# CALIFORNIA STATE SCIENCE FAIR
# 2010 PROJECT SUMMARY

**Name(s)**
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**Project Number**
**S0305**

**Project Title**
## The Alleviation of Anxiety as a Result of Attention Training

**Abstract**

**Objectives/Goals**
It has been scientifically proven that attention training alleviates socially anxious individuals with generalized anxiety disorder. I considered the effect of attention training on a high school teenager's anxiety. With this in mind came the creation of my hypothesis: Teenagers among the ages of 16-18 who go through attention training for three sessions will show reduction in their general anxiety.

**Methods/Materials**
To obtain a numerical value of all 52 teenagers' anxiety level of Depression, Anxiety, Stress Scale (DASS) Questionnaire was given. Attention training was then given to the experimental group, 26 of the 52 subjects. The attention training consisted of the use of neutral and threatening words. After the three sessions of attention training, a second DASS Questionnaire was given to all 52 teenagers.

**Results**
After experimentation, a decrease in the DASS anxiety score was found in 65.38% of the experimental group while 53.85% of the control group had a decrease in the DASS anxiety score. The average percent change of the experimental group was -29.90% while the average percent change of the control group was -22.59%.

**Conclusions/Discussion**
Because there was not a big difference between the amount of students who saw a decrease in anxiety score, it cannot be concluded that attention training is the main reason why the students' scores decreased. It can be concluded that attention training does help alleviate anxiety because the experimental group did have a greater percent change.

**Summary Statement**
This project looks at the effects attention training has on anxiety and sees whether or not attention training can reduce anxiety.

**Help Received**
Used students from period 3 and period 4 of Michaele Cavenaugh's chemistry class