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Poster Presentation Research

Effectiveness of Group Meta-Cognitive Therapy on Meta-Cognitive Beliefs of Patients with Generalized Anxiety Disorder

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Abstract

The present study examined the effect of grouped meta-cognitive therapy on meta-cognitive beliefs of patients' suffering from generalized anxiety disorder. This research is a quasi-experimental with pre-test and post-test design with control group in which two groups of experiment and control are used. The present study population includes all state universities, Islamic Azad Universities of Tabriz students and East Azarbaijan Science and Research Branch that referred to above mentioned consulting centers correspondent with 4th edition of diagnostic and statistical mental disorders suffering from generalized anxiety disorder help book criteria. From the above community 20 persons (10 persons experiment group and 10 persons control group), (10 male and 10 female) with the use of structured clinical interview for mental disorders (SCID-I/CV), standard meta-cognitive beliefs questionnaire (MCQ-30) and generalized anxiety disorder scale (GADS) were selected and accidentally replaced in two groups of experiment and control. Participants' age range is between 18 to 30 years old with the mean of 27.78 and 2.60 variance. Grouped meta-cognitive therapy was performed in 10, 120 min sessions during 2 months in experimental group and participants in control group have received no treatment. All participants completed research questionnaire before and after treatment and in 3 months follow-up period. The present study multivariate analysis of covariance demonstrated that grouped meta-cognitive therapy has significant effect on reducing negative meta-cognitive beliefs and also this therapy method has different effect on meta-cognitive beliefs' subdivisions of patients suffering from generalized anxiety disorder. The above mentioned results are maintained in follow-up period.

Keywords: Grouped Meta-Cognitive Therapy, Meta-Cognitive Beliefs, Generalized Anxiety Disorder.

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