

## **INFLUENȚA FACTORILOR DE ORGANIZARE A TIMPULUI ASUPRA SIMPTOMATOLOGIEI TULBURĂRII DEPRESIVE ȘI ANXIOASE GENERALIZATE**

**Gabriel Roșeanu \***

*Universitatea din Oradea, România*

### Abstract

Temporal coordination is essential for human adaptation to the necessities of everyday life. In these fast moving, modern times task efficiency is strongly dependent on rigorous time scheduling. This study examined the influence of different timeline factors (“immediate time pressure” and “time utilization”) on the simptomatology of generalized anxiety and depression disorders. For this purpose a sample of 227 subjects, 117 female and 110 male, were used. Results show that subjects who have a rigid adaptation pattern, a low ability to control/schedule their activities and also procrastinate often are most likely to have high scores for depression and generalized anxiety. This is a strong evidence for the influence of timeline factors on generalized anxiety and depression disorders.

Keywords: *time, depression, generalized anxiety*

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\* Universitatea din Oradea, Facultatea de Științe Socio-Umane, Catedra de Psihologie, Str. Universității, nr. 3, Corp X, Oradea, jud. Bihor, România. 410087; E-mail: [gabiroseanu@gmail.com](mailto:gabiroseanu@gmail.com)