



## Worry, Cognitive Avoidance, Intolerance of Uncertainty and Metacognitive Beliefs as Transdiagnostic Factors in Generalized Anxiety Disorder and Obsessive Compulsive Disorder

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### Abstract

High comorbidity between psychological disorders causes attention to the mechanisms responsible for this comorbidity and common cognitive factors involved in these disorders. These are known as transdiagnostic factors. Similarity evidence and high comorbidity between generalized anxiety disorder (GAD) and obsessive compulsive disorder (OCD) introduce them as neighboring disorders. The purpose of the present study was to examine worry, cognitive avoidance, intolerance of uncertainty and metacognitive beliefs as transdiagnostic factors in GAD and OCD. Two hundred patients with GAD and OCD (66 GAD, 74 OCD, 60 GAD and OCD) participated in this study. Participants completed Penn state worry questionnaire (PSWQ), cognitive avoidance questionnaire (CAQ), intolerance of uncertainty scale (IUS) and metacognitive beliefs questionnaire (MCBQ). Findings showed that there is no significant difference between patients with GAD and OCD in total scores of these questionnaires. Patients with comorbidity of GAD and OCD showed significantly higher scores in these questionnaires than patients with GAD or OCD. It can be concluded that these are transdiagnostic factors which are shared between GAD and OCD. Also, they are significantly increased when GAD and OCD become comorbid and disease conditions get worse.

**Keywords:** Cognition, Transdiagnosis, Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Comorbidity.

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