Poster Presentation   Research

The Simple and Multiple Relationships of Cognitive Avoidance, Intolerance of Uncertainty, Metacognitive Beliefs, Perfectionism and Cognitive Avoidance with Worry in Patients with Generalized Anxiety Disorder and Obsessive Compulsive Disorder

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Abstract

Worry is considered as one of the shared cognitive components in generalized anxiety disorder (GAD) and obsessive compulsive disorder (OCD). The study of cognitive factors influencing worry simultaneously has important implications for psychopathology. These factors have been discussed separately in different theoretical models. The aim of the present study was to investigate the simple and multiple relationships of metacognitive belief, intolerance of uncertainty, perfectionistic cognitions and cognitive avoidance with worry in patients with GAD and OCD. A total of 66 patients (52 women, 14 men) with GAD and 74 patients (51 women, 23 men) with OCD were selected by purposive sampling in Yazd and Tehran. All participants completed Penn State worry questionnaire (PSWQ), metacognitive beliefs questionnaire (MCBQ), intolerance of uncertainty scale (IUS), perfectionism cognitions inventory (PCI) and cognitive avoidance questionnaire (CAQ). Results showed a positive correlation between predictor variables and worry in both groups. Metacognitive beliefs and intolerance of uncertainty were the most powerful predictors of worry in patients with GAD and OCD, respectively. It can be concluded that although worry is a shared cognitive component in both GAD and OCD, the determinants of worry are different in the two disorders.

Keywords: Cognition, Emotion, Anxiety, Obsession.

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