

## Relationship between Social Networks, Cognitive Flexibility and Anxiety Sensitivity in Predicting Students' Corona Phobia

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### Introduction

COVID-19 first appeared in Wuhan, China, as SARS-CoV-2, was named by the World Health Organization's International Commission on Classification of Diseases, and on March 11, 2020, as a pandemic Introduced worldwide. Corona phobia leads to excessive mental involvement in the physical signs and symptoms of COVID-19. The present study aimed to investigate the role of social media use, cognitive flexibility, and anxiety sensitivity in predicting corona phobia in students.

### Method

The present study is a descriptive correlational study. The statistical population of the study included the second high school students in Rasht in the academic year 2020-2021. In the present study, 170 students participated in the study using the available sampling method. To collect data from the Fear Coronavirus 2019 Ahorsu et al. (2019); The use of social networks was used by Shi et al. (2014), cognitive flexibility Dennis & Vander Wal (2010),

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and anxiety sensitivity Taylor et al. (2007). To collect data, questionnaires were first uploaded to Google Docs. The link was then provided to the students and they were asked to answer the questions at an appropriate time. Finally, the data were analyzed by SPSS 24.

### Results

The results showed that the use of social networks and anxiety sensitivity had a positive and significant correlation with corona phobia ( $p < 0.01$ ). In contrast, there was a significant negative relationship between cognitive flexibility and corona phobia ( $p < 0.01$ ). The correlation coefficient of predictor variables with students' corona phobia is 0.78 and these 7 variables were able to significantly predict 61% of corona phobia changes ( $p < 0.001$ ). Also, according to the beta value, the variables of perception of controllability ( $\beta = -0.40$ ), physical factor ( $\beta = 0.34$ ), Perception of multiple alternatives ( $\beta = -0.29$ ), cognitive factor ( $\beta = 0.281$ ), social factor ( $\beta = 0.22$ ), featured usage ( $\beta = 0.18$ ), Perception of behavior justification ( $\beta = -0.17$ ) and affective experience ( $\beta = 0.15$ ) are the most significant effects in predicting corona phobia ( $p < 0.01$ ).

### Conclusion

Based on the findings, it can be concluded that there is a direct relationship between social networks, cognitive flexibility, and anxiety sensitivity with corona phobia in students. Two years have passed since the outbreak of COVID-19 and the deadly virus is still mutating, measures need to be taken to control the use of social media and increase students' mental health. For this purpose, it is suggested that parents, teachers, and school officials hold workshops and scientific meetings to increase students' awareness.

**Keywords:** Corona phobia, Using Social Networks, Cognitive Flexibility, Anxiety Sensitivity

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**Author Contributions:** Farzin Bagheri Sheykhangafshe Ideation, finalization and modification of the text of the article, Zeynab Sharifipour Choukami and Khazar Tajbakhsh Editing and formatting the article, Arefeh Hamideh Moghadam Analyzing the obtained data, Vahid Hajjalani also collecting Data participated.

**Acknowledgments:** The authors of this article consider it necessary to thank all the esteemed students, school officials, and people who were with us in conducting this study and who helped us to answer and send the links to the research questionnaires.

**Conflicts of interest:** This study did not lead to any conflict of interest for the authors.

**Funding:** This study was not sponsored

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