji

Faculty Advisor

Dr. Zahir Vally, Department of Clinical Psychology
College of Medicine and Health Sciences

Date & Venue

1:00 pm

Monday, 14 November 2022

Room 1078, First floor, Building H1

To join online on MS Teams: shorturl.at/aEX68

Abstract

Chronic illness and anxiety are two factors that have been shown to negatively impact quality of life. In order to better understand the impact of chronic illness on quality of life, researchers have been interested in studying the effects of experiential avoidance and committed action. This thesis aims to examine the roles of experiential avoidance and committed action as potential mediators in the relationship between anxiety and quality of life. It also aims to compare the occurrence of the studied relationships in students with and without chronic illness. 547 participants from Arab universities completed self-report measures assessing their levels of anxiety, quality of life, experiential avoidance, and committed action. Results revealed that experiential avoidance and committed action partially mediated the relationship linking anxiety with quality of life. The mediating effects, however, were only observed in healthy students. Results highlighted the psychological difficulties of students with chronic illness. It emphasized the importance of university programs addressing these concerns in the students. Furthermore, the study generalized past research results to students from the Arab region.

Keywords: Anxiety, quality of life, experiential avoidance, committed action, chronic illness