

Manipal Academy of Higher Education

**Impressions@MAHE**

---

Kasturba Medical College, Mangalore Theses  
and Dissertations

MAHE Student Work

---

Spring 5-24-2021

## **“Relationship Between Need for Cognition, Intolerance of Uncertainty and Anxiety Sensitivity Among College Students”**

Sindhu Sivasailam

Follow this and additional works at: <https://impressions.manipal.edu/kmcmr>



Part of the [Medicine and Health Sciences Commons](#)

---

**Relationship between Need for Cognition, Intolerance of Uncertainty and Anxiety  
Sensitivity among college students.**

**Sindhu Sivasailam & Dr. Keshava Pai. K**

**ABSTRACT**

**Title:** Relationship between Need for Cognition, Intolerance of Uncertainty and Anxiety Sensitivity among college students.

**Background:** Previous studies have showed that Anxiety sensitivity and Intolerance of Uncertainty had positive correlation which can be used to predict how prone a person is to develop anxiety disorders. The need for cognition talks about how an individual seeks knowledge and enjoy such information seeking behaviour. This study aims to understand the relationship between anxiety sensitivity, intolerance of uncertainty and need for cognition.

**Methodology:** The study was a cross-sectional correlation study and 208 college students are selected through convenient sampling. Due to COVID 19 pandemic, the questionnaire was distributed through online platform. Participants were provided with an informed consent form and participants information sheet. Identity of the participants were kept anonymous and confidentiality was maintained. Spearman's correlation was done for data analysis.

**Results:** Results indicate that there is a negative correlation between Anxiety Sensitivity and Need for Cognition ( $R = -0.275$ ;  $\alpha = 0.05$ ) and between Intolerance of Uncertainty and Need for Cognition ( $R = -0.134$ ;  $\alpha = 0.05$ ).

**Conclusion:** When an individual has lower levels of NC, their propensity for getting higher levels of AS increases. Therefore, we can understand that these individuals are prone to develop anxiety disorders. The more the IU, the more is a person's susceptibility to anxiety sensitivity which could be largely due to the fear of the unknown and misinterpretation of stressful stimuli.