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(2003), depression and test-anxiety are closely related to memory, because students with high depression and test anxiety are unable to concentrate (5-7). For example, Beck (1967) and Halgin Krauss, and Bourene (2005) pointed out that depression symptoms, which affect low academic achievement could lack concentration and attention (8,9).

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Depression and Memory Loss: Know the Facts

The findings from the present study reveal that students with test-anxiety and depression have low academic performance. Thus, it is recommended that the Iranian Ministry of Education support and encourage the establishment of counseling centers in high schools, where counselors and clinical psychologists can help students to treat mental and academic problems.

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Working memory is strongly influenced by worry and anxiety. 1 This can be a major problem in your work and personal life. Worry can hinder your working memory, causing you to forget important tasks or appointments. You may make more mistakes at work or have trouble juggling everything you need to do at home.